



It's no stretch to say that Quebec's Spa Eastman offers peaceful scenic vistas that inspire relaxation and rejuvenation.

PARADISE, HOME AND AWAY

EACH ISSUE, WE TAKE YOU ON A JOURNEY—IF NOT IN BODY, THEN IN MIND—
TO UNIQUE SPAS BOTH HERE AND ABROAD BY MARGARET SWAINE

Spa Eastman *Quebec*

Even if you're an unrepentant couch potato, Spa Eastman's picturesque setting will inspire you to get moving in daily hikes on some 15 kilometres of trails. Situated on 128 hectares of woodland and rolling hills in Quebec's Eastern Townships, the spa offers daily fitness classes such as yoga, tai chi and stability ball training. Its detox/weight loss program, including nutrition evaluation, won't leave you feeling deprived—the spa is known for its healthy cuisine, which features organic produce from its own gardens, local maple syrup and fresh baked goodies using whole grains. There's even a selection of organic wines, mainly from France. For pampering, choose from 70 treatments, from massages to water therapy and body wraps, then laze by the outdoor pool (open spring to early fall) overlooking Mont Orford. (spa-eastman.com)

Wellness & Spa Hotel Ambiente

Czech Republic

Karlovy Vary (about 120 kilometres west of Prague and also known by its German name of Karlsbad) rocks with energy. Dozens of hotels cater mostly to fur-clad Russians, who visit in droves. At the four-star Ambiente, spa treatments include parafango packs (a mix of volcanic mud and paraffin said to aid muscle relaxation). But most visitors are "taking the water" from the fountains of the dozen or so mineral-rich springs. During my own visit, I was surprised by the water's warmth (signs indicate the various fountains' temperatures), the heavy taste of iron and sometimes by the pungent hit of sulphur. As the locals do, munch on thin wafers (*oplatky*) to mask the taste, and sample the local herbal digestive liqueur, Becherovka, from a stall on the pedestrian mall. (premium-hotels.com)



BRING HOME THE SPA

Can't get away? Treat yourself to a Spa Eastman favourite, Decléor Hydra Floral Eye and Lip Moisturizing Mask, a smoothing cream treatment (\$48, 30 mL).

◆ For where to buy, see page 52