



Guests of Niagara-on-the-Lake's 100 Fountain Spa can relax with a candlelit massage, or soak in the blissful outdoor hot springs.

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 SWANE

100 Fountain Spa at Pillar and Post Hotel Ontario

Nothing beats a visit to a grape-growing region during fall harvest when wineries are going full throttle picking grapes and making wine. Why not take the experience up a notch and soak in wine—yes, you heard right—as well as imbibe it? Vinotherapy is a well-respected treatment in spas around the world—grapes contain the antioxidant polyphenol, which purportedly nourishes the skin. I recently got my fix of them right here in Canada: The 100 Fountain Spa at the historic Pillar and Post hotel in Niagara-on-the-Lake has signature services such as the “purple feet pedicure” and a bamboo-and-wine scrub, which use by-products such as ground grape skins from local vineyards. The indoor saltwater pool, hot springs, fitness centre and a heated outdoor pool are yours to enjoy during your stay. When you're feeling in the mood to venture out, take the old-fashioned trolley tour of two nearby wineries. (Vintage-hotels.com)

Topnotch Resort & Spa Vermont

As in many regions of Canada during autumn, the changing leaves in Vermont put on a breathtaking show. Enjoy it while you beautify at Topnotch Resort in the ski town of Stowe. Topnotch has a 35,000-square-foot spa with indoor and outdoor pools, sauna, steam rooms and just about every amenity known to spas—therapeutic massage, facials and body wraps. But it takes things up a notch with medically supervised cosmetic-dermatology treatments. I went for the MAX LED therapy and VIP Peel. First, I sat under a machine that used light-emitting diode technology to stimulate collagen and elastin. Then an acid solution was painted on my face. At first I just looked red; then my skin flaked off in sheets for about a week. It was unsightly, but by the end I was rewarded with baby-smooth, much clearer skin. Not your thing? Enjoy mountain hikes, trips to nearby cider mills, and golf at a choice of several clubs, or just relax by the pool, basking in the fall panorama. (Topnotchresort.com)



BRING HOME THE SPA The 100 Fountain Spa in Niagara-on-the-Lake features Vitality, a skincare line including Grape Extract Balancing Mist with grape-skin extracts from the harvest at Château des Charmes, a Niagara region winery. (\$36, 125 mL)

For where to buy, see page 23