



Spas like the ones shown here are great if you have the time—and money—to go. If you don't, you can still send winter-weary skin packing with an at-home body exfoliating treatment, such as Coarse Salt Scrub from Naturally Upper Canada. Try Wild Mint Lime for a fresh and zing-y shower experience (\$15, 300 g).

◆ For where to buy, see page 174



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## 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

### Casa Colonial Beach and Spa, Dominican Republic

Dominican Republic-based architect Sarah Garcia is both owner and designer of this intimate 50-suite boutique resort near Puerto Plata, designed to evoke old-world elegance. The resort's Bagua Spa, a sea of white marble, frosted glass and sheer cottons, offers an aura of purity and peace, and in the couples-therapy rooms, glass doors open up to the soothing sounds and scents of the Caribbean. Or consider this definition of bliss: an aromatic oil massage in an oceanfront gazebo under the stars. Local products, such as honey from the island's honeybee colonies, and fruits such as papaya and orange, add a touch of the tropics to body exfoliations and wraps, while cooling, fresh tropical fruit juices are perfect for sipping during a relaxing pedicure.

If you're thinking of going but don't want to spend the money to stay overnight, Casa Colonial is surrounded by lower-priced all-inclusive resorts. From that base, you can book treatments and enjoy the spa's atmosphere for the day. ([casacolonialhotel.com](http://casacolonialhotel.com))

### Manitou Springs Resort and Mineral Spa Watrous, Sask.

Fed by underground springs that are high in sodium, magnesium, sulphates and potassium, the waters of Little Manitou Lake by the town of Watrous (110 kilometres southeast of Saskatoon) make this resort a unique wellness destination. The lake's concentration of salts and minerals create a density so high that, just as in the Dead Sea, you can float lazily on your back and relax dreamily in the sensation of weightlessness. (It's not surprising that early aboriginals called the water Lake of Good Spirit or Lake of the Healing Waters.) The lake waters are brought indoors to three pools, heated to soothing temperatures from 34°C to 39°C. Open since 1928, the 102-room modernized resort and spa now draws 120,000 people annually from across Canada to enjoy waters purported to help relieve skin conditions, arthritis and other ailments. They also come for the aesthetic services, which include Salt Glow, a body exfoliating treatment using Manitou mineral salt that leaves skin soft and radiant. ([manitousprings.ca](http://manitousprings.ca))