

# PARADISE, *Home and Away*

Take a journey—if not in body, then in mind—to unique spas both here and abroad

Article by Margaret Swaine

*Four Seasons Beverly Hills: Wouldn't it be great to hang out here?*



## AWAY

### The spa at the Four Seasons Hotel Los Angeles at Beverly Hills, California

Tucked amid a leafy residential neighbourhood between Beverly Hills and West Hollywood, The Four Seasons Beverly Hills is pure glam. It's just minutes from Rodeo Drive shopping and a half-hour drive to the beaches of Santa Monica. About 80 percent of all film junkets (where media get to interview the stars when a film is released to the public) in the U.S. take place at this hotel, which means lots of celebrities are floating around waiting to be interviewed. (I'm sure I spied Cameron Diaz the day I was there, but the hotel keeps mum on celebrities and wouldn't confirm.)

The guest rooms all have step-out balconies with expansive views of either the gardens, Los Angeles or Beverly Hills. The spa and pool on the hotel's fourth floor are favourite hangouts.

Day visitors who have a pile of money lying around (or have a reason for a real splurge) can go for the Cabana packages such as the "Power Couple" (price: US\$550). This includes a pair of Tory Burch sandals, a bottle of Veuve Clicquot champagne, two 60-minute classic spa treatments, a bottle of aloe vera →

For where to buy, see page 126.



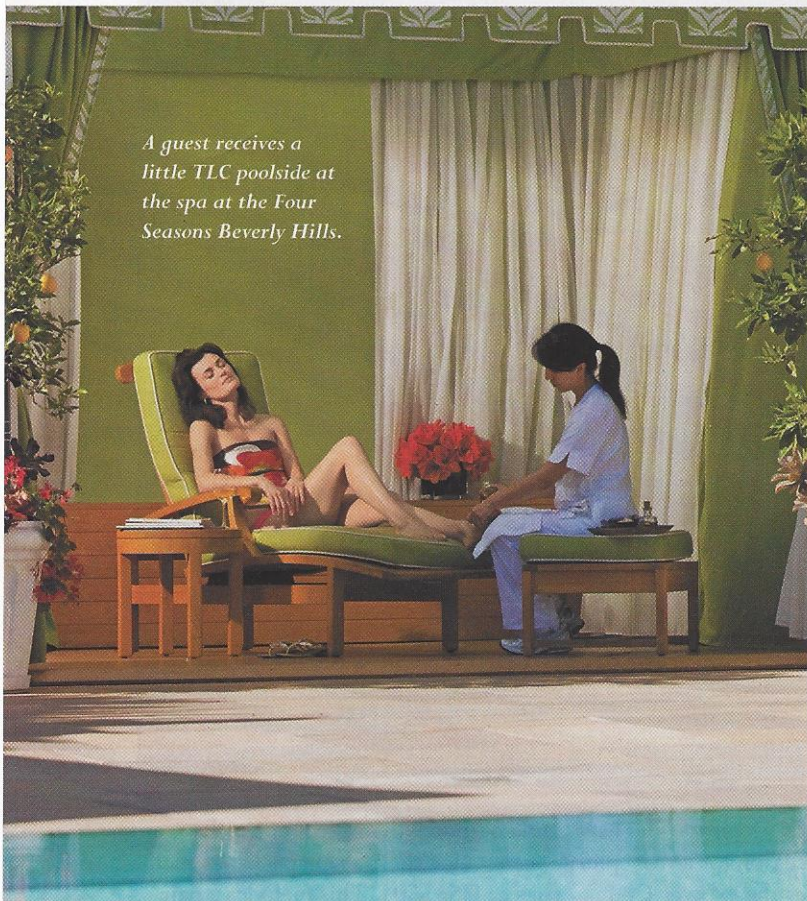
### BRING HOME THE SPA

Exfoliate skin with EmerginC Scientific Organics Ginger-Lime Sugar Scrub, which is natural and 70 percent organic (\$45, 235 g). Deeply nourish dry to very dry skin with Caudalie Vine Body Butter with grapeseed oil (\$34, 200 g).

skin cream and some chocolate-covered strawberries.

I chose to dine poolside on a delicious seafood salad and then went for a 75-minute “Rejuvenating Oxygen Facial.” Basically, my skin was super-infused with high-performing hyperbaric oxygen and hyaluronic acid (which aims to keep the skin firm, tight and youthful looking). I was told that refined hyperbaric oxygen is used as a delivery system for select serums to immediately plump and hydrate. This intense hydration definitely brightened, toned and firmed my skin—the improvement was dramatic, and the effect stayed with me for several days. I can understand why Hollywood players opt for this treatment regularly, and especially before a big occasion. [fourseasons.com/losangeles](http://fourseasons.com/losangeles)

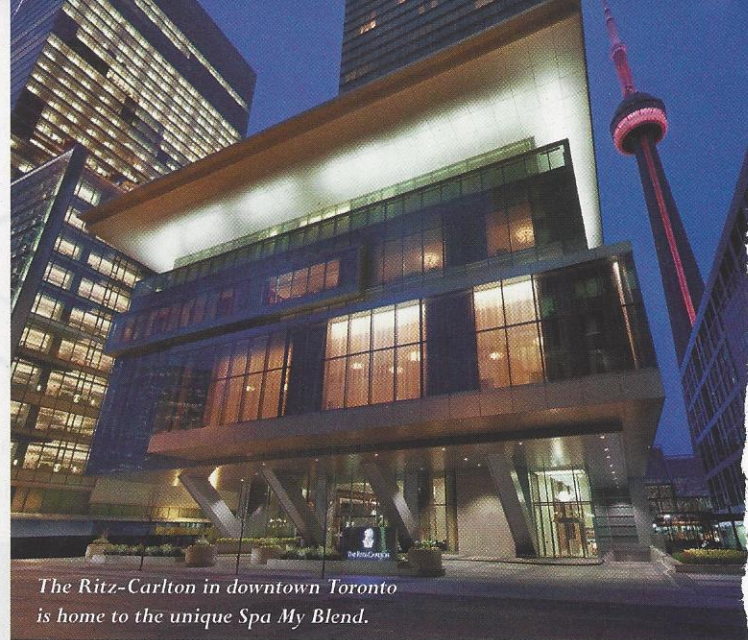
A guest receives a little TLC poolside at the spa at the Four Seasons Beverly Hills.



TRAVEL

• **L.A.** Air Canada ([aircanada.com](http://aircanada.com)) and West Jet ([westjet.com](http://westjet.com)) have direct flights to L.A. from Vancouver, Calgary and Toronto. Air Canada also flies direct from Montreal; West Jet from Edmonton. The Four Seasons Hotel is 24 kilometres from the L.A. airport. The hotel’s Hollywood Getaway Package offers a deal on spa, breakfast and room.  
 • **TORONTO** This is a transport hub; if you want to land downtown, try Via Rail ([viarail.ca](http://viarail.ca)) or Porter ([flyporter.com](http://flyporter.com)).

Descriptions of treatments and accommodations in this article are the author’s observations. Services and conditions (and flight information) may change.



The Ritz-Carlton in downtown Toronto is home to the unique Spa My Blend.

HOME

The Spa My Blend by Clarins at the Ritz-Carlton, Toronto

Located in the heart of the city’s bustling financial and performing arts districts, across from Roy Thompson Hall and steps from the Toronto International Film Festival Bell Lightbox, this “five diamond” hotel has elegant guest rooms that feature stunning city or lake views from floor-to-ceiling windows. Facilities include the spacious outdoor patio at DEQ Terrace and Lounge, TOCA restaurant—and North America’s only Spa My Blend by Clarins.

Ranked number one on *Travel & Leisure’s* 2013 “world’s best hotel spa” list, the spa has 16 treatment rooms, three relaxation rooms, a champagne nail bar (a separate liquor-licensed room where clients can sip champagne while having a mani and pedi), a sauna, vitality pools and a city-view lap pool. The signature treatment at this day spa is an amazing personally tailored 90-minute facial called “My Blend.”

My session began with a thorough, 20-minute computer analysis of my skin by an aesthetician using state-of-the-art diagnostic imaging technology that looks at a number of factors including dryness, hydration and sun damage. (For more on “skin scanners,” see page 37.) My results showed pigmentation (unseen to the naked eye, it indicates sun damage that can be helped with the right skincare regimen), combination skin that was dehydrated in places, moderate firmness, redness in spots and some apparent wrinkles. The aesthetician then picked out the optimum concentrations of peptide complexes, vitamins and plant extracts from the spa-exclusive My Blend products, plus some booster serums for the facial treatment, which included a lot of wonderful massage. My skin felt and looked totally regenerated. Afterwards, I cuddled under soft blankets on a lounge in the women’s relaxation area and sipped tea. My plan is to return with girlfriends on a special occasion and book the champagne nail bar so we can gossip, sip bubbly and be pampered. [spamyblendtoronto.com](http://spamyblendtoronto.com) ✨



My Blend 05 Early Age Alert day and night face creams (each \$170, 40 mL)

CHRISTOPHER CYPERT (TOP)