

# VANCOUVER ISLAND

## VICTORIA and the GULF ISLANDS

### Spa & Wellness

Regardless of what time of year you visit Vancouver Island and the Gulf Islands, it's always a perfect time to visit the many spas that are spread throughout the regions. From the South Island to the North Central regions, spend quality time luxuriating at these peacefully exquisite getaways.

You can either venture off on your own to discover the magnificent selection of spas in the area or embark on the Vancouver Island Spa Trail, a glorious tour of three resort spas offered through Clipper Vacations. The package includes accommodation and treatments at the Fairmont Empress Hotel's "Willow Stream Spa" in Victoria, the Aerie Resort's "Wellness & Beauty Centre" in Malahat and the Kingfisher Oceanside Resort & Spa in Courtenay. Journey throughout Vancouver Island visiting some of the most remarkable spas around.



Photo courtesy of the Fairmont Empress

Begin at the Fairmont Empress Hotel's "Willow Stream" spa, which is spread throughout two floors and offers full-service treatments including massages, facials and exfoliations to name just a few. The mineral pools and waterfalls make your day all the more relaxing.

After the Empress, head 30 minutes north of Victoria to Malahat to visit the Aerie Resort's "Wellness & Beauty Centre". Relieve your tensions with any number of the available treatments, which include massages, thalassotherapy seaweed sessions, body wraps and reflexology.

From here make your way to the community of Courtenay in the North Central region and enjoy the tranquil setting of the Kingfisher Oceanside Resort & Spa, in one of their twenty treatment rooms. Relax your mind and body and energize your spirit with any combination of their treatments including thalassotherapy, facials and their unique Pacific Mist Hydropath. As the path leads you through a re-created West Coast shoreline, you'll enjoy a soothing combination of treatments (Massage Rinse, Mineral Massage Pool, Waterfall Massage, Steam Cave & Glacial Waterfall, River Walk, Sea Mineral Soak and Tidal Baths) that will leave you feeling better than ever!

If you want to create your own journey, there are many options available to you as you travel throughout the Island.

Beginning in Victoria, the new Brentwood Bay Lodge and Spa, which opens in May 2004, offers eight treatment rooms and a wide selection of treatments that are sure to relax you in a way you've never experienced before. Choose from hydrotherapy, Vichy showers, healing therapies or even a romantic couple's massage.

"The Spa" at the Delta Ocean Pointe Resort offers massages, aromatherapy soaks, body wraps and much more. You can also take advantage of their fitness centre, which provides plenty of opportunities for exercise before your treatment including squash, racquetball and tennis courts, weights, pool and sauna.

Also located in the inner harbour is the "Spa Magnolia" at the Magnolia Hotel. This European-style boutique hotel offers an incredible array of spa treatments that will pamper you like never before. Options include exfoliating body treatments, Vichy showers, hydrotherapy and massages. Aveda products are used in many of their treatments, which will leave you feeling refreshed and years younger.

Nearby is the Harbour Towers Hotel's "Features Penthouse Day Spa", which offers exceptional body polishes, body wraps and massages including Shiatsu, Swedish and hot stone massage. Indulge yourself with these deluxe treatments designed to make you feel better than ever before.



In 2004, readers of **Condé Nast Traveler** ranked Vancouver Island as the **Top North American Island** for the fifth consecutive year.

#### Travel time from Victoria (following Oceanside 19A and North Island routes):

Sooke	24 minutes
Malahat	30 minutes
Parksville	1 hour, 40 minutes
Courtenay	2 hours, 40 minutes
Ucluelet	4 hours, 28 minutes
Tofino	4 hours, 30 minutes



Photo by Rob Melnychuk  
Courtesy of the Wickaninnish Inn

#### Vancouver Island Spa Trail

- Fairmont Empress Hotel  
(2 days / 1 night)
- The Aerie Resort  
(3 days / 2 nights)
- Kingfisher Oceanside Resort  
(3 days / 2 nights)

The “Sea-enity Spa” at Sooke Harbour House, west of Victoria, features body wellness techniques including sea salt scrubs, mud baths, seaweed wraps, reflexology and much more. You can either enjoy your treatments in the privacy of your own oceanfront suite, or in one of their quiet, meditative areas in the Potlatch Room.

In Cobble Hill, an hour north of Victoria, The Relax Zen Dive Inn, offers soothing spa treatments that promote maintaining physical and psychological wellness. Aromatherapy massages will soothe the body and mind while the Point Stone Therapy will induce you into a state of deep relaxation while promoting self-healing and spiritual well-being.

On Galiano Island, accessible by ferry from Swartz Bay, rejuvenate your soul at the Galiano Inn’s “Madrona del Mar Spa”. This Mediterranean-style oceanfront property will whisk you away from your daily worries while you enjoy the comfort and tranquility of the island. Offerings include sea mineral flotation baths, hot stone therapy, massages, steam rooms and hot tubs. Take advantage of their aromatherapy sessions, where they use their own signature line of products.

Over on Salt Spring Island, also accessible by ferry from Swartz Bay, Salt Springs Spa Resort is another opportunity to get away from the hustle and bustle of daily life. Mud baths, wraps, massages and reflexology are among the treatments available in addition to Ayurvedic therapy, which is a holistic approach to achieving and maintaining wellness.

Also on Salt Spring Island is Hastings House, which offers comforting treatments such as seaweed, algae or clay body wraps, facial treatments, massages and steam showers. “The Spa” utilizes European developed natural plant extracts in their treatments, which leave you with a renewed sense of vim and vigour.

In the Central Island region is the oceanside community of Parksville where you’ll find Tigh-Na-Mara Resort’s “Grotto Spa”. Imagine a rock oasis with an 8-foot waterfall and warm therapeutic mineral waters. Step into pools of comfort for a swim or a soak, and leave soothed and revitalized. This is a retreat for the senses, offering treatments and services designed to refresh your mind, body and spirit.

Further north in the North Central region is Hollyhock on Cortes Island (accessible by ferry from Campbell River). Set in a relaxed setting surrounded by Mother Nature, Hollyhock offers massages, facials and reflexology as well unique bodywork treatments including Didjeridu sound sessions, where highly skilled practitioners play this ancient aboriginal Australian instrument near the body or on injured areas in order to “attune the body and open the heart”.

For a completely different atmosphere, go over to the West Coast of Vancouver Island to Tofino for an unforgettable experience at the spas in the Pacific Rim. The “Healing Grounds Spa & Wellness Centre” at the Clayoquot Wilderness Resort will make you wish you never had to go home. The floating resort is nestled safely into Quait Bay with the spa located just a stone’s throw away on shore. A rainforest sauna, yoga room, tandem massage room and Vichy and Swiss showers will leave you feeling unbelievably calm and rejuvenated.

Also in Tofino is the impressive “Ancient Cedars Spa” at the Wickaninnish Inn. With luxurious treatments like hot stone massages and facials, thalassotherapy and acupressure, you’ll wish you never had to leave.

In the neighbouring community of Ucluelet is the Spa at Tauca Lea Resort. Nature has inspired the creation of a spa experience featuring advanced products using Rainforest and Marine Botanicals in treatments including body wraps, salt scrubs, rainforest baths and shiatsu.

All these locations are great places to go for overnight visits or just for the day to enjoy any combination of their spa treatments. No matter where you go on the Island for your spa vacation, you’ll leave feeling relaxed and refreshed – ready to face the world again!



Photo courtesy of the Fairmont Empress

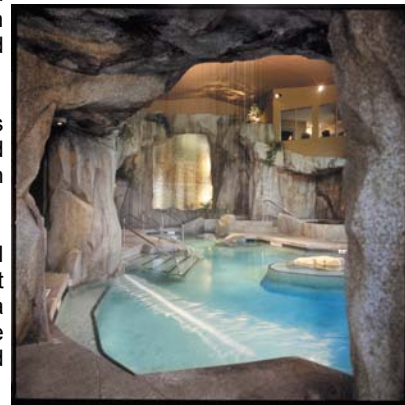


Photo courtesy of Tigh-Na-Mara Resort, Spa & Conference Centre

### Did you know?

- The earliest spas can be dated back as far as 500 BC? Greeks used a number of baths including hot water tubs and hot-air baths, known as *laconica*.
- Many cultures, including Greek, Roman and Egyptian viewed social bathing as a significant cultural process? It was particularly important when they were in need of relief from pain or sought general health improvement.
- The word *spa* originates from the Latin term “salus per aquam”, which means “health from water”?
- There were approximately 170 baths in Rome during the reign of Caesar Augustus?

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