

# PURE CANADA

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TOP 10 CRUISES

CELEBRITY CHEFS

10 TRENDSETTING SPAS

## HOT TICKET

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ON THE ELGIN AND WILSON

### SPRING CLEANING FOR THE BODY

In the same way that taking your car in for an annual tune-up helps it perform better, treating your body to an annual detox makes good sense to help stimulate the digestive system and streamline the body. Stars like Jim Carrey and Sass Jordan, both advocates of this principle, have been checking into the Grail Springs Health & Wellness Centre in Bancroft, Ontario, west of Ottawa.

Named one of Canada's Top Spas by *Elle* magazine, Grail Springs' all-inclusive approach sets them apart. While many detox spas offer either weight loss or cleansing programs, Grail Springs covers all the bases and also features lovely surroundings (spring-fed lake bordered by 40 hectares of leafy forest) and posh rooms (with individual fireplaces and ornate tapestries). The amenities and services here are holistic and unconventional, and activities like horseback riding and exploring the outdoor labyrinth prove remarkably therapeutic. The only thing *not* on the spa menu is a mani-pedi.

Here, cleansing consists of the four pillars of detoxification: removing toxic substances from the diet (caffeine, alcohol, fast food); introducing an acid/alkaline nutritional diet (no white flour, white rice or red meat, for starters); movement through yogic stretching and breathing; and finally, meditation. "By eliminating the everyday toxins that build up over time, we can help optimize body functions, which will result in more energy," says Madeleine Marentette, founder and detox coach at Grail Springs. The lakeside spa's newest program is a juice fasting cleanse. "Think of it as a detox boot camp," says Marentette. Expect a visual transformation: eyes are less puffy, clearer and brighter and teeth whiten during their sabbatical from tea, coffee or red wine.

### TURNING BACK THE CLOCK

Needles are now a thing of the past: For those of us wary of surgery, SpaMedica in the posh Yorkville neighbourhood of Toronto is introducing advanced treatments and non-surgical, minimally invasive procedures.

Walking into SpaMedica's waiting room is like entering the lobby of a boutique hotel: Sleek white leather furniture and dark bowls filled with crisp apples punctuate the softly lit space, with the soothing sound of the standing waterfall in the back-