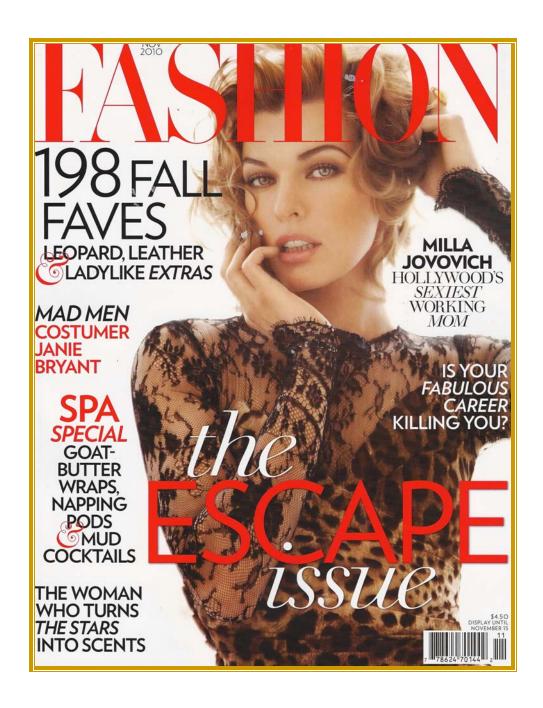


Article paru dans Fashion Magazine | Novembre 2010 Article published in Fashion Magazine | November 2010



## **snops**focus

MONTREAL



IZBA SPA 1100 de la Montagne St., Montreal, 514-871-2444, izbaspa.qc.ca. This spa is named after its signature Russian treatment, which involves a gentle brushing with wet leaves in a dry sauna, followed by a honey wrap and massage. Another popular treatment is the soothing Sothys or Phytomer facial, with or without microdermabrasion (from \$105). Stunning views of the city can be enjoyed from the comfort of three black leather loungers is the 12th-libor p. di room, or from the salt-water pool and obtdoor locuzzi, which are open year-round.

LE SPA AT HOTEL LE ST-JAMES 355 St-Jacques St., Montreal, 514-841-3111, hotellestjames.com. Le Spa spoils its guests with the crème de la crème of luxury and discreet service. There is only one treatment room, situated in the hotel's basement, a former bank vault dating back to 1870. Private change rooms have their own sinks and washrooms, as well as a full-size steam bath, multi-jet shower and Frette bathrobes. The ancient stone walls house all types of advanced equipment, resulting in a

unique setting that's both modern and quintessential Old Montreal.

RAINSPA Le Place D'Armes Hotel & Suites, 55 St-Jacques St., Montreal, 514-282-2727, rainspa.ca. Is it any wonder that at a place named Rainspa, there would be a service called the Vichy shower Divine Rain body treatment (\$118)? There's also a lovely co-ed hammam, which is free to enter when you book select treatments (otherwise it costs \$30)-loosen up your muscles there before and after your massage for ultimate relaxation. The Old Montreal spa recently switched its entire roduct line for face and body over Dermalogica, a California brand ted in advanced skin science.

SALON COLIBRI 4035 St-Ambroise St., Suiz 411, Montreal, 514-482-6542, salc acolibri.com. Hidden in the upand coming St-Henri neighbourhood, Colbri is the brainchild of Louise Bé ubé, who has pulled together an exquisite team of hairstylists, an aespecian and a masseuse. A day at this

all-white spa, housed on the fourth floor of a former textile factory, is like hanging out at a hip friend's Manhattan loft. Treátment rooms are tucked upstairs on the mezzanine, but otherwise Colibri is one big, friendly, open space.

SPA DIVA Les Cours Mont-Royal, 1455 Peel St., Montreal, 514-985-9859. spadiva.ca. There's no better way to end a retail marathon at a chic boutique mall than with a soothing spot of R&R shopping the top-floor spa's menu: there are nine different massages, a selection of wraps and scrubs, and six kinds of facials tailored to your skin type. It's one of the largest spas in the city at 15,000 square feet-mani and pedi rooms accommodate you and your besties, and there are nooks for romantic couples' treatments. You'll get your own dressing room complete with a shower and toiletries, so you can relax in supreme privacy.

SPA EASTMAN 666 Sherbrooke St. W., 16th floor, Montreal, 514-845-8455, spa-eastman.com. This is the city branch of »