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AWAY SPA, 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 in the 12th-floor pedi room, or from the salt-water pool and outdoor Jacuzzi, 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 product line for face and body over to Dermalogica, a California brand rooted in advanced skin science.

SALON COLIBRI 4035 St-Ambroise St., Suite 411, Montreal, 514-482-6542, saloncolibri.com. Hidden in the up-and-coming St-Henri neighbourhood, Colibri is the brainchild of Louise Bégin, who has pulled together an exquisite team of hairstylists, an aesthetician 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. Treatment 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 »