

Vancouver Spa Special: Best Scrubs, Wraps & Facials

FASHION

style survival

Face winter
in sweeping
coats & romantic
dresses

exclusive:
Tom Ford breaks
the silence on
his new beauty biz

Beauty bonus
Turning runway
extremes
into reality

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(or decorate
your home
just like one)

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Gloves, hats and
all the best luxe extras



Spruce Body Lab

Time to Relax

You know you deserve a pampering session at one of Vancouver's best spas.

by Maria Tallarico with files from Kate MacLennan

Spruce Body Lab

1128 Richards St., 604-683-3220, sprucebody-lab.com. This minimalist retreat hit the Vancouver scene in the summer and quickly gained a rep for being the hippest place in town for a rub-down. You won't find yourself walking around in a robe, sipping tea or being whispered to by doe-eyed aestheticians. The lab coat-wearing staff gives the spa a chic science lab feel, and the motivational quotes that cover the walls somehow don't come across as cheesy but are actually inspiring in the serene environment. Its fluff-free menu includes a Dermalogica facial (\$100) and age-defying microdermabrasion (from \$125). Moreover, this is the ideal place to use your medical massage therapy allowance. Skilled

RMTs perform traditional massage or LaStone Therapy (from \$80). It's said that the stroke of one hot granite or cold marble stone is worth 10 strokes of the fingers.

