



## Face Time

No orca-mating-call soundtrack here. The ultra-modern, white-on-white **Spruce Body Lab** concentrates on medi-spa therapies like acupuncture face lifts, hot-stone reflexology, teeth whitening and Botox (you can also just get a massage or a waxing, too). Go for the customized Sea Flora Facial (60 minutes, \$95), which uses organic seaweed indigenous to British Columbia, and finish with an infra-red sauna session — infra-red rays penetrate the skin up to four centimeters deep, which is said to eliminate toxins. 1128 Richards Street; (604) 683-3220; [sprucebodylab.com](http://sprucebodylab.com).



SPRUCE BODY LAB. FROM JOHANN WALL.