

Rejuvenate!
Vancouver
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Look And Feel Your Best With A Little Help From Vancouver's Finest.

We've all heard it before - Vancouver has been touted a beautiful people city. Certainly our active lifestyles with all that fresh air and mild climate factor in. But even our homegrown beauties have a little help from the professionals that keep us looking young and feeling vital. Dedicated to the best in cosmetic treatments and procedures, Vancouver's spa, fitness, laser and surgery professionals are rejuvenation experts.

Surinder Bains-Kassour was in Paris when she first visited a Hamam on her husband's recommendation. It proved to be a life-altering experience and Vancouver is now home to the country's only traditional Middle Eastern spa. The essential *Miraj* experience is the Hammam and Gommage treatment; your body will be cleansed in low mist and high intensity steam rooms that are infused with essential oils, and then exfoliated with black Moroccan soap as you lay on Jerusalem gold marble. Finish with a retreat to the Sultana Lounge to recline on Velvet beds and silk pillows and enjoy Middle Eastern tea and sweet cake. This urban oasis, situated in South Granville, also offers aromatherapy massages and facials.