

Get Steamed Where November 2007

When the day turns dreary, a spa retreat perks up your spirits. Try an invigorating facial at Skoah (page 82), or indulge in a pampering package at Absolute Spa (page 81) at the Century Hotel, a favourite with celebs such as Charlize Theron and Gwyneth Paltrow. Gents can get waxed, massaged and buffed in a manly fashion at the spa's sister location in the Vancouver Hotel, Canada's first spa for men.

Across the Burrard bridge, SpaEthos (page 82) offers traditional spa treatments for men and women right on Kitsilano's trendy 4th Avenue shopping strip.

And then there's Miraj Hammam (page 82), one of Vancouver's truly unique spa experiences. Located on the north end of the South Granville shopping district, Miraj offers luxurious steam, exfoliation and massage treatments in a Middle Eastern-inspired environment.

"It's the warmth, it's the cleansing, it's the cocoon of the inner sanctum," says Miraj owner Surinder Bains-Kassour. "It's a wonderful thing to do between seasons, to start fresh."

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Miraj Hammam Spa

The only Vancouver spa offering an authentic Middle Eastern hammam and gommage treatment: steam cleansing, followed by full-body exfoliation with black Moroccan soap (\$99). Su couples, Th men only. 1495 W. 6th Ave. at Granville. 604-733-5151.
www.mirajhammam.com