

Spoil yourself during Spa Week specials

Rejuvenating treatments offered around Montreal at seriously discounted rates

BY ROCHELLE LASH, SPECIAL TO THE GAZETTE OCTOBER 4, 2013



West Spa in Dollard-des-Ormeaux offers manis, pedis and a full line of beauty care.

Photograph by: West Spa

Montreal's first dedicated Spa Week, Oct. 15 to 21, will be a golden opportunity to indulge, rejuvenate and relax at relatively accessible rates.

More than 20 day spas around Montreal are offering some of their most coveted treatments for \$50, with as much as \$75 saved on a single esthetic service, massage or spa bath experience. There is a world of styles and services throughout Montreal, including Verdun, The Plateau and the West Island, as well as the South Shore and the Laurentians.

Le Spa Midtown at the private Le Sporting Club Sanctuaire in Outremont is arguably the most deluxe and the most comprehensive fitness centre in our region, and Spa Week offers access to most of it for a seriously cut rate of \$50.

Patrons will be treated to a one-hour massage, plus access — usually for members only — to the vast

fitness room, the indoor swimming pool, hot tubs and exercise classes such as Pilates and aerobics.

More intimate, West Spa in Dollard-des-Ormeaux is known for its anti-aging facial and manis and pedis. Manager Angie Di Lullo virtually guarantees a youthful, refreshed look and suggests adding micro-dermabrasion for satiny skin. Total: \$100 for two treatments, down from a regular \$209.

Bota Bota, the fabulous floating spa on a converted ferry permanently docked in the Old Port, is offering its Water Circuit Layover for \$50 for two people, usually priced at \$90 to \$130.

You can relive Spa Week year-round with Bota Bota's great Tuesday bargain, \$60 for two.

Strøm Spa Nordique on Île-des-Soeurs (Nuns' Island) catapults the thermal bath experience up to heavenly with its lake and skyline views and pastoral forests. Spa Week features Strøm's new manicure and the Nordic baths, so you're beautifying to the tune of \$86, but only paying \$50.

"The spas really give their best services, sometimes worth over \$100," said Franck Nasso, director of business development for WaySpa, which runs Spa Week. "It's not a less expensive product at a less expensive price point."

Spa Week's details are online at www.wayspa.com, but you must book your appointment directly with the spas. About 60 day spas join Spa Week in Montreal, Toronto and Vancouver. In the U.S., 600 spas in 50 cities will mark Spa Week, Oct. 14-20, www.spaweek.com.

It all happens again in April.

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The Strøm Spa Nordique on Nuns' Island, left, has pastoral lake and forest views. Bota Bota is a floating spa moored at a pier in Old Montreal. They are both offering deals during spa week.

