

# Next-generation getaway at Montreal's Humaniti



ROCHELLE LASH  
Hotel Intel

Bold is beautiful. The Humaniti Hotel Montreal, Autograph Collection is a shimmering new landmark that opened in June at the nexus of some of the city's most vital locales. It's across the street from the Palais des congrès and within a few blocks of the Quartier des spectacles and Old Montreal.

Humaniti is a tour de force of hospitality à la 2021, starring innovative architecture by Lemay, ultra-modern interiors by Andres Escobar of Lemay + Escobar and sensational cuisine by Jean-Sébastien Giguère. It's a live-work-play complex of condos, offices, hospitality and wellness.

At ground level, the meditative side of Humaniti is represented by a courtyard that connects de la Gauchetière St. and Viger Ave., creating a mini-park with benches, flora, a reflecting pool and a café patio. The futuristic perspective is sky-high: three linked glass towers rise to nine, 19 and 39 storeys.

Indoors, Humaniti is comfortable, sophisticated and upbeat. The lobby's design lines are soft and sensuous, with cushy sofas and round club chairs wrapped in velvety fabrics and cheeky pops of yellow, aqua and fuchsia.

The 193 guest rooms and suites boast floor-to-ceiling windows, silvery and white decor with warm wood accents, and great beds — not too soft, not too firm. Decor-wise, I loved the textural contrast of lustrous, silky drapes against rough concrete pillars. The rooftop heated swimming

## IF YOU GO

**Humaniti Hotel Montreal, Autograph Collection:** 514-657-2595; marriott.com, humanitihotel.com; 340 de la Gauchetière St. W. Marriott Bonvoy program applies. Marriott's app offers contactless check-in.

**Price:** From approximately \$259 (weekends are often higher), including seasonal rooftop pool (reservations), in-room Nespresso, Hyper Gym with NOHRD equipment, Wi-Fi, Netflix. Suites start at \$400. Extra: pets, \$50 per stay, including beds, bowls, toys.

**Packages:** Staycation includes in-room breakfast for two (\$25 value p.p.), 20 per cent discount at Spa Humaniti, parking, 1 p.m. checkout. For \$60 p.p., add gourmet dinner Discovery Menu (Fri.-Sat.). Other packages include various amenities such as 2,000 Marriott Bonvoy points or a \$100 food or spa credit.

**Dining:** Restaurant h3 (dinner Wed.-Sat., restauranth3.ca); Terrasse h3 (Wed.-Sun., from 3 p.m.). Lunch and h3 Lounge are on pause until autumn. Schedules can change.

**Pandemic protocol:** Marriott hotels have instituted the company's Commitment to Clean, in line with expert standards of hygiene. Some features might have limited hours.

pool — one of the few outdoor pools downtown — adds sex appeal and a Miami-meets-Montreal vibe with sun loungers and daybeds.

Humaniti is in line for LEED (eco-friendliness) and WELL (wellness factors) certification.



Guest rooms at the Humaniti Hotel Montreal have contemporary decor with textural contrasts.

It is paper-free (I did manage to snag one sheet), with all concierge details on your large-screen TV and menus for room service available via QR codes. **Local accents:** Autograph Collection is a Marriott brand that is strong on both inspirational design and local spirit.

Upholding that philosophy, Humaniti's sculptures and wall art are mostly by Quebecers. The guest bathrooms have eco-friendly toiletries by Montreal-based BeeKind, and the mini-bars are stocked with organic snacks and drinks, many made locally.

At Spa Humaniti, treatments are done with natural and/or local products. The menu includes vegan manicures, massages like The Hottie (with hot stones) and quick fixes such as waxing, eye care and foot baths. The spa also uses the Peoni and Lumi collections by Quebecer Jennifer Brodeur, whose vitamin-based skin care is prized by celebrities including Oprah Winfrey.

**Gastronomy:** Executive chef Giguère oversees the triple h3

— the restaurant, the poolside terrace and, scheduled for autumn, the lounge. Giguère is so passionate about Quebec's culinary culture that he has his own garden at the hotel, plus a greenhouse on the South Shore and elite suppliers such as Pousse Tango in the Eastern Townships and Canard du Village near Rougemont. A master of refinement and presentation, Giguère also operates the country-chic Le Coureur des Bois in Hôtel Rive Gauche in Beloeil, and once worked at Montreal's iconic Toqué! restaurant.

Every dish has flair and flavour. The dinner menu features Atlantic oysters dressed with ginger and lemon kombucha; halibut, lobster and tuna sashimi from Gaspé; sweetbreads with smoked pork cheek from Le Porc de Beaurivage; cavatelli (pasta) with ricotta, foraged wild mushrooms, tartufata (truffle olives) and white truffle oil; juicy lamb from Kamouraska; and robust prime rib from P.E.I.

Creative desserts follow, perked up with tangy sea buckthorn and Île d'Orléans

strawberries, as well as Quebec cheeses, chocolates and camerise (a blue honeysuckle berry).

Even breakfast (currently served in-room) is a triumph: smoothies, omelettes, a vegetarian cassoulet, smoked salmon and irresistible pancakes with fruit and bourbon-spiked maple syrup from Giguère's sugar shack.

Indulgent afternoons at the h3 terrasse (ninth floor, poolside) mean gourmet bites like salmon in cucumber rolls, oysters, shrimp rolls, burgers, seafood platters or beef tartare, with frosty beer, chilled Chardonnay or cocktails on ice.

Humaniti is also a destination for drinks. Mixologist Maria Kostadinova grows herbs for cocktails such as Herbes Folles, a fun fusion of fresh basil, yuzu and small-batch Madison Park gin, distilled in Verdun. Hugo Duchesne, voted best sommelier of Quebec 2020 by the Canadian Association of Professional Sommeliers (Quebec Chapter), has curated a 4,000-bottle wine cellar and an extensive by-the-glass list.

rochelle@rochellelash.com



# TIRED & HEAVY LEGS?

Are you suffering from heavy and tired legs? Is the circulation in your legs giving you problems getting around? Then try Active Legs™ – a natural health supplement proven to help alleviate symptoms related to CVI (Chronic Venous Insufficiency).

Active Legs™ is produced by New Nordic, the no.1 supplier of natural health products in Scandinavia. Based on high amounts of pine bark and grape seed extract, Active Legs is proven to effectively help relieve heavy, swollen and tired legs.

## CVI AND YOUR SUFFERING LEGS

CVI occurs when veins fail to efficiently send blood from the legs back to the heart. It may lead to problems such as varicose veins, ankle swelling, heavy and tired legs, and nighttime leg cramps.

CVI is often treated with compression stockings, but recent findings are showing that high concentrations of polyphenols found in grape seed and pine bark extracts can effectively help relieve the symptoms of CVI.\*



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TEST YOURSELF

Swelling of legs or ankles?

Painful or itchy legs?

Varicose veins?

Heavy and tired legs?

Tightness around your calves?

Brown colored skin near your ankles?

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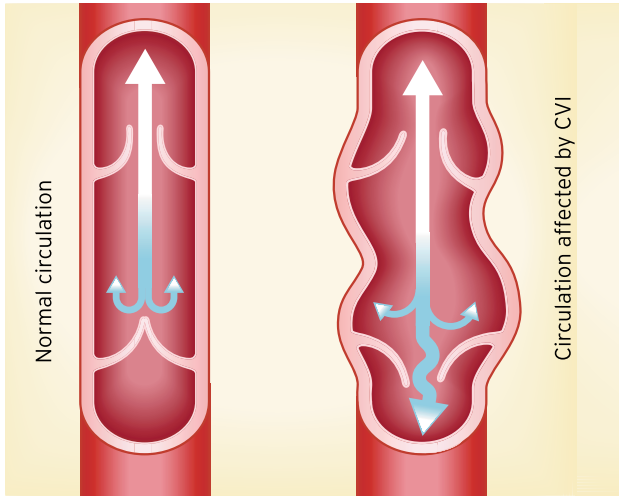
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If this sounds like you, you should try Active Legs to help relieve tired legs.



## NO MORE LEG PAINS OR SWELLING

A few years back, I had a bad fall on my knees. After that, I kept having pain even when sitting at the computer as my legs felt heavy and stiff.



I came across the product Active Legs, that was natural and helped increase leg fluid circulation. Without hesitation, I went to the pharmacy to get a box.

After using Active Legs for 2 months, I am walking with almost no pain and can sit at the computer for many hours and get up easily from my chair – no stiffness! I strongly recommend it to anyone with painful, stiff or heavy legs. It did wonders for me.

- Sonia K., Montreal, QC

For Information & Advice:

CALL US:  
1-877-696-6734

ONLINE SHOP:  
newnordic.ca



Results may vary. Always read and follow instructions prior to use.

\* Belcaro G., "A Clinical Comparison of Pycnogenol, Antistax, and Stocking in Chronic Venous Insu ciency." Int J Angiol. 2015 Dec;24(4):268-74.