



BRENTWOOD BAY
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FROM WESTERN CANADIAN RESORTS

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Boutique Spas

Essence of Life Spa

Situated on the waterfront in the heart of Vancouver Island's stunningly picturesque wine country, this luxury boutique hotel has garnered a coveted five star rating. The hotel is known for its small and intimate ambiance and the atmosphere at the spa is no exception. With its heated pool, hot tub, aroma garden, eight elegant treatment rooms and a lavish couples suite, this cozy retreat has become a favorite of locals and tourists alike. "We see such a variety of people here and everyone wants to relax and get away from it all," says Jackie May-Graham, spa director. Taking cues from its locale, the spa incorporates locally grown and harvested grapes into their signature Vinotherapy treatments. May-Graham suggests the Vino Stomp Pedicure, which begins with a grape stomping (in bare feet of course) followed by a relaxing pedicure and yes, a sampling of the local elixir. "It's a favorite amongst mothers and daughters or girlfriends," she says.

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