

**Spa Getaways**  
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**Seattle**  
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### **The ultimate weekends for mind, body and spirit**

We all have those moments when we've reached our fill--an unreasonable boss, demanding children, a crashing computer. And quite possibly it's raining again. We start to fantasize about escaping. The ultimate fix is to leave town and wallow in a weekend of luxurious pampering, to revitalize our depleted physical and mental resources. The perfect prescription includes eating well, a little exercise, time to relax and spa treatments to tune up the body. Fortunately, the Northwest has a wealth of resort spas and getaways to accommodate us. But what if you don't have a whole weekend? No problem. With the right treatment, an hour will do, and there are a number of spas within a few miles or minutes offering services that will leave you feeling like you did get away for days. Finding the best places takes time, so we visited dozens of spas and resorts -- both near and far -- subjecting ourselves to numerous treatments to spare you the trouble. These are some of our favorites.

#### **THE WESTIN GRAND VANCOUVER, THE MIRAJ HAMMAM SPA, SPAETHOS AND THE EVELINECHARLES SPAS AND SALONS**

Vancouver, British Columbia

Travel time from Seattle: 3 hours by car, depending on border crossing.

Located in the heart of the entertainment district, The Westin Grand features its trademark Heavenly Beds with their comfy custom-designed pillow-top mattresses, as well as a pool and fitness center. Indulge in their Suite Spa Getaway package with Skoah in Yaletown, which includes one night's accommodation, a \$100 credit at Skoah and a \$50 credit at the hotel's Aria restaurant. A cab ride away in South Granville are two other good choices: the sleekly whitewashed EvelineCharles Spa and Salon (indulge in the Butter Me Up, a goat buttermilk bath followed by a goat butter body wrap, for \$135 Canadian), and the Miraj Hammam Spa, featuring Middle Eastern treatments, including the Hammam and Gommage (\$125 Canadian with 30-minute massage), an exotic steam and exfoliation process. In the kicky Kitsilano neighborhood is SpaEthos, housed in a former Bank of Montreal building. The 90-minute Warm Stone ThermoTherapy massage (\$170 Canadian) is heavenly. Afterwards, float to Bishops's across the street for dinner. *The Westin Grand Vancouver, 433 Robson St.; 604.602.1999; westingrandvancouver.com. Package rate: \$329 to \$349 Canadian. EvelineCharles, 1495 W. 11th Ave.; 604.678.5666; evelinecharles.com Miraj Hammam, 1495 W. Sixth Ave.; 604.733.5151; mirajhammam.com. SpaEthos, 2200 W Fourth Ave.; 604.733.5007; spaethos.com.*