

2004 Readers' Choice Spa Guide

Glow

May/June 2004

One in 10 Canadian visited a spa in the last year. Why? To relax, get healthy--and indulge. Here our readers share their best coast-to-coast spaahhh experiences.

Miraj Hammam Spa

Vancouver

mirajhammam.com; 604-733-5151

"The hammam/gommage experience and massage is the most stimulating full-body treatment."
- Heather Smith

Steam in a *hammam* at this Middle Eastern spa in Vancouver's shopping district.

Don't miss Toning papaya and clay masks.