

On the Rise
Kate Washington
Sunset
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Explore galleries, gastronomy, and *gommage* in Vancouver, B.C.

To lift winter-weary spirits, head to Vancouver, British Columbia's South Granville Rise, so called for the gentle grade that climbs through the trendy district. Here you can check out dozens of art galleries, shop for clothing and housewares, and sample international food. To top it all off, a steam at an exotic Turkish-style spa should leave you relaxed enough to wait serenely for spring.

Go Miraj Hammam Spa

What: *Hammam* (steam) and *gommage* (exfoliation with Moroccan soap) are followed by a massage or facial. Afterward, enjoy mint tea and sweet cakes in a luxurious, silk-cushioned lounge.

When: Open Tue-Sun; call for women-only and men-only days.

How Much: Treatments from \$84 U.S.

Where: 1495 W. Sixth Ave.; 604/733-5151.