

## **Stars Love Going to ...Vancouver & Whistler**

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**OK!**

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### **What Should I Do?**

From the foodie to the spa lover to the outdoor adventurer, Vancouver and Whistler have a little something for everyone. After your flight, drop-in for a yoga flow session with the amazing Sarah Jamieson at Studeo 55, a penthouse fitness center. All of Studeo 55's yoga is athletically-based, simultaneously stretching and working your muscles for a complete mind-body workout. After you've worked up an appetite, head over to the Salt Tasting Room in Gastown, an *OK!* must-do for their 18 varieties of sherry and mouthwatering selection of cured meats and cheeses. Also on *OK!*'s list of "must-do's" is a stop at the Miraj Hammam Spa, impeccably owned and managed by Surinder Baiins. Canada's first-ever authentic hammam (a Middle Eastern steam bath) offers Gommage, a cleansing experience using black Moroccan soap for exfoliation, lots of steam and a bliss-inducing massage. Tea and sweet cake follow in the Sultana Lounge.