

Soul Food
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There's a spa trend - and treatment - for everyone. Here's what to try this year, and where to find it in Vancouver and beyond.

Communal Treatments

Prewedding hot-lather shaves for the groomsmen, mother and daughter mani-bonding, side-by-side lovebird mud baths: the public has spoken and we don't want to spa alone anymore. Ways to visit spas en masse include "taking the waters" in hot springs, booking a movie room with girlfriends for a mani-or pedi-party, or steaming, scrubbing and mudding each other up with an old-school gommage treatment in a new-school hammam. *Find it at Miraj Hammam Spa, 1495 W. 6th Ave., 604-733-5151, mirajhammam.com (gommage); or Perfect Health Spa, 2525 Arbutus St., 604-736-2111, perfecthealthspa.ca (movie spa).*