

# ELEVATE

ANTI-AGING • ENHANCEMENT • WELLNESS

HOW TO  
LOOK

**HOT**

FROM

HEAD

TO TOE

GREAT  
BREASTS

GORGEOUS SKIN

LASH  
OUT

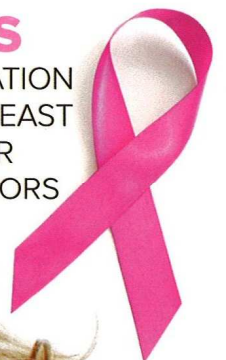
AND LOOK  
YOUNGER

**KATIE  
HOLMES'**

BEAUTY  
SECRETS

**PLUS**

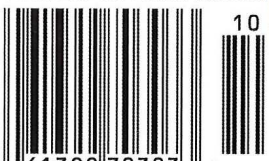
INSPIRATION  
FOR BREAST  
CANCER  
SURVIVORS



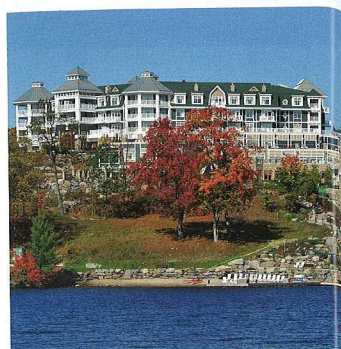
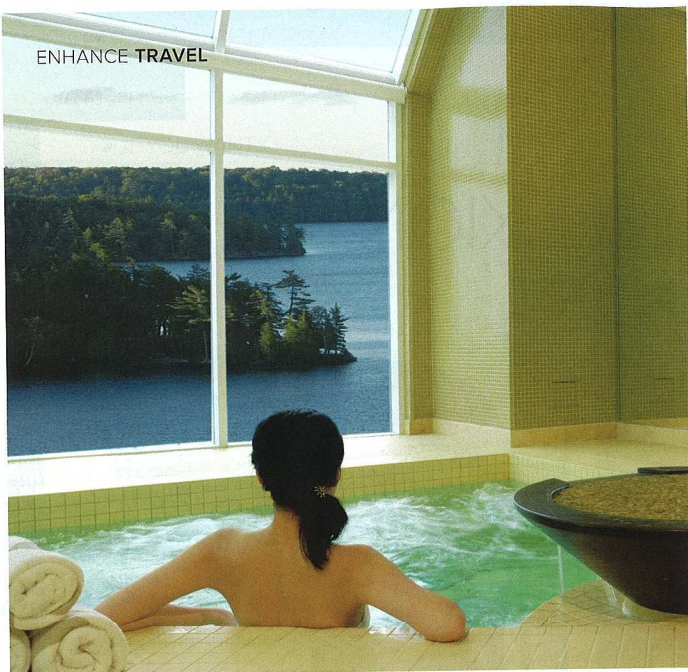
PURR-FECT  
**THE CAT EYE**

This season's sultriest make-up trend

SEPTEMBER+OCTOBER 12 \$5.00CDN







# SOMETHING for EVERYONE

## 1 The Rosseau THEROSSEAU.COM

Set on a granite bluff, overlooking the tranquil and tony Lake Rosseau, The Rosseau offers guests a luxury retreat experience that sets it apart from other resorts in the area. All rooms feature Muskoka stone fireplaces. (Studio King rooms start at \$299)

**WHY WE LOVE IT:** Because it's upscale without being pretentious, and the scenery takes our breath away.

**WHAT TO DO:** The fall is a good time to play a late-season game of golf, swim in the year-round pool, go for a hike, and then hit the Spa Rosseau, a full-service luxury spa with separate areas for men and women, plus

Vacations don't have to be saved for summer. Get away this fall at one of these choice Ontario resorts, which offer a range of pampering and activity options that will make everyone happy.

BY MARISSA STAPLEY-PONIKOWSKI

dedicated couples' facilities. There are 11 treatment rooms including a Vichy room for hydrotherapy services. Spa guests can also enjoy the private outdoor swimming pool in summer and early fall. Try the Autumn Leaves Ritual at Spa Rosseau. Natural minerals combine with healing botanicals in a gentle full body exfoliation. Next, enjoy a soothing application of wild-crafted, organic lavender aromatherapy oil. Balance your energy with the warm healing rose porphy stones rich in crystals. While you

are wrapped in a nourishing cocoon, an eye, scalp and foot massage with warm lavender oil will leave you completely relaxed. (Contact spa for details.)

Then dine at Cottages, a lakeside country grill with generous portions and farm-to-fork ingredients, or Teca, a simple but elegant Italian bistro with an open kitchen and a warm ambience. Enjoy a nightcap at Lakes, the cozy bar and lobby lounge overlooking the lake, with wines by the glass, craft beers and martinis.

## 2 Deerhurst Resort (DEERHURSTRESORT.COM)

On the shores of Peninsula Lake, in Huntsville, the portal to Muskoka, Deerhurst has it all, including a sleek spa and a range of activities the entire family can enjoy. Stay in the Summit Lodges—they're newly renovated and close to the main building. (Suites start at \$329)

**WHY WE LOVE IT:** It's only two hours north of Toronto, which makes it an easy getaway for city dwellers. A host of year-round activities on the 760-acre waterfront property make it a can't miss, no matter when you go. Although Deerhurst, with its extensive waterfront, is an ideal summer vacation spot, the changing leaves make it breathtaking in autumn, too. (And there are plenty of winter activities to partake in. Or you can just stay cozy by the fire!)

**WHAT TO DO:** The Shizen Spa is comfortable yet chic, and features many ultra-relaxing and luxurious spa rituals, plus a new, flexible method of booking treatments. (Ask when you book.) We recommend



starting your getaway with a massage. The licensed therapists are trained in a variety of techniques, including deep tissue, Swedish, hot stone and pre-natal. (Massages start at \$135 for 50 minutes.) The Body Scrub and Wrap is another Shizen Spa highlight (\$215, 80 minutes.) The wraps stimulate circulation and promote hydration, and the scrub renews and rejuvenates the skin while providing an invigorating massage.

Deerhurst also offers many activities for families to enjoy together, including a stable with horseback riding for all and interactive experiences with the animals for children. Carriage rides are also available, and are a lovely way to end a perfect day.



## 3 Thompson Toronto, A Thompson Hotel (THOMPSONHOTELS.COM)

If a chic urban retreat is more your speed, the Thompson Toronto is the place for you. This 102-room luxury hotel is located in the heart of Toronto's fashion district, near King West.

**WHY WE LOVE IT:** Because of the hip, eclectic neighbourhood and the nightlife, plus the incredible views of Toronto's skyline and waterfront. (King Superior rooms start at \$259)



**WHAT TO DO:** Aside from the obvious—hitting the rooftop bar, going out on the town, dining at Scarpetta, brunching at the Diner—Thompson Toronto patrons can experience unsurpassed wellness at 889 Yoga's Wellness Spa. The yoga studio offers a range of yoga classes, and the services offered at the spa range from holistic facials to soy waxing. Try an Essential Therapeutic Facial, which uses organic skin care products from the Palm Beach line. This facial will leave your skin looking and feeling brighter and more nourished. All products are synergistically blended and energetically balanced, working on a cellular level to restore harmony and vitality while addressing the psychology of the cell. (75 minutes, \$135) ☺



## MOMS, TAKE HEART!

ELEMENTS SPA (at Great Wolf Lodge in Niagara Falls, Ont.; GreatWolf.com)

Planning a trip to the ubiquitous family destination that is Great Wolf Lodge? Bet you didn't think you'd be able to book some ultimate "me" time while there. The resort, which is home to an enormous water park and all things kid-friendly, also has a decidedly mom-friendly spa called Elements. Walk through the spa's front door and leave the chaos behind as you take a vacation from your family vacation. The well-appointed spa features some of our favourite spa lines, including Eminence and Emergin-C. Try the Caribbean Vichy Treatment, in Elements' incredible water-therapy room. A warm seaweed wrap is applied to the entire body to smooth and detoxify. Stress is rinsed away with a Vichy Shower, which promotes complete relaxation and delivers the ultimate spa experience. (75 minutes, \$130)

