

# Pampering

ILLUSTRATION BY MANDY LAU

## Hers

Spas and styling services make women wonderful **BY SHERI RADFORD**

Vancouverites are often complimented on their dewy complexions and laid-back attitudes. We'll let you in on a secret: it's not just because of the active West Coast lifestyle and healthy locavore diet. Local women have a wealth of pampering options to help them achieve that radiant glow.

When a day of relaxation is on the schedule, The Spa at the Wedgewood Hotel is the first stop. World-weary travellers (whether from around the corner or around the globe) indulge in the Jet Lag Recovery package. It starts with a 90-minute Thai fusion massage, which combines yoga-like stretches with deep-tissue massage, using lemongrass essential oil to soothe aching muscles and energize the body. Then a 90-minute cinnamon enzyme facial tightens and firms the skin. It adds up to three hours of bliss.

Next stop is The Ten Spot in Yaletown. Quickie manicures and pedicures are available, but when the goal is R&R, indulge in the full treatment: nail shaping and buffing, cuticle work, massage, polish application and nail art ranging from dots and lines to hearts and clouds. Fingernails and toenails end up looking like works of art, but without a Monet or Picasso price tag.

If you need some help to enhance your best facial features, head to Spa Utopia. Professional make-up artists can create a flawless look for daytime events, glamorous evenings out and everything in-between, including weddings. Splurge on some expertly applied artificial eyelashes, to make your eyes pop. Sixty-minute make-up lessons are offered, too.

For a cool coif to top off a polished look, Drybar in Nordstrom offers no cuts or colour, just perfect blow-outs. The stylists expertly tame all manner of tresses, from poker-straight to crazy-curly, and the libations-inspired menu includes the Mai Tai (perfectly messy beach hair), Dirty Martini (tousled and textured), Manhattan (sleek and smooth), Southern Comfort (maximum volume) and Cosmo (lots of loose curls). Make sure to add the heavenly 10-minute scalp massage during your shampoo. The only thing that could improve the whole experience? An actual martini.

Finish off a day of pampering by slipping into the perfect outfit (or several), chosen for you by a personal stylist at Nordstrom. The service may be free, but the on-trend advice is priceless, not to mention the honest opinions and help navigating the store's cornucopia of designer options.

Feel good, look good — sometimes it pays to indulge.



## His

Float rooms, spas, barbers and suits make men marvellous **BY LUCAS AYKROYD**

Vancouver regularly produces superstar heartthrobs like Ryan Reynolds, Jason Priestley and Michael Bublé, and that makes other men in this city aspire to look and feel their very best. Fortunately, manly pampering options abound downtown.

Feeling stressed from your latest corporate merger or the eternal gong show that is your favourite pro sports team? Head to Pure Float, a utopian sanctuary steps from Vancouver's business district. Choose from five private float rooms and lie back in a deliciously warm and buoyant Epsom salt bath beneath a starlit ceiling. (Floating neckpads and earplugs may enhance the relaxation for dudes more used to headbanging to Metallica.) An hour-long treatment whisks by like a shapely, spandex-clad jogger on the Stanley Park Seawall. Combine this with a 30-minute Neurospa session in an enclosed, vibrating recliner, and you'll emerge both cleaner and wiser: "I Zenned out pretty good there, bro."

With your mental game in order, enjoy the Absolute Man package at the Fairmont Hotel Vancouver's luxurious Absolute Spa to get your body up to speed. This four-hour odyssey can make a 42-year-old sage feel like a 32-year-old stud all over again. The signature massage with white-grapefruit lotion loosens up those residual knots from your recent half-marathon, followed by a soothing, hydrating facial. Watch hockey highlights on TV while getting your pedicure on, and then man up for an expert manicure. In the spacious, tranquil lounge, nosh on banana bread and mango yogurt between treatments. Notably masculine spa patrons include Ben Affleck, Chris Rock, and NHL scoring champion Daniel Sedin.

At the Man Cave Barbershop, the Royal Treatment package includes a customized haircut, shave, shampoo and styling. This converted Yaletown warehouse space has a testosterone-friendly ambience of black leather couches, vintage sports-car photos, and old-school Eminem and Pharrell Williams tunes. No appointments required — just slide into one of the 10 available chairs. "We use good old barbering methods," says manager Eddie Herbert, pointing out high-end Edwin Jagger and Truett & Hill products for sale. Soccer stars from the Vancouver Whitecaps frequent the Man Cave, and bachelor parties here are a can-do proposition.

To wrap up your total package, Leone offers custom-tailored suits for savvy sirs. Celebrating its 30th anniversary in 2017, this locally owned, 25,000-square-foot (2,232-square-metre) clothing boutique and its service-oriented staff will help you make the tough decisions: Armani, Dior or Versace? Sip a cappuccino from the in-house coffee bar as you prepare to rival Ryan, Jason and Michael with your sartorial style.

The great English writer Samuel Johnson wrote, "When a man is tired of London, he is tired of life." Surely he meant "Vancouver," because it's a great lifestyle for men out here. **E**

**IF YOU GO** The Spa at the Wedgewood Hotel 845 Hornby St. 604-608-5340. wedgewoodhotel.com/spa-wedgewood

The Ten Spot 1006 Mainland St. 778-379-5959. thetenspot.com Spa Utopia in the Pan Pacific Hotel, 1001-999 Canada Place Way. 604-689-7700. spautopia.ca Drybar in Nordstrom 799 Robson St. 1-800-898-9246. thedrybar.com Nordstrom 799 Robson St. 604-699-2100. nordstrom.com

**IF YOU GO** Pure Float 1197 Howe St. 604-559-3999. purefloat.ca Absolute Spa 900 W. Georgia St. 604-684-2772. absolutespa.com Man Cave Barbershop 1018 Mainland St. 778-379-3365. mancavebarbershop.ca Leone 757 W. Hastings St. 604-683-1133. leone.ca