

Hot Stuff

If Jack Frost is nipping at your nose, head inside. Vancouver offers plenty of delightful ways to warm up **BY ALISON MALONE, JENNIFER PATTERSON AND SHERI RADFORD**

HOT STONE MASSAGE

Escape winter by being lulled into a state of relaxation: the sound of soothing music forms the backdrop to the sensation of massage oil and stones heated to at least 54°C (130°F) gliding over your body. Seem like pure bliss? It is. Egyptian-style Nefér Spa (pictured; page 24), located in Coal Harbour, showcases the ancient healing practice of hot stone massage through soothing, 75-minute treatments. The combination of hot basalt stones and cool marble stones transmits electromagnetic energy, which stimulates and realigns all functions in the body—including circulation, digestion and the immune system—and helps the body heal. Whether you arrive with a headache, sore back or cluttered mind, you'll leave feeling invigorated...after you've woken up, that is.—A.M.

HOT YOGA

Step into a room heated to 40°C (104°F), and you're bound to warm up. Perform a series of 26 hatha yoga postures with a couple dozen other folks in this room, and you're bound to sweat like you never thought possible. At Yaletown's Westcoast Hot Yoga (page 22), devotees and newbies alike participate in 90-minute sessions that flush toxins (read: holiday indulgences) from the body and improve bodily functions such as strength, concentration, balance and circulation. After class, rehydrate in the chic lounge, freshen up in the spa-like bathroom and step out into the chill with a healthy glow.—A.M.

PHOTO BY KK LAW





HOT FOOD

As every discerning carnivore knows, steak is best served hot. At Stonegrill (page 90), you're in control of the heat. Steak and seafood arrive at your table on volcanic granite heated to 400°C (752°F)—don't lick your plate clean here—then you grill each bite exactly to your liking. It's a perfectionist's delight. Well done? No problem. Rare? Even easier. Through the restaurant's giant windows, watch the rain or snow fall on False Creek as you stay toasty warm inside, feasting on prawns and AAA Alberta beef, hot right to the last mouthful.—S.R.

PHOTO BY KK LAW

HOT CHOCOLATE

January in Vancouver is all about rain—one of the perks of living in a rain-forest—but locals know a warm beverage is always within reach. At Mink A Chocolate Café (page 82), chocolate is king and hot cocoa is what keeps people coming back for more. Shake things up and grab a cup of drinking chocolate, freshly melted and ready to sip, or take the more traditional route with a cuppa cocoa, available in dark (70%), milk (38%) and spiked peppermint. There's something to satisfy even the sweetest of sugar cravings. So drink up—and warm up—before venturing back into the blustery West Coast weather.—J.P.



FABULOUS FIREPLACES

When the weather outside is frightful, the fire is so delightful...at these local eateries boasting gorgeous fireplaces.

- 1 Cardero's Restaurant Marine Pub (page 90).
- 2 Altitudes Bistro (page 82).
- 3 Voya Restaurant (page 92).
- 4 The Sandbar (page 90).
- 5 Le Marrakech (page 87).
- 6 Yew (page 88).
- 7 Watermark on Kits Beach (page 92).
- 8 Bacchus Restaurant (page 84).
- 9 The Keg (page 90) on Thurlow.
- 10 Sequoia Grill (page 82). ●

FIREPLACE PHOTO ©KEITHPIX/ISTOCKPHOTO

