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## 7 Essential Exercises

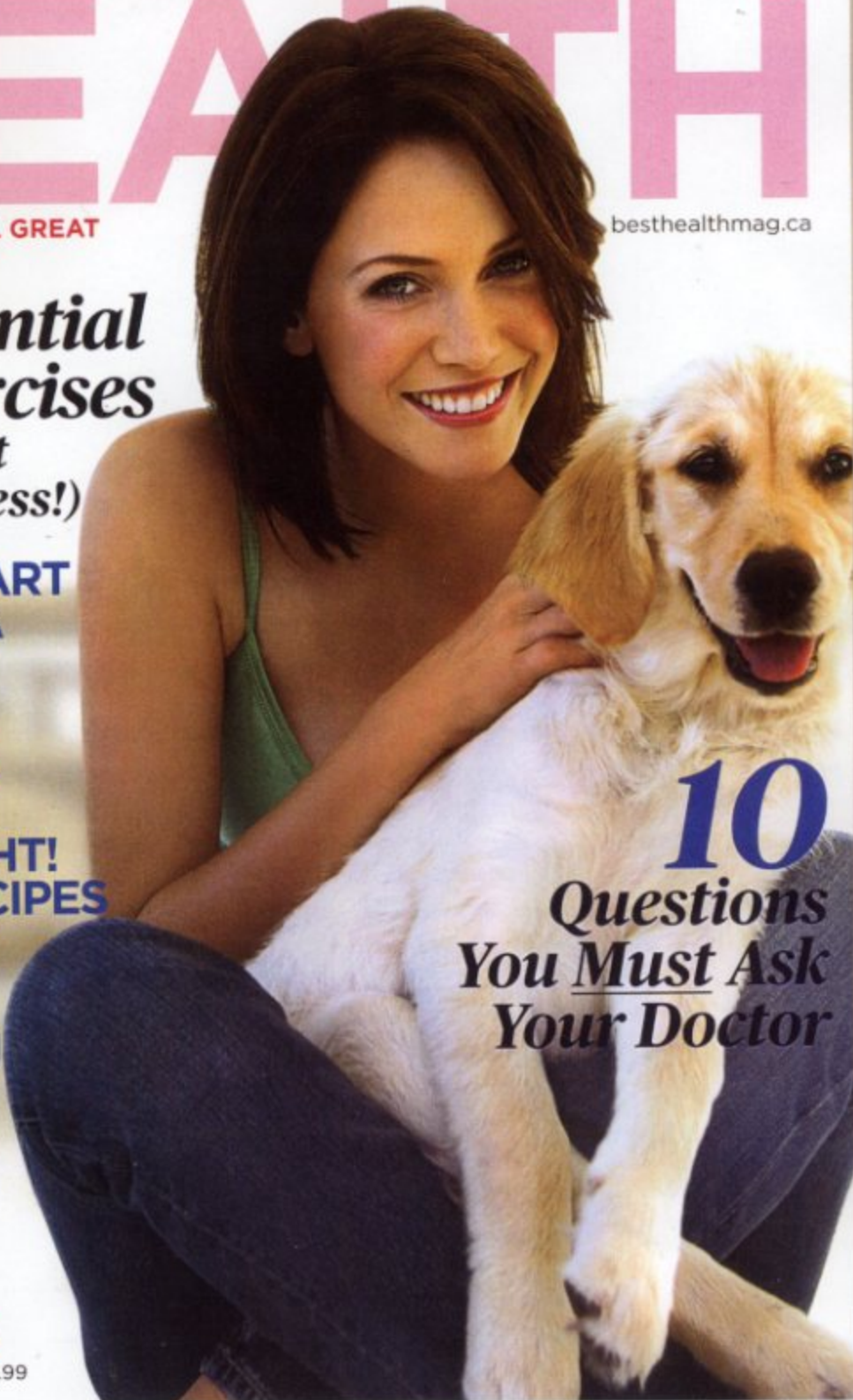
*(your fastest way to fitness!)*

**SPEND \$MART AT THE SPA**

**NATURAL SEX-DRIVE BOOSTERS**

**PASTA NIGHT! 3 EASY RECIPES**

**QUIZ: ARE YOU A NEEDY FRIEND?**



## 10 Questions You Must Ask Your Doctor



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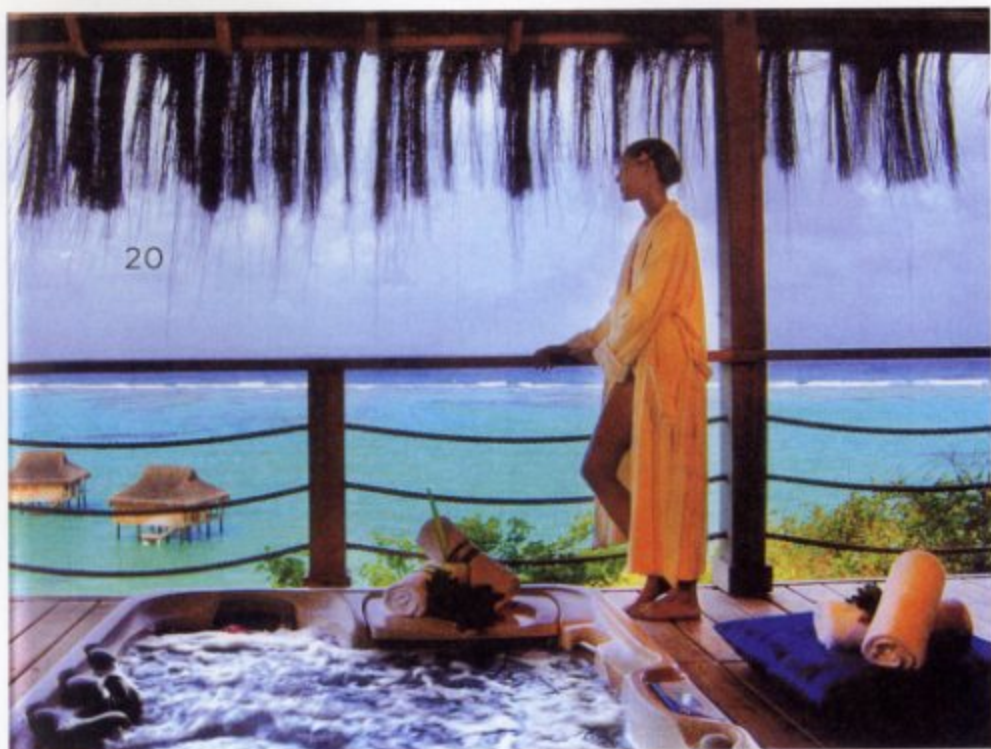
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PHOTOS: VEER (TOP RIGHT), CHRISTOPHER STEVENSON (BOTTOM). ILLUSTRATION: JIM PLAYFORD. OFF-FIGURE STYLIST: JUANEE LEE/PULTINO GROUP (SWIMWEAR)



At RafflesAmrita Spa, treatments take place in restful thatched-roof palapas.

# PARADISE, HOME AND AWAY

EACH ISSUE, WE TAKE YOU ON A JOURNEY—IF NOT IN BODY, THEN IN MIND—  
TO UNIQUE SPAS BOTH HERE AND ABROAD BY MARGARET SWAINE

### Amerispa at Château Bonne Entente *Quebec*

Growing up in Quebec, I enjoyed the local apple cider, but until I went to the spa at Château Bonne Entente, I had never been wrapped and scrubbed with it. An oasis of Quebec country calm about 20 minutes west of Quebec City, it has two four-season hot tubs, and a heated outdoor pool from June to October. The hotel's Urbania suites feature spa-like bathrooms equipped with either Maax body jet showers with eight adjustable heads and air massage jet baths, or BainUltra's combination shower, thermotherapy, light therapy and aromatherapy concept. At the spa, my body treatment began with a cleansing ice-cider elixir exfoliation. Next came an all-over application of a skin-revitalizing warm gel, also infused with elixir of ice cider. My skin looked and felt softer, silkier and more luminous. It was the cider aromas, however, that really had me tickled pink and brought me back to my childhood days. (chateaubonneentente.com)

### RafflesAmrita Spa *Caribbean*

Canouan Island in St. Vincent and the Grenadines is a mere five square kilometres of green hills and secluded beaches sheltered by one of the world's largest coral reefs. The luxurious Raffles Resort Canouan Island, just 10 minutes from the tiny airport, is perched on Canouan's western side on a protected bay that forms a natural amphitheatre. Along with a Jim Fazio championship golf course and Trump Club Privee gaming salon, the resort has a stunning spa. Treatments take place on the hillsides in thatched-roof palapas—each of which has an ocean-view deck with a Jacuzzi and Asian daybed—and in two sea palapas (with glass floors so you can look into the turquoise Caribbean Sea), accessible only by boat. The three-hour "Pure Retreat" in a sea palapa starts with a foot bath. That's followed by an aromatherapy steam bath, a facial and head massage, and ends with a lavish foot exfoliation and a Chinese reflexology massage. (canouan.raffles.com)



**BRING HOME THE SPA** If Quebec's Bonne Entente cider treatments sound nice, you can capture the flavour with light and non-greasy Bath and Body Works Irresistible Apple Body Lotion. (\$11, 236 mL.)

◆ For where to buy, see page 142

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