

4 VANCOUVER SPA TREATMENTS THAT WILL SOOTHE YOUR BODY AND SOLES

by **LESLEY MIRZA** in **TOWN** on March 17, 2015

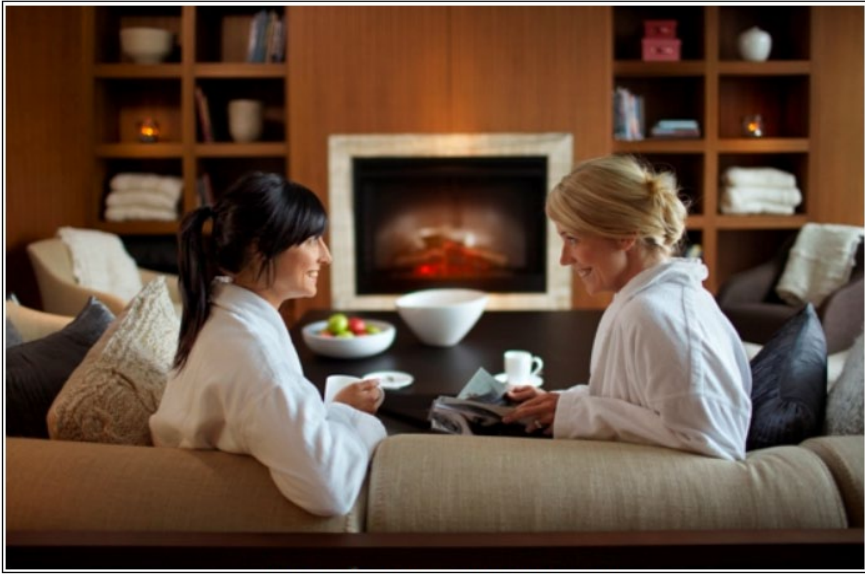


Image courtesy of Fairmont Hotels & Resorts

Frequent-flyers: Do you love travelling, but hate jet-lag? We hear you!

With so much to see and do in our fabulous city, we want you to be able to experience it all – without the unwanted effects of jet-lag.

These 4 superb spa treatments are guaranteed to rejuvenate tired travellers, melt away stress, and relieve feet and body aches.

Wedgewood Hotel & Spa



Image courtesy of the Wedgewood Hotel & Spa

A member of **Relais & Châteaux**, an exclusive collection of the finest hotels and gourmet restaurants around the globe, the acclaimed **Wedgewood Hotel & Spa** has been welcoming guests since 1984.

Jet-setting business men wishing for a little pick-me-up should make a beeline for this downtown Vancouver gem.

Their award-winning spa offers a selection of luxurious treatments, sure to please any spa aficionado. We feel that the **Men's Hand and Foot Recovery treatment** (\$125, 60 minutes) is the perfect choice for that guy on-the-go.

Your prescription for relaxation begins with a visit to the spa's Eucalyptus steam room. Next, you'll be taken to your private heated bed where your overworked hands and feet will be pampered.

After a stimulating exfoliating treatment, light nail grooming and buffing, you'll drift away on a cloud of serenity as your hands and feet receive a heavenly, circulation-improving massage.

If you don't have to rush off to an appointment, take a seat in the spa's tranquil relaxation room (or their lovely garden terrace) and enjoy a cup of their soothing herbal tea infusions.

You'll be amazed at how one hour at the spa can make jet-lag just disappear.

For more information on this spa and their offerings, [click here](#).

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