



# REJUVENATE, REFRESH, RELAX

SPAS ARE BOOMING IN MISSISSAUGA AND OAKVILLE

By KATHY BUCKWORTH

“Take me away!” Many of us recall the bath foam commercial which promised to sweep us away in a sea of bubbles and fragrance, right in our very own bathroom. The reality is of course, that it can be harder to find more than five minutes alone in your house, particularly when you have children and a busy household which refuses to stop buzzing simply because you need to “get away from it all”. More and more, women in particular are turning to outside spas and spa treatments to really find a way not only to relax, but to rejuvenate and refresh before heading back out into their busy lives.

In Mississauga and Oakville, the spa business is booming these days, with many new salons opening their doors offering a multitude of new and ever popular spa services and packages. “We are in a very fast paced society today trying to balance work and home, so going to a spa is to relieve stress and make you feel relaxed”, says Cathy Conte, a Mississauga resident who works as a Vice President of a commercial real estate company, as well as mother to a teenage daughter. “Spas are a form of entertainment (ie. like shopping, dining) and this is relaxation,” she says.

The idea of escaping from day to day life and finding a quiet oasis away from ringing phones, screaming children, and the basic daily demands has high appeal, and spas are more than willing to help their customers find this temporary nirvana. Petra Woods, Spa Director at Serenity Spa in Port Credit, agrees. “With people’s lives becoming increasingly busier and more stressful, multi-tasking, etc..., and especially with more demands from women juggling home life with career, I believe women are realizing they need to focus on themselves every now and then with a little escapism, whether it be pamper-

ing at a spa, a yoga class, or maybe a combination of both to increase a the wellness part of their life.”

Relaxing in a shiatsu massage chair, while a professional spa consultant ensures your every wish is taken care of, is pure heaven to a busy mom like Wendy Alderdice of Oakville. With three young children, as well as working from home as an H.R. consultant, Wendy doesn’t get to the spa as often as she’d like to, but when she does, it’s total escapism. “They have the back massage chairs and the swirling water foot baths. They put some goo on my feet and wrap them in saran wrap to make them soft. My feet are so ticklish that I end up giggling through a lot of the pedicure. Especially the foot massage part. It’s fabulous.”

But Wendy isn’t alone in not being able to find the time for the hours it might take to truly enjoy a luxury pedicure or manicure treatment. Never fear: quick fixes are also out there. For anyone who watched Sex in the City on a regular basis, the idea of the weekly, or even daily manicure can be very appealing, especially when you don’t have the whole afternoon, or budget, to devote to a beauty regime. There are more and more “nail salons” popping up, including Luxor Nails & Spa, where the owner Maria offers quick and reasonable manicures and pedicures to a growing clientele.

At the other end of the spectrum, a spa visit can be much more than just a basic service. Today’s spa services go further than just a fresh coat of nail polish and a shiny new face. Many of the spas in the Oakville and Mississauga area focus on different types of therapy and organic healing methods to help their customers receive more than just a beauty treatment. Paula Jessop, a Port Credit resident, needed more than just a fun day at the spa; she was

facing major surgery, and she knew the after effects wouldn’t be easy to deal with. “Before I had my kidney removed, my aesthetician suggested I come in for a hydrating body treatment with marine wrap as it would help me with the effects of morphine post surgery. It was a long but very relaxing treatment that involved showering a couple of times and being foil wrapped to ensure total absorption of the oils. Post surgery, every Doctor and nurse I came in contact with continued to ask if I was itchy or had joint pain, which are seemingly common points of irritation on extended morphine use. I did not have one symptom and rested quite comfortably. I believe that this was due entirely to the wise counsel I received and the superb treatment.”

Serenity Spa also believes in going beyond the traditional spa services and has embraced the organic side of their business as well. “We exclusively carry only Aveda products and services. Aveda is a very environmentally-conscious organization, constantly sourcing the finest ingredients for their products, many being organic, and giving back to the farming communities to sustain these resources. This is something we strongly believe in as well, making it a wonderful fit.”

So the next time you’re feeling guilty about taking the time away to “do something for yourself”, remember that the good you’re doing for your body is likely contributing to the ongoing well being of the world around you as well. And it feels good. **GOODLIFE**

**Photos top left and right:** Serenity Spa, 103 Lakeshore Road West, 905-891-1439, by Peter McCusker.

**Photos centre:** provided by Oscar Day Spa, 3490 Mavis Road, Mississauga, (905) 566-9988.

Luxor Nails & Spa is at 3105 Winston Churchill Blvd, Unit #2, 905-608-0857



## Refresh & Renew

The Perfect Bathroom Renovation!

CASH BACK  
up to **\$2000\***  
on every complete renovation

BEAUTIFUL KITCHENS & BATHS. PERFECTLY BUILT!

**Plumbing Mart**

Since 1959

THE BOLD LOOK OF KOHLER



We Design. We Supply. We Install. NO Extras! Over 18,000 Satisfied Customers!  
NO Aggravation Renovation! Start & Finish Times GUARANTEED!

FREE IN-HOME, NO OBLIGATION CONSULTATION!



MISSISSAUGA  
700 Dundas St. E.  
905-275-0574

[www.plumbingmart.ca](http://www.plumbingmart.ca)

		Burnhamthorpe Rd. E.	
		Dundas St. E.	
		Plumbing Mart	
		Queensway E.	
		QEW	

\*Minimum bathroom project value (net of tax) of \$8995, kitchen value of \$15000 must be met. Cannot be used with any other offer.