

beauty

BEAUTY, HEALTH NOTES

Healthwinds spa offers Euro-inspired pampering

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Walking into Toronto's new **Healthwinds** spa (*650 Mount Pleasant Rd., 416-488-9545, healthwindsspas.com*) is refreshing—owner Kailee Kline says she was inspired by the classic northern European spa experience, and it shows. The design is simple and sleek; there's lots of white with bamboo accents, a clean-lined juice bar and a lounge complete with slate-grey water wall and modern fireplace.

Now, great interior design does not equal great skin, but the Eminence Organic facial does—it stars the Hungarian-made line of delicious-smelling, all-natural products (the spa also carries the sciency Swiss cell-based line Cellcosmet, and Guinot, from France). My aesthetician, Doreen, who has a fabulous Irish accent, applied a laundry list of Eminence products (including the Lemon Cleanser, Naseberry Treatment Cream, Rosehip Exfoliating Masque and Tomato Sun Cream), and showed off her skills with an incredible facial massage that does wonders for lymphatic drainage. At one point I asked if the cream she was using on my face had been in the fridge since it felt so cool and refreshing – it hadn't, my senses were just heightened because my circulation was so stimulated.

As if that wasn't enough Euro-inspired pampering, Healthwinds also offers a hydrotherapy treatment that involves 120 water and air jets to assist with fluid retention, stress and muscle pain and at least 16 hours of training for each staff member – direct from Baden-Baden in Germany.

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