

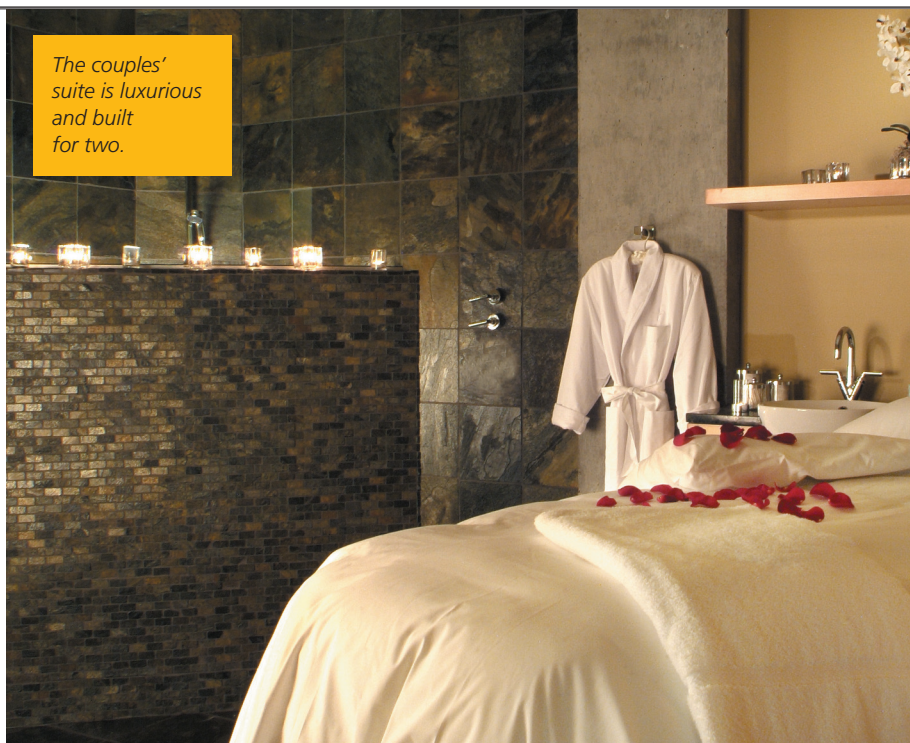
## SPA PROFILE

by kate hamilton

# Spa Essence of Life

at Brentwood Bay Lodge,  
Victoria, British Columbia, Canada

*The couples' suite is luxurious and built for two.*



Nestled on the corner of Vancouver Island facing the beautiful waters of Brentwood Bay, Spa Essence of Life infuses the best of its surroundings into the menu, captivating the benefits of nature in each unique treatment. Luscious crimson grapes from local Victoria wineries and purifying seaweed from the marinas of Brentwood Bay are the key ingredients in many of the exclusive spa-made products.

Open since May 2004, the spa has created a unique West Coast perspective based on natural health and vitality.

Environmentally conscious, the spa combines pure essential oils, botanicals and natural ingredients with a variety of ancient spa techniques, to best treat the skin.

"The skin is best replenished through natural ingredients—

the skin working through osmosis," says Marie Kury, spa director of the Spa Essence of Life. "The more natural, the better off your skin and you are going to feel and look."



*Nestled on the tip of Vancouver Island, Brentwood Bay Lodge lies in the heart of wine country.*



## NATURALLY BENEFICIAL

The Spa Essence of Life has created a unique spa experience in each and every treatment by combining natural local ingredients such as avocado, rose petals, mint and rosemary, grapes and seaweed. Essential oils and botanicals are utilized to maximize the benefits each treatment has to offer.

The spa's signature treatment, the Essence of Life Massage, is a unique full-body massage

with flowing wave-like strokes and enhanced with a rosemary scrub of fresh seasonal herbs and flowers. Other massage offerings include the Vino Massage infused with grape antioxidants, a deep pressure Sports Massage for athletic enthusiasts, New Life Massage for expecting mothers, and reflexology to gently treat the feet.

A unique menu offering is vino therapy, which offers the benefits of anti-aging and firming. Available in a variety of treatments, including the Vino Bath, Vino & Honey Wrap, Vino & Rose Scrub and Vino Stomp Pedicure, a mixture of fresh grapes and red wine is applied to the skin. "The properties that are in the wine grapes really are beneficial to the body," says Kury. "We also utilize all of parts of the grapes from the grape itself to the leaves and stems."

With its private marina, the spa is one of the few PADI-certified spas in Canada that dives for fresh seaweed. Spas are required to have this diving license to harvest seaweed. Offered in its Rosemary Scrub, the energizing exfoliating massage leaves skin soft as seaweed is rubbed along the spine for a relaxing and therapeutic feeling throughout the body. The seaweed acts not only as a firming agent but as Kury notes, is "nutrition for the body." Afterward, the client rinses in a Vichy rain shower and the entire body is polished.

Additional services offered include facials, foot and hand massages, body and mud wraps, water cures and body exfoliations.

## IN THE GENTLEMEN'S CORNER

With the increase in male clientele, the Spa Essence of Life has designed a variety of treatments

specially engineered to meet the needs of men. The Essence of Life for Men is adapted from the Essence of Life massage and works to revitalize and energize the entire body.

Additional menu offerings include the Monticelli Mud Therapy, Purifying Deep Clean Facial, Rosemary Mint Body Scrub, Sports Pedicure and Executive Manicure. The spa also offers custom treatment packages that combine various individual treatments designed around a client's needs.

*The Spa Essence of Life creates a **UNIQUE** west coast experience rooted in its local wealth.*

## RITUALS AND SPECIALTY PACKAGES

Signature packages and specialty treatments are offered, each designed to use different natural elements and treat the client in a unique way. The packages pair compatible treatments that create a balanced and unique spa experience.



## BRENTWOOD BAY LODGE & SPA

### Spa Essence of Life

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849 Verdier Avenue  
Victoria, British Columbia  
Canada V8M 1C5

888-544-2079 or  
250-544-2079

**Fax:** 250-544-2069

info@brentwoodbaylodge.com  
www.brentwoodbaylodge.com

**Established:** May 2004

**Owner:** Dan Behune

**Spa director:** Marie Kury

**Size:** 3,500 square feet

**Staff:** 10–12 employees

**Signature treatment:**  
Essence of Life Massage

**Hours:** Daily 10 AM–6 PM;  
Thursday until 9 PM

**Skin care product lines:** Comfort Zone,  
Essential Elements, Gehwol

**Nail product line:** OPI



Photos courtesy of Spa Essence of Life.

*Clients can relax before a treatment by taking a calming swim.*

The longest package is the Earth Ritual for earth lovers that brings balance and relaxation. The 5 1/2-hour package includes an Orange Blossom & Lavender Wrap, Essence of Life Massage, Desert Cactus Facial and Lushly Hands & Feet. The

package also includes a spa lunch and gift. The Ocean Ritual incorporates natural elements of the sea to detoxify and cleanse. The package includes the Essence of Life Water Cure, a one-hour Essence of Life Massage and Licorice Soothing Facial with Eye Treatment, plus a snack and herbal tea. For sports enthusiasts, the Mountain Ritual includes the Juniper Leg Treatment, Rosemary Bath and one-hour Sports Massage.

Serving many honeymooners, the Spa Essence of Life created the ultimate space made for two with the couples' suite for experiencing treatments as together. A variety of packages and specialized treatments are offered for couples including the Essence of Life Duet Massage and the Two Mud Cocoons, where each person is wrapped in a hydrating mud wrap followed by a couples rainshower.

The Vino Lovers Package, the signature treatment for couples, includes a ritual foot soak, vino body exfoliation, couples rainshower and the Essence of Life Duet Massage. The three-hour package indulges couples from head to toe, as they share a unique experience together.

## UNIQUE AMENITIES

The spa staff encourages clientele to arrive 30 minutes before appointments to change and enjoy a swim or hot tub soak. In the Tranquility Lounge, clients can enjoy a soothing cup of tea as they wait for their treatment to begin. The spa also features an Aroma Garden for clients to relax and unwind. A terrace planted with aromatic and medicinal herbs, plants and fruits such as rosemary and pineapple sage, creates a unique place to relax and unwind after a day of treatment.

Attached to the Brentwood Bay Lodge, clients also can experi-

ence gourmet food at the Arbutus Grille, sit down for an evening cocktail at the Marine Pub or take a stroll through the Art Gallery. Instead of just a massage, clients can experience a total mind, body and soul experience with the variety of opportunities afforded them.

## IT'S IN THE BAG

The Spa Essence of Life's spa shop hosts a variety of spa amenities, botanicals, aromatherapy, gift sets and spa treatment kits for clients to continue the natural West Coast experience in the comforts of their own home. The ritual packages also include gifts such as a bottle of regional wine with the Vino Ritual. The spa also will be offering retail items on the spa Web site.

## FROM THE OUTSIDE, IN

Surrounded by gorgeous Vancouver, in arms reach of the natural elements of the sea and earth, the Spa Essence of Life creates a unique West Coast experience rooted in its local wealth. "We're trying to create a unique experience that's local," says Kury. Offering natural ingredients that nurture, replenish and nourish the skin, the spa treats the entire client from the outside in and offers an experience like none other. ■

*Luscious grapes and purifying seaweed are **KEY** ingredients in many of the exclusive spa-made products.*