



The Spa at Windsor Arms

Nestled on the fourth floor of the boutique hotel, the spa exudes hushed exclusivity: this is, after all, where Michael Douglas and Catherine Zeta-Jones lounged and worked out when they were in the city. Beyond the warmly lit reception area, antiseptic treatment rooms are reminiscent of the finest private European clinics. Paris's Darphin laboratories is the skincare superstar here, and taken as seriously as Parisian women do their Chanel Twin sets. Happily, prices are less prestigious. Manis and pedis start at \$30, while trademark balancing aromatic facials for dry or sensitive skin are a reasonable \$95. Haut couture treatments cost more: Revitalizing Anti-Wrinkle is based on cell oxygenation; Stimulskin Plus combats wrinkles, tonicity and loss of radiance; both are \$130 for two hours. There are various slimming, draining, detoxifying and remineralizing body treatments that ring in around \$100. Director of spa services Vicky Fattore learned her trade in her home country of Italy and has worked in Milan and New York.

Dr. Sergei Kotchoubei, a European MD, is the resident expert in alternative medicine and styles of massage therapy. Wellness packages are available in combination with hotel accommodations. Clients may nibble on a light lunch poolside between treatments; in the summer, enjoy the rooftop lounge overlooking Yorkville.

**Where: 18 St. Thomas Street. (at Bloor Street West), 416.934.6031
www.windsorarmshotel.com.**

When: M, Tu, Sat. 9:00 AM to 7:30 PM,

Wed. to Fri. 9:00 AM to 9:00 PM, Sun. 10:00 AM to 5:00 PM.