



B.C.'s outdoor spirit is captured in the province's network of spas

Spas range from pampering resorts to outdoor adventures and natural hot springs

BY ROCHELLE LASH, FOR THE MONTREAL GAZETTE



Outdoor massage at Brentwood Bay Lodge & Spa near Victoria, B.C., specializes in vinotherapy.

Photograph by: Handout photo, Brentwood Bay Lodge & Spa

British Columbia is a natural fit for spa life and wellness vacations.

The province's outdoorsy spirit has been cultivated by magnificent wilderness, majestic mountains, lush rainforests and pure waters. Leaders in the trend toward fitness and active living, its residents consistently are ranked among the healthiest in Canada.

And spa life is about lookin' good, too. Vancouver is known as Hollywood North for its many movie shoots and A-list celebrity visitors, and the city boasts several glam places that are ready to buff and beautify. Then, there is B.C.'s laid-back, West Coast vibe. You'll mellow out just experiencing this kind and gentle place; becoming blissed out at a spa is a bonus.

British Columbia is home to more than 400 spas, about half of which are day spas and the rest vacation getaways. They might be destination hotels or wellness and beauty centres in cities, resort

