

EXPERIENCE THE SEA THERAPY FACIAL AT CHI, THE SPA AT THE SHANGRI-LA HOTEL VANCOUVER

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👤 Justine laboni (<http://kentonmagazine.com/author/jetsetjustine/>)

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One of my favourite, albeit prophetic quotes about beauty and aging is from Marilyn Monroe who once said: “I want to grow old without facelifts. I want to have the courage to be loyal to the face I have made.”

Somewhere in between letting yourself go and letting yourself go under the knife, there is the type of loyalty I think Marilyn was talking about. Sure, she never got the chance to see her face at menopause (the quote aptly continues with, “Sometimes I think it would be easier to avoid old age, to die young,”) but I’m sure that aging gracefully means taking care of what you have, the non-invasive way.

One would be hard-pressed not to find reasons to feel rejuvenated when entering **CHI, The Spa at The Shangri-La Hotel Vancouver** (<http://kentonmagazine.com/your-west-coast-oasis-at-shangri-la-hotel-vancouver/>). The spa therapists are warm and friendly and the atmosphere is best described as luxurious zen. The Kashwere robes make another appearance upon our arrival; if I could just go to the spa to sit around all day in those it would be worth it! We’ve come, however, to experience the newest treatment, the Sea Therapy Facial and have reserved the couple’s suite for the occasion.



The suite is bigger than my whole apartment. With a fireplace, private change room and two treatment rooms complete with a private steam room, I was happy to spend the next two hours getting pampered with my significant other. The Sea Therapy Facial begins with a fifteen minute steam. We take turns steaming and cold showering in the steam (which, is a sensation everyone should experience once in their life) until a little bell rings. Summoned, we are prepped for the facial in the adjoining treatment room.

If your knowledge of seaweed doesn't extend beyond wakame salad, you'll be surprised to discover that seaweed has many anti-aging beauty benefits. Seaweed is enriched with essential amino acids and vitamins that make skin look firmer; it also contains fatty acids and beta-carotene that help to increase vitality in the skin. The Sea Therapy Facial uses a plethora of oceanic delicacies to hydrate, detoxify and reduce visible signs of aging. We even lie there for about 10 minutes with strips of seaweed balanced on our face, they are alive and tingle – but the results are unparalleled.



I kept thinking “OK, it’s going to be over now,” but the treatment slowly unfolds over the span of two hours. Some of the highlights (other than the seaweed strips) include cool stone therapy around the eyes. It felt like an electric current was zapping my crow’s feet, followed by a mellowing, feeling of release around the entire eye area.

My favourite part of the treatment was towards the end. Lying underneath several blankets, on a heated bed, during the Sea Therapy Facial, I could feel blood rushing to my arms and feet in a one-way flow. There was a lot of tension built up in my feet, especially. And as if reading my mind, the treatment ends with a most welcomed body massage, releasing all the tension from my arms and legs, fingers and toes. For a

moment, I was floating.

As we sat in the lounge after the treatment, sipping on green detoxifying goodness from the in-house juice bar, I felt as though I had spent the entire day at the spa getting the works from head-to-toe. The most noticeable effect of the Sea Therapy Facial was that youthful glow and softness in my skin. I now use the Seaflora Wild Organic Seaweed Skincare Potent Sea Kelp Facial Masque

(<https://www.sea-flora.com/seafloraproducts/potent-sea-kelp-facial-masque>) a couple times a week, to get that glowing feeling at home – because it was *that* good. If I’m going to be taking a page out of Marilyn’s book on aging, then the Sea Therapy Facial is my proverbial Chapter One.

The Sea Therapy Facial starts at C\$195 per person, and is available exclusively in Vancouver at CHI, located on the fifth floor of Shangri-La Hotel. To make a reservation or request further information, please call CHI at (604) 695 2447 or visit www.shangri-la.com/vancouver (<http://www.shangri-la.com/vancouver>).



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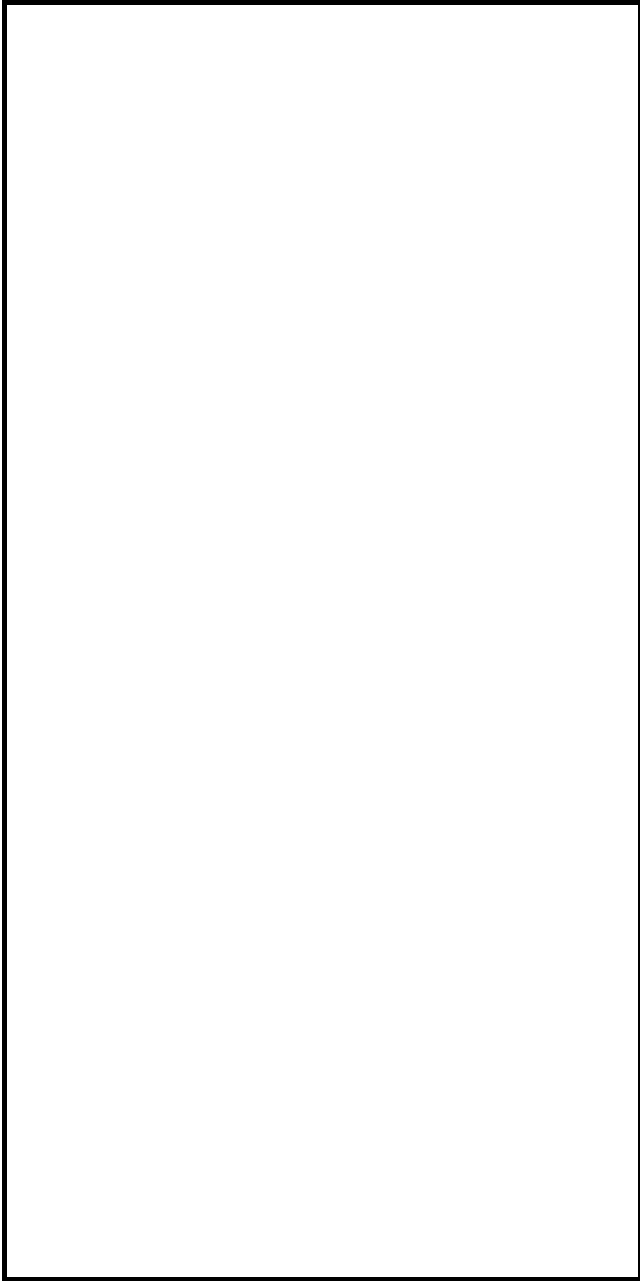
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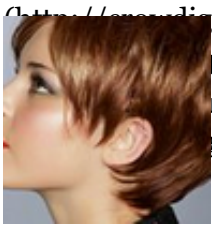


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