

FITNESS
Sexy Summer
Arms

glow.ca

CANADA'S BEAUTY AND HEALTH MAGAZINE

glow

BEAUTY BONUS

776

new ideas
more shortcuts!
more pro advice!
more stuff tested!

The beauty step
guaranteed to polish
your look page 35

Let's Spa!

Relax with our first ever
Readers' Choice Spa Guide

ANGIE HARMON
after *Law & Order*

+ YOGA NOW
Hot Clothes
Cool Poses

page 116



AGE BUSTING

Newest technologies for beautiful skin

2003 spa guide readers' choice

The votes are in. From west to east, here are your favourite **top 10** spas across Canada – plus a little something about why you love them. Let's spa!

TOP 10

FAYEZ BEAUTY SPA

(1983) London, Ont.

"Great service. Great prices. Great results. It's a perfect way to spend an afternoon with the girls."

— Brenda Valerisce

This day spa, which features Greco-Roman-influenced interior, is a fave of those seeking a day of pampering.

Specialty The Famous Favez Day includes aromatherapy steam treatment, massage, loofah treatment, facial, manicure, pedicure, makeup and lunch. **Facilities** Whirlpool, steam room, sauna, fireplace.

Change rooms Three change rooms with 6 lockers in each, comfortable for one person at a time.

Dining Spa cuisine is served in the dining room. **Size** 8,500 sq. ft.

favezspa.com; 519-652-2780