

REJUVENATION OF BODY & SOUL

# SPA LIFE

Mighty Mexican Fortress  
Riviera Maya's  
Aventura Spa Palace

Healthful self-awareness  
Willow Stream Spa  
at the Fairmont Banff Springs

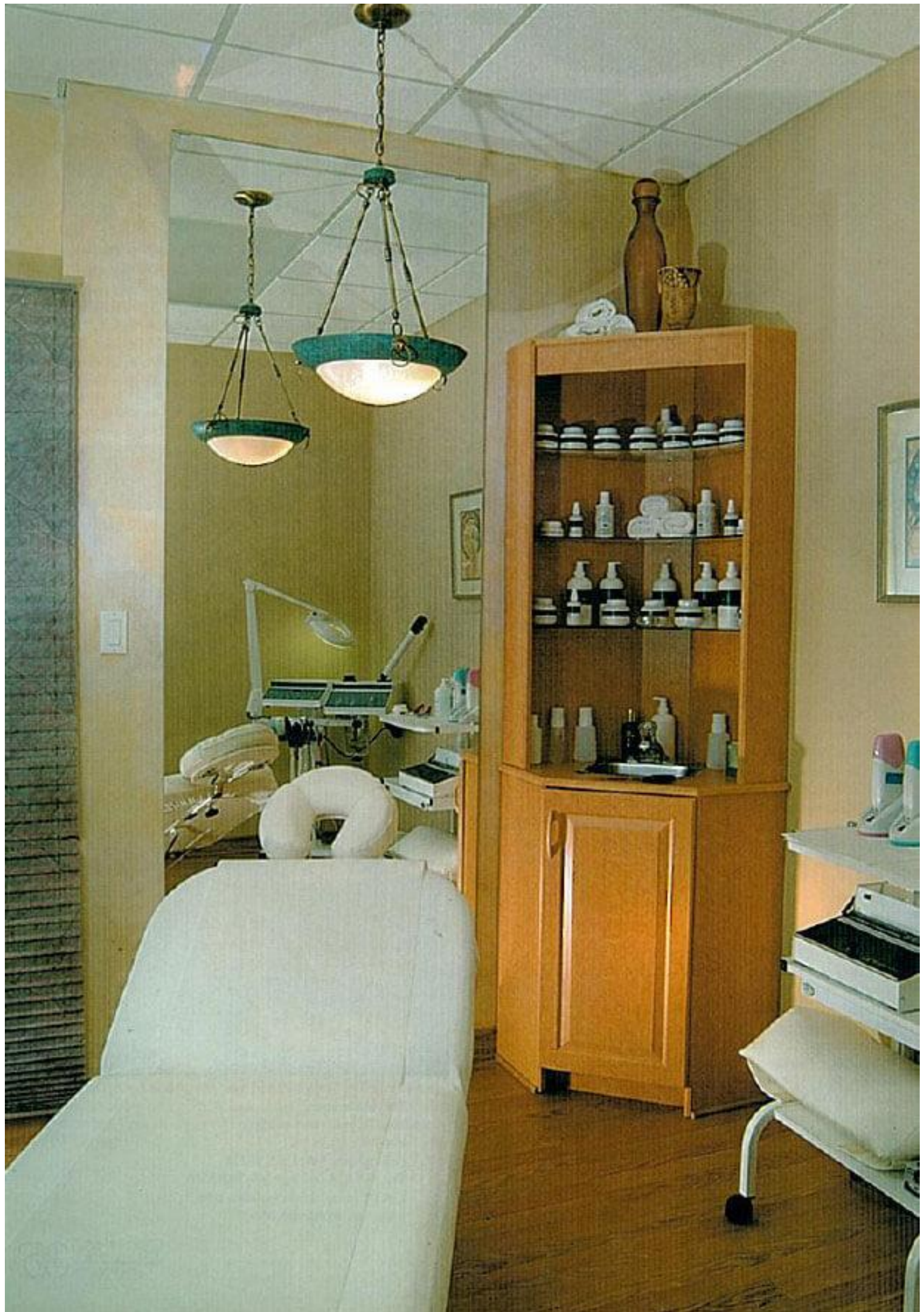


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Time out for You



# Fayez Beauty Spa

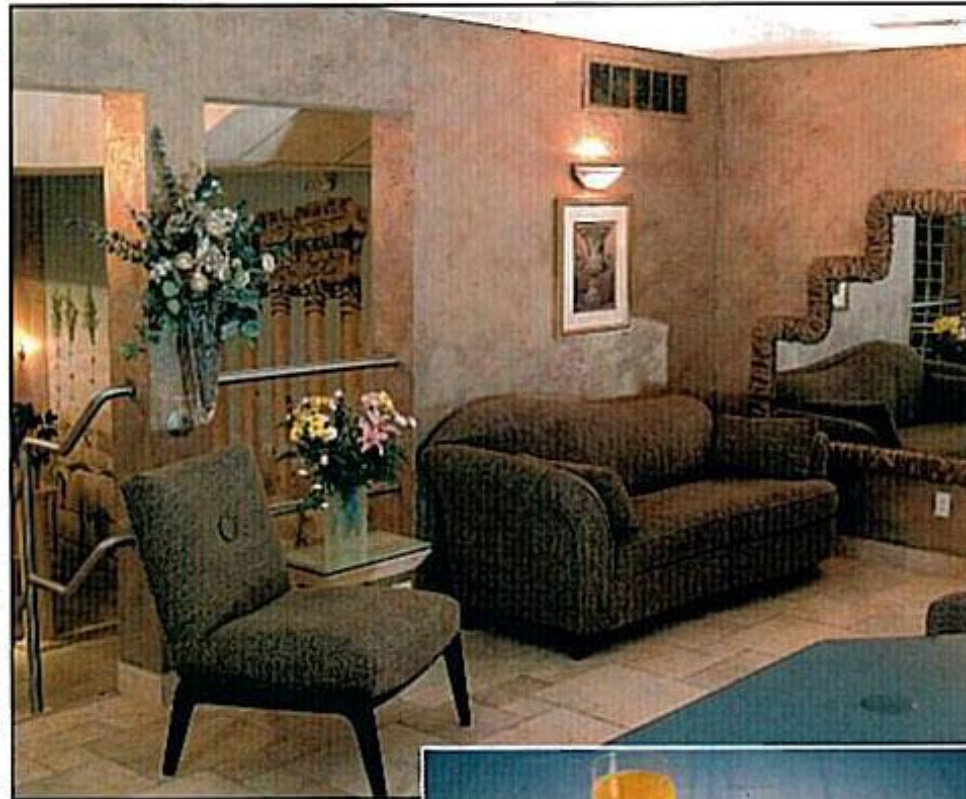
Sweet Serenity – A Day Spa Experience  
*by Ingrid Champion*

Clipping along the westbound lanes of Highway 401 toward London, Ontario, I contemplated current events in my life. Being aware of their negative impact on my otherwise sturdy equilibrium, I realized that a visit to Fayez Day Spa might be just what I needed. It was more!

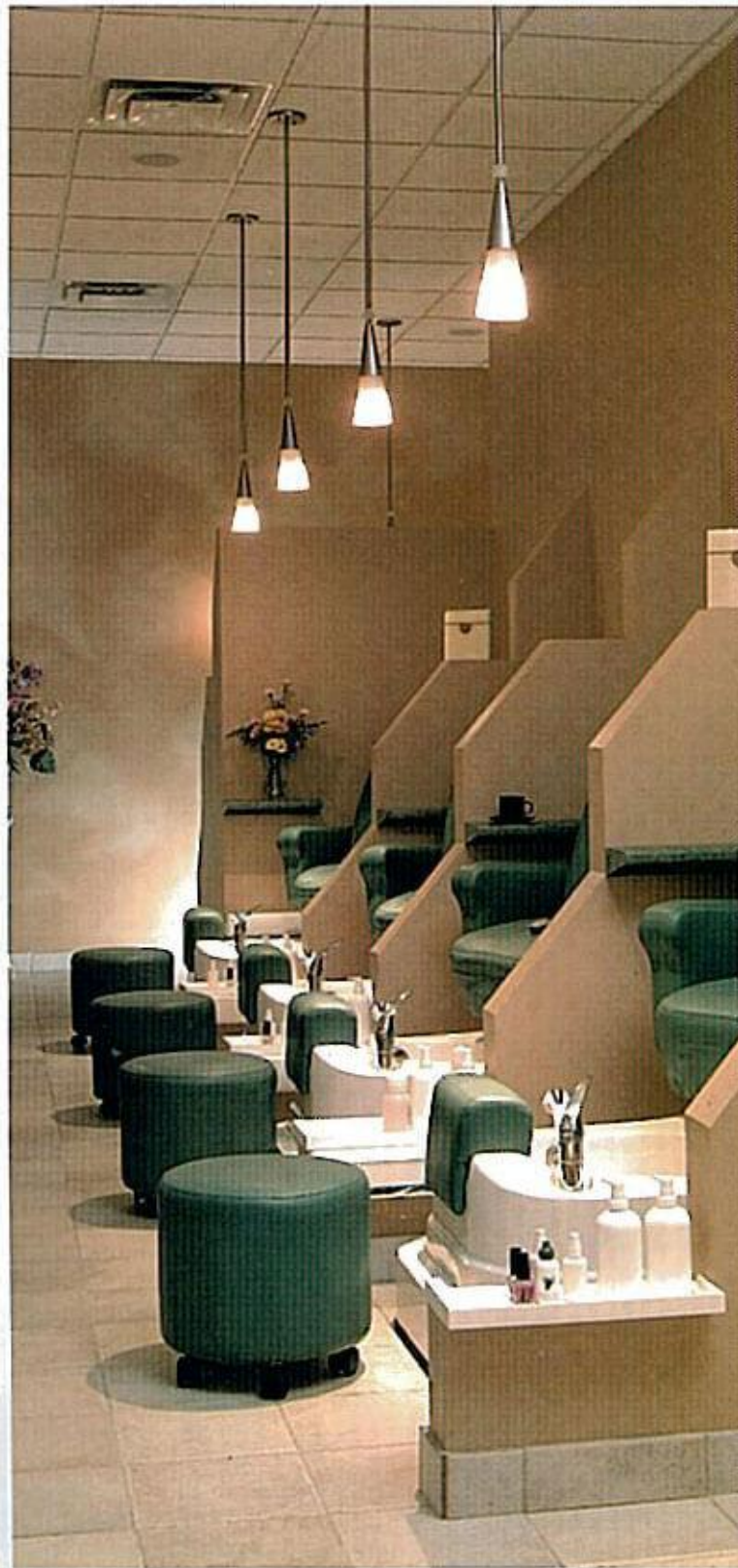
I arrived late and somewhat harried only to be welcomed into the tranquil realm of scented oils, gracefully muted hues reflective of earth and stone, generous space and an overwhelming sense of care. Calm prevailed as I was ushered through the various phases of Fayez Spa by owner Fayez Tamba. It became quite evident that being the proud recipient of Canada's distinguished *'Day Spa Award'* for 2000 and 2001, was hardly a stroke of luck, but the result of vision and determination. The Spa now enjoys repeat business from Windsor to Toronto, and as the head of an enterprise that grew from eight to over 30 professional technicians and therapists in seven years, Fayez is sure to have made a huge contribution to the Day Spa concept in Canada.

Having made a name for himself in the art of beauty, Fayez saw the ever-increasing need for restoring harmony and balance in our bodies' rapidly depleting energy systems. He introduced Day Spa facilities to London in 1983 and soon realized just how much devotion it would take to educate the public that human wellness was not only derived from diet, exercise and medication, but greatly from hands-on expertise and carefully staged methods of deep relaxation.

In 1995, Fayez Beauty Spa opened in its present location. A 3,000-square-foot bungalow was skillfully transformed into a 8,500-square-foot, multi-tiered expanse and what appears to be a meek façade, opens into a soaring space of bold luxury. Natural stone, waterfalls and glass block work



*Welcome to a peaceful world of gracefully muted hues, reflective of earth and stone, and sumptuous Spa cuisine.*



are in harmony with leather, ornate mirrors and gilded textured walls. Honouring Favez' home village, Baalbeck in Lebanon, an enormous mural of Greco-Roman-inspired columns dictates the style and mood of the place, which is nothing short of awesome.

The Favez creed is hygiene and safety, offering an almost clinical, smoke-free environment wrapped in elegance. A place of beauty and respect, where men and women can escape the pressures of their day for a few hours at a time and return to the fold feeling serene and strong. Having sufficiently relaxed at this point simply by being there, I was ushered to locker rooms to shed my city garb and briefcase, only to emerge feeling quite liberated in thick, white terrycloth and flip-flops. My afternoon's treatments were about to begin. There is something deliciously wicked about shedding your clothes with a "do to me as you like" attitude. Afternoon delight with absolutely no strings attached . . .

I was introduced to the lovely and extremely capable Lee-Ann MacNeil, who made it her mission that I departed in a better frame of mind than when I arrived. During a cleansing, eucalyptus-scented steam bath and jetting whirlpool tub, it was easy to get into the swing of things, sipping cool spring water and chatting with a retiring teacher, who was cashing in a gift certificate from generous friends and faculty. Now that's the spirit!

When Lee-Ann collected me for my Full Body Massage, I was ready to lay back, feel my muscles relax and watch toxins take flight. Essential oils gently scented with lavender and strong hands using long soothing strokes made me aware of nothing but my own deep breathing and inner quiet. My body was letting go. All conscious thought followed. Begrudgingly, I left the safety of the massage table to trundle behind Lee-Ann to a wet room for an invigorating Sea Salt Loofah Treatment. Did I need vigour and salt? It turned out that I did! You don't have to be a mermaid to enjoy this! A gentle hosing with warm water, followed by grains of sea salt being applied to the body, and loofah mitts on two trained hands exfoliating dead cells and stimulating what's left. After a rinse, a gentle application of lemon-grass oils on damp skin left my body glowing with vitality, and feeling pounds lighter.

Back in my robe and slippers, it was time for a delicious repast in the Spa's luxurious dining-room. I ordered from the Spa menu, which offered everything from various mouthwatering salads to pasta, and enjoyed smoked salmon and sprouts on a baguette with a dynamite cucumber salad and a dessert of strawberries in coconut milk. I attributed my enormous appetite to the healthy living of the previous two hours. Comfortably enjoying lunch and Vivaldi in terry, I couldn't help but wish I had someone special to share this day with. A good friend, an aunt, a daughter-in-law. What a wonderful way to spend quality time!

Leafing through brochures, I noticed services, including Aromatherapy, Reflexology, Shiatsu and Reiki, Marine and Botanical Wraps, Non-Surgical Facelifts, as well as essential services from Waxing to Make-Up and a Full-Service Hair Salon. Corporate and group rates, as well as personalized packages, seemed worth investigating. I had no sooner devoured my last berry, when I was whisked away to herbal tea in the Foot and Hand Spa, where I enjoyed a thorough and deep moisturizing whirlpool pedicure and manicure, resulting in exquisite summer digits.



At this point I was exhausted. I needed to lie down. My capable attendant knew just where. In a quiet room with cotton on my eyelids, it was time for a Spa Facial, brimming with concentrated gels and creams of passion flower and horse chestnut. During the steam and mask I drifted off. Bliss! I thought I heard loons . . . until gentle snoring woke me. At least I hope it was gentle because it was mine. A quick shampoo and fluff completed my day at Faye Beauty Spa. I left London feeling strong and healthy and ever grateful for the proper laying on of hands, for that healing touch, restoring us to ourselves and to the people around us.



**On site:**

- Sauna.
- Whirlpool.
- Aromatic steam rooms.
- Showers.
- Lockers.
- Relaxation lounge.
- Dining-room.
- Conference facilities for up to 40 people.
- Spa boutique and gift shop.

**Travel Planner**

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