

HOLTZ SPA

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Breast Cancer
Awareness

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TREND WATCH | Energy Work

Give clients good vibrations with spa services that target the body's natural healing powers.

When **Holtz Spa** (holtzspa.com) manager Christine O'Grady went looking for an indigenous ingredient to use in her service menu, she wound up among the trees. The Ottawa and Toronto-based spa's Spirit of the Forest Vibrational Therapy (80 min./\$195) utilizes the essences of Canadian evergreens, harvested from clippings and reduced down to what O'Grady calls their energetic imprints. "Trees are full of energy; all living things are," she says. "They work on the emotions, which are directly linked to our mental and physical well-being."

The treatment begins with an energy assessment using Reiki. It's followed by a meditation session during which the client is asked to focus on one specific tree. "It sounds odd, but when you let the tree in, you open yourself to its healing powers," O'Grady says.

The tree essences are then administered in four ways: First as an oral supplement, then sprayed over the body in a fine mist. Next, essence-infused oil is used during massage. Finally, the therapist rubs the essences into her palms to stimulate energy flow between the client and the tree.

"The idea of improving our health using a natural remedy is appealing to many of us," O'Grady says.



GOING SOLO

Want to purge that negative energy? Seek your inner tree

It might sound nutty, but forest therapy rooted in tradition

Sep 12, 2009 04:30 AM

CAROL PEREHUDOFF
SPECIAL TO THE STAR

OTTAWA—"Imagine your feet are roots going into the ground. Your hands are branches reaching into the sky," says Christine, my massage therapist, her pale hair gleaming in the soft light.

Maybe it's the New Age flute music, but I'm having a hard time becoming a tree. Maybe I need earthier music, like Wiccans chanting or wind-in-the-leaves sounds. As it is, I'm all too aware this isn't a pine-filled forest but a treatment room in Ottawa's Holtz Spa, a sleek urban day spa steps away from Rideau Shopping Centre and Parliament Hill.

Still, I'm determined to connect. Energy therapies – treatments which work with energy fields in and around the body to remove blockages and restore balance – are one of 2009's hottest spa trends and I need to de-stress.

For the past three weeks, I've been in "moving hell," surrounded by boxes, suffocated by paint fumes and up to my ears in blinds installations and air-con deliveries. This weekend in Ottawa is a much-needed break, and if renewal means channelling my inner tree, so be it.




The Spirit of the Forest Experience is a new treatment and uniquely Canadian – rare in an industry obsessed with exotic traditions like Thai massage, Ayurveda and Hawaiian Lomi Lomi. Developed by Holtz Spa, it taps into the vibrational energy of various Canadian trees by using essences made from tree cuttings that are distilled down until only their imprint – their energy – remains.

It sounds a bit out there, but throughout history trees have been worshipped in one way or another. With roots that extend underground and branches that climb the sky, they were seen by pagans as connecting the mysterious realms of the underworld and the abode of the gods. For the Druids, particularly, they were sacred sources of healing, magic and divination.



LE NORDIK NATURE SPA PHOTO

A relaxing respite in the woods around Le Nordik Nature Spa helps eliminate stress, root and branch.

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Just the facts

Holtz Spa, 45 Rideau St., 1-877-241-8889;
www.holtzspa.com

LIFESTYLE

The finer things
SPRING 2009



downtown Ottawa,

on the corner of bustling Rideau Street and ministerial Sussex Drive lies an oasis for many: cultural, spiritual and physical. Since 1985, those looking for the ultimate in relaxation or a boost of energy head to Holtz Spa and Santé Restaurant located at 45 Rideau Street.

An air of elegance and sophistication drifts through the pristine marbled lobby on the lower level. Following an elevator ride up one floor to the spa, the ambience continues now exuding a more comforting atmosphere. The spa offers a retreat fusing eastern healing therapies with western techniques making guests feel miles away from the surging pedestrian traffic of downtown Ottawa.

This is the vision that owner Donna Holtom, who won the Woman's Business Network's prestigious Business Woman's Achievement Award in 2000, had for her business more than two decades ago and remains strong today. The spa and restaurant have been fixtures in the community for years and so has Holtom's influence. The successful business woman has played an active role shaping the City of Ottawa from becoming the Chief of Staff for the late former mayor of Ottawa Marion Dewar in the late 1970s to manager of the Women's Credit Union in 1981 to owning her own world-class spa and restaurant focusing on health and wellness for the past 24 years.

"BORN IN OTTAWA AND RAISED in Ottawa," Holtom was independent from the get-go. Shortly after graduating from high school, she scored herself a clerical position in the finance department with the City of Ottawa. A time of great political growth and movement within Canada's municipal governments, Holtom soon became chief of staff for the beloved Marion Dewar, opening a door to a different world of opportunities. "Having the opportunity to work with someone like Marion Dewar was an amazing time in my life and one that helped shape many of my own political thoughts and ideas."

SPRING 2009 Lifestyle 13

Relax, refresh, refuel

MEET OTTAWA SPA
PROPRIETOR AND
RESTAURATEUR
DONNA HOLTOM

ON THE
GE

. Gallo
Murray
age to its
Fred

Join the CLUB

Condo amenities extend
well beyond your unit door



Marie-Josée Riel relaxes indoors at the Ofuro Spa in Morin Heights.

Photograph by: Phil Carpenter, Montreal Gazette

Spa expert Anne Dimon has just come out with her third annual list of the best spas in Canada.

Here (from east to west) are some of Dimon's picks for best new spas in the country. You can see her complete 33-category list of Canada's best spas at www.traveltowellness.com/bestspascanada.

Best New "Green" Day Spa: Infinima, Ste. Foy, Que.

"At Infinima, in Ste Foy (about a 15-minute drive from Old Quebec City), the owners have introduced leading edge green practices," says Dimon. "The system is so 'smart,' we're told, that it 'steals' heat from an area that is too warm and delivers it to an area that is too cold." www.infinima.ca.

Most Exotic Outdoor Spa: Ofuro, Morin-Heights, Que.

"Drenched in a Japanese theme -- pagoda-style architecture, Japanese art, furnishings and sculptures are everywhere. Spa Ofuro is Canada's most uniquely-decorated and exotic 'nature' spa." www.spaofuro.com

Best New Alternative Therapy: Holtz Spa, Ottawa

"Holtz Spa's new Spirit of the Forest -- Vibrational Healing Experience is a unique 80-minute experience involving the vibrational resonance of the essences of Canadian trees. Following the lineage of Bach Flower Remedies, tree essences are believed to have special healing qualities that speak to emotional well-being and vitality. The treatment includes a verbal and vibrational assessment, then a selection of an appropriate tree essence (or combination of several), a natural dry brushing over the entire body, a misting, a gentle massage, an energy balancing ritual and a relaxing tree essence beverage post-treatment." www.holtzspa.com

Best Country Charm: Spa at the Inn on the Twenty, Jordan Village, Niagara:

"Nestled on the tiny, perfect main street of the teeny town of Jordan, the Spa at the Inn on the Twenty's definitive 'country cottage feel' is created with the help of furnishings and fixtures including, on the treatment beds -- country quilts." www.innonthetwenty.com

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GALLERY

Spa tripping

From the best massages to the prettiest pedicures, we travelled across Canada to give you our favourite, must-visit spas.

Le Scandinave, Mont-Tremblant, Quebec



Picture 5/6
Best hydrotherapy

If as rejuvenation you're after and don't mind getting wet, think Le Scandinave. An age-old thermal tradition, Nordic-style thermotherapy is known to cleanse the skin, improve physical conditioning and promote wellbeing. The invigorating effects of the Scandinavian baths are best achieved in three steps: first warm up in the Finnish sauna or Norwegian steam bath, then chill-out in the Diable River outback or underneath a Nordic waterfall. Finally, relax in the spa's tranquil natural surroundings.

Le Scandinave is located at 4280 Montée Ryan, Mont-Tremblant, QC, 819-425-5524

Photographer: courtesy of Le Scandinave

Holtz Spa, Ottawa, Ontario



Picture 6/6
Best massages

Just steps from Parliament Hill, East meets West for a total mind/body and spirit experience. Committed to holistic treatments, indigenous healing therapies and traditional medicine for which they scour the globe, Holtz has the largest massage menu in Canada. More innovative than most, the most recent award-winning finds include Sacred Sound Healing Ritual — using crystal singing bowls, Tibetan healing bowls and tuning forks that create vibrations stimulating the self-healing abilities of body and mind — and Spirit of the Forest which uses Canadian tree essences to promote well-being.

The Holtz Spa is located at 45 Rideau Street, 2nd Floor, Ottawa ON, 613-241-7770

Photographer: courtesy of Holtz Spa

Secrets
Issue

Girlfriend Getaways • Health • Horoscopes

spalife

Magazine devoted to the rejuvenation of body and soul

for *Two*

Zen-inspired Holtz Spas

Canada's

Asian Escape



You can go spa-ing or you can step it up a notch and go – Holtz-ing! Choose from two premiere locations:

Holtz Spa in downtown Ottawa, Ontario; or inside the Hilton Suites, Markham, Ontario, a mere 30 minutes away from Toronto. The Ottawa spa has renovated a 10,000-foot historic building and its charm is characterized as cozy, warm, and intimate. In Markham, Holtz-goers will be mesmerized by the \$3.5 million facility, with its cascading natural waterfall, glass staircase, curved walls and clean lines, all of which evoke a Zen-inspired space. Both locations boast full services, fitness studio and hair salon, in addition to advanced skin care, anti-aging therapies; bridal, couples and corporate services; and award-winning Asian Fusion cuisine.

Like beauty, however, the real spa substance is within, where the secret of the Holtz success at either location is unveiled as a gifted lot of wellness-practitioners.

What makes them so different? With international training from top European schools and world-class experience, these practitioners dare to dream.

Therapies, such as the twin spas' exclusive Sacred Sound Therapy and Vibrational Healing, are what Ottawa Business Development Manager Christine O'Grady conceived of and developed, noting that "ritual is an important part" of the Holtz experience. Tibetan crystal singing bowls combined with aromatherapy massage reunite mind and body. Vibrational "Spirit of the Forest" is a treatment imbued with Canadian forest tree essences, associated with good health.

A creative, knowledgeable staff defines the Markham Spa also. "We're more than just bubbles and fluff," Markham Spa Director Gillian Kenny laughs. "We offer medical, holistic and therapeutic services, where the secret of our success is a skilled staff. They're really good at what they

do." One other unique characteristic at Markham is the resort atmosphere – a true "sanctuary" feel. "Everyone is a V.I.P., we make connections with everyone who comes through our door," Gillian says.

www.holtzspa.com

613-241-7770 (Ottawa)

or 905-470-8522 (Markham)



Treatments

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Publication Mail Agreement #40015592

MY ONTARIO

THERE'S NO PLACE LIKE THIS ontariotravel.net



LEFT PAGE, TOP - BOTTOM: A manicure, a relaxing pedicure at Holtz Spa. THIS PAGE: Arizona La Stone therapy complements a day at the spa.

ONTARIO
Yours to discover

INSIDE: CELEBRITY CHEFS + WINTER AT BLUE MOUNTAIN + SPA TRAIN

2008

17 THINGS WE LOVE

ABOUT OTTAWA



1 Enjoying hilarious outdoor theatre by Ottawa's Company of Fools (p.62)

2 Connecting with the poets of Young Griot Collective at Hava Java café (p.57)

3 Checking out the free Canada Day Celebrations at the NAC (p.59)

4 Picnicking at The Abbey during Festival Alexandria (p.58)

5 Stitching up teddy in the B*A*S*H* tent at the Teddy Bears' Picnic (p.62)

6 Freshening up on cooking and gardening skills at the Midsummer Herbfest (p.60)

7 Learning about 8,000 years in the history of a foreign culture from the 'The Greeks' exhibit at the Canadian Museum of Civilization (p.76)

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17 Marveling at artists' unique work at Lafrenière and Pai Gallery (p.65)

»MORE

What made your trip to Ottawa memorable? Send us a note (www.where.ca/ottawa/contactus.htm) and your memories may be published in an upcoming issue.

86 where.ca // JULY 2008

As featured in

where

spa life

the magazine devoted to

and soul

Pacific Mist
Kin

h at
sort

7 Award Winning Spas

Adventure
Escapes

4. "Most Innovative Treatment" is awarded to Holtz Spa, Ottawa, Ontario



Spa guests are treated to a sampling of Sound Healing:

Sound Healing uses voice or instruments to stimulate the body's own ability to heal itself. The instruments used in sound healing include Tibetan bowls, tuning forks and crystal singing bowls. The bowls come in different styles and make different sounds. Christine O'Grady, Massage Therapy Manager, discovered the instruments and instantly fell in love with this therapy. She showed them to owner Donna Holtom who instantly saw their unique value.

Intervi
Jan
Detox

Best
blueberry recipes
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glow

GLOW.CA

SEXY, STUNNING,
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holiday
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Hilary Duff
GROWN-UP &
GORGEOUS

101
INCREDIBLE
GIFT IDEAS
(some to win!)

ginger gems

If you're feeling stressed out by the holiday season, why not pamper yourself with a ginger-based spa treatment? Ginger, when ingested, is known for its anti-inflammatory and immune-boosting properties and has even been touted as an aphrodisiac, says Christine O'Grady, operations manager of Holtz Spa in Ottawa. When ginger is applied topically in spa treatments, it stimulates circulation, detoxifies the skin and eases muscle aches and pains -- perfect for those days when you've been toting too many Christmas shopping bags. Here are three of our favourite ginger treatments.



GREEN TEA & GINGER
BODY SALT SCRUB, AT
HOLTZ SPA

OTTAWA

GINGER BLOSSOM PACKAGE

If you have some extra time to indulge, try this marathon spa session. A therapist massages steamed ginger compresses onto your back, neck and shoulders to relieve muscle tension. A Japanese shiatsu massage -- where deep pressure is applied to your acupuncture points to balance your body's energy systems -- will follow. Then enjoy some warming ginger tea while you inhale ginger-infused oxygen to help boost your immune system and ward off colds and flu. Finish with a moisturizing facial treatment and an acupressure facial massage.

HOLTZ SPA (HOLTZSPA.COM FOR OTHER LOCATIONS), \$195 FOR THREE HOURS

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Bayshore
shootout

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GETAWAYS**

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reacquires
original grandeur

SOCIETY
Petawawa
padres
keep the faith

OTTAWA

magazine

the kids
are alright

SPA

MINI-BREAKS

Sometimes you don't have the time or the bucks for a full-fledged spa weekend. But that doesn't mean you can't indulge in a quick hour or two of R&R. Here are just a few of the intriguing options available in Ottawa's day spas.

One of the newest, designed to appeal to all senses, can be found at the swanky **Holtz Spa** (45 Rideau St., 613-241-7770, www.holtzspa.com). The Sacred Sound Healing Ritual (\$195) uses arcane tools such as tuning forks, Tibetan healing bowls, and aromatherapy massage to relax mind and body.

big families
PHOTO ESSAY

**PLUS: HOLIDAY SHOPPING GUIDE,
TOY TESTERS TELL ALL,
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luxury

BOOST YOUR ENERGY
WELL DESERVED BLISS
KEEP COLDS AT BAY

Holtz Spa
A holistic hotspot

3 TOP SPA RECIPES



January 2005 Volume 6 Issue 4 \$4.95

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glow

WOW
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all you need
for summer

{ smooth skin
cool tans
hot suits

PRO SECRETS
to sexy hair
+ makeup

always tired?
solve the riddle

CANADA'S
BEST SPAS

OUR WINNERS, PAGE 167

...nooner

HOLTZ SPA

OTTAWA, ONT.

WHY WE LOVE IT This grande dame day spa serves up healthy and delicious Asian fusion cuisine in an elegant space that's more upscale condo than spa lounge. The Spa Express package includes lunch from in-house Santé Restaurant and a choice of 30-minute massage, manicure, pedicure, facial or hair treatment.

TRY The four-handed Abhyanga massage with warm Ayurvedic oils.

ANNA PAQUIN

Oscar winner still has
the golden touch



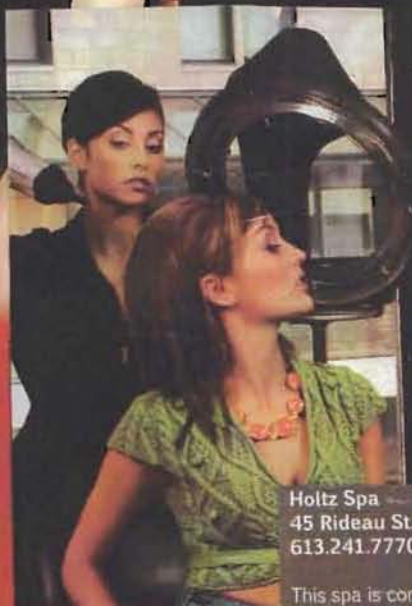
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TRENZ

OTTAWA'S MODERN LIVING MAGAZINE

VOLUME 2
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FREE



Holtz Spa
45 Rideau St., Ottawa
613.241.7770

This spa is constantly innovating. According to Christine O'Grady, Shiatsu Massage Therapist at Holtz, there is a huge interest in Ayurveda, the "science of life" and well-being. So to take my spa experience to another level, I tried the Ayurvedic Abhyanga Massage (\$165), an ancient treatment using scented oils to improve circulation, remove toxins and calm the nervous system. Ask about "World of Spas", a tour to six of the hottest spa destinations, including Thailand, Japan, the Mediterranean and Europe. Collecting all six on a special "Passport" gets you a gift basket filled with exclusive spa goodies.



RELAX!

Ottawa's hottest spas

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PRAGUE
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WHERE

Holtz Spa (45 Rideau St., 613-241-7770, www.holtzspa.com), like Carmichael,

offers a holistic approach. Reiki, therapeutic touch, a range of massages (Holtz has the largest massage menu in Canada), and traditional beauty treatments are all on the menu. All of the products used by Holtz are botanical, and a number of homeopathic supplements and aromatherapeutic products are available. The big plus: a physician is on hand to provide MediSpa treatments such as Botox and Restylane, and clients can take advantage of the services of a chiropractor. The cuisine—which is Asian-style and is divine—is provided by Santé Restaurant next door. Our package picks: 'express spa treatment with lunch' (available Monday to Thursday from 11.30am to 2.30pm and includes massage, manicure, pedicure, facial, hair treatment, or waxing, and lunch—prices vary and are based on treatment chosen); 'fresh start make-over' (moisturizing facial, eyebrow shaping, haircut, make-up application: \$155); and the 'mother and daughter retreat' (European facial, manicure, pedicure, haircut: \$365 for two.)

ENTERTAINMENT & MAPS OTTAWA



HOLTZ SPA



HOLTZ SPA

AND THE ART OF SPAS

spalife

romance

the magazine devoted to the rejuvenation of body and soul

AYURVEDIC TREATMENTS

Some popular Ayurvedic treatments offered at spas across Canada include the following:

SHIRODHARA

In this treatment, warm herbal oil, medicated milk, or buttermilk is poured in a steady stream on the forehead for 30 to 45 minutes followed by gentle scalp massage. It is an amazingly effective treatment for balancing the Vata dosha. It works on the cerebral system and helps relax the nervous system. It also improves the function of the five senses. It helps with insomnia, stress, anxiety, and depression, as well as hair loss and fatigue. Literally translated, 'Shiro' means head and 'Dhara' means flow.

ABHAYANGA MASSAGE

Abhayanga is the most widely used Ayurvedic massage. It includes a traditional Indian head, neck and full body massage. The purpose of Abhayanga massage is to help prevent physiological imbalances and to lubricate and promote flexibility of the muscles, tissues and joints, while releasing any toxins from the body. The classical texts of Ayurveda also indicate that daily oil massage promotes softness and lustre of the skin, as well as youthfulness.



photo courtesy Holtz Spa

Ayurveda is not just a fashion fad, Christine explains. "It has 5,000 years of documented holistic knowledge that has to be respected. The science of Ayurveda is very extensive and my advice to spa operators is to focus on a few of the better-known therapies and specialize in those areas."

Holtz Spa has chosen to train its therapists in the general knowledge of Ayurveda, the philosophy, concepts and treatments. Says Christine, "Like Traditional Chinese Medicine, Ayurveda has serious therapeutic value and the extensive use of natural herbs, plant-based oils and spices makes it very attractive to spa goers whose focus is on total health and wellness."

Sonia Prashar is owner of Caya Group, importer of an authentic Ayurvedic line from India. She conducts training sessions in using this line at Canadian spas. For more information, visit www.cayagroup.com

Health

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chealth.canoe.ca

ANGIE SAWATZKY receives a sound therapy massage at Holtz Spa in Ottawa. As the mallet strokes the different-sized bowls, a variety of sounds are said to penetrate deep inside the body.

Sound therapy quietly emerges as a calm way to ...



Jason Ransom/SUN

Tune up the body

By JENN GEAREY

WHETHER it's tuned to AC/DC or Yanni, we all have our own internal frequency that puts us in an exultant sound zone.

The marketing of sound has always been successful — the music business is proof of that. Modern science is now recognizing just how healing the right sounds can be and a new sound market is quietly emerging.

"Sound therapy is ... starting to be taken more seriously," says Christine O'Grady, a sound therapist at Holtz Spa in Ottawa. "Mystics have always believed in its healing qualities, along with shamanic healers, Tibetans and ancient Egyptians. Now science is starting to justify why it works."

Since every organ, every cell, every bone and every gland not only emits sounds but absorbs them, every sound — audible to the human ear or not — affects our health.

Studies show sound waves produce changes in the autonomic, immune, endocrine and neuropeptide systems of the body. Ultrasound technology, for example, can remove kidney stones.

'People get all kinds of reactions. Some get relaxed, others feel invigorated'

— Holtz Spa's Christine O'Grady, on sound therapy

areas and disturbing sounds in the environment, the impact on our health gets an "F" flat.

That's where sound therapy comes in. The newest method involves vibrating tuning forks placed on a client's acupuncture points, as quartz crystal bowls are played with a rubber mallet above and beside the client. As the mallet strokes the different-sized bowls, a variety of loud and resonating sounds are said to penetrate deep inside the body.

Releases 'blockages'

"The sound from crystal bowls travels in sound waves and enters into the body, releasing energy blockages that may be causing bad vibrations," says O'Grady. "Sound therapy works at a cellular level, it actually moves things around and it affects you on a physical, emotional, and spiritual level. It really does have the ability to create change in you."

Just as the beat of a drum is said

in less than a minute, sound therapy is said to do the same, tuning up the body in an extraordinary way.

"When we're in a state of health, the vibrations in our body sound like an orchestra playing a symphony. When we have disease, the sound is out of tune," says O'Grady.

"In sound therapy, we use very relaxing sounds — harmonics — which are the sounds between notes," she says.

"All the sound therapy we do is tuned to the frequency of 'om' — one of the most ancient sounds and it's also the measured frequency of the Earth as it travels around the sun. 'Om' can be thought of as our musical centre of gravity."

While the internal benefits of sound therapy aren't completely known yet, the outward results seem to vary from person to person.

"People get all kinds of reactions from this type of therapy," says O'Grady. "Some get relaxed, others feel invigorated. We can use different

(energy centres in the body) depending on what the person needs."

"There's a man by the name of Dr. Emoto who has done lots of experiments photographing water while playing different kinds of music — from Bach to heavy metal," says O'Grady.

"He observed that while classical music creates beautiful crystals in the water, heavy metal doesn't create something so beautiful. There's something to that."

'Healing environment'

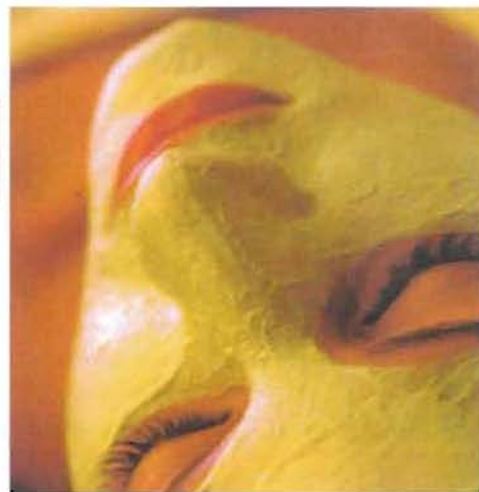
While the hums of crystal sound therapy are amazingly soothing and seemingly therapeutic on their own, sound therapists are warned of the impact they have making the music.

"Since our thoughts also have vibrations, they need to be pure when we create the music," says O'Grady. "Our thoughts will travel with the sound vibrations, so the intention of the person making the sound is important. There's a huge responsibility on the part of the therapist to create a healing environment."

Whether it's the calm sound a conch shell makes when put to your ear, the pitter-patter of rain hitting the leaves of a thousand trees in a forest, or the murmur of crystal bowls being strung in harmony,

by Amanda Mullin
photography by Nancy Bell

TAKING MY SPIRIT TO ANOTHER PLACE



Pulling into the parking lot at the Hilton Suites Hotel in Markham, I'm excited to start my day of pampering at the Holtz Spa. Only thirty minutes from downtown Toronto, this is an absolutely perfect escape.

I'm here because my significant other thinks that I need some relief from my world, and he's right. It's all about me today, and I couldn't be happier. Holtz offers some of Canada's most innovative and luxurious spa treatments. I'm looking forward to this oasis that is going to rejuvenate and refresh me.

HOLTZ SPA

Holtz Spa is a Premier Spa in Ontario, with a location in Ottawa and a franchise operation in Toronto. The flagship spa, steps away from the Parliament Buildings in Ottawa, has catered to many famous politicians and diplomats. It is not unusual to find a Cabinet Minister, or even the Prime Minister himself having lunch at the spas' restaurant, Santé: a wonderful, second story, Asian inspired bistro. In 2003, 2004, and 2005, Holtz was awarded the Consumers' Choice Award. Their mission is to enhance the quality of life through physical and mental rejuvenation.

Today, the spa is recognized as a holistic hot spot featuring a fusion of integrated medicine focusing on the mind, body and spirit. Their newest addition is the Sonic Journey, where crystal healing bowls, tuning forks, and sound meditation are combined with massage, Thai bodywork, and Traditional Chinese Medicine to promote healing through vibration. Our internal organs respond to certain sound vibrations that are effective, not only for stress-related tension, but immune system problems, circulation, and emotional tension. The Ohm frequencies used in the treatment awaken cellular memories to heal on different levels.

"The eighty minute treatment is very hands on," says Christine O'Grady, Sound Therapist and Holistic practitioner at Holtz in Ottawa. "Sound is incorporated at every level with crystal bowls and tuning forks used directly on muscle, tissue and acupuncture points."

I want to experience the Crystal Healing Bowls therapy for myself, as it sounds intriguing. Slowing my breathing and closing my eyes, I focus my attention on the sounds of the crystal bowls. The 'Ohm' vibration surrounds me as the wand waves in circles inside the bowls creating a supernatural sound, like nothing I've ever heard.

"Sound or vibration medicine is based on the idea that all illness or disease is characterized by blockages in the energy channels of the body. When there is a blockage, the organ in question stops vibrating at a healthy frequency, and thus results in some kind of illness. Through sound, one can break up, dissolve, and release these blockages to promote self-healing," says O'Grady.

Owner Donna Holtom says that at Holtz Spa they strive to look beyond the confines of our present health care system and seriously focus their attention on both the ancient systems of healing from the East, and science-based therapies from the West. This new field of integrative medicine involves complimentary health practitioners, professional bodyworkers

"The eighty minute treatment is very hands on," says Christine O'Grady, Sound Therapist and Holistic practitioner at Holtz in Ottawa. "Sound is incorporated at every level with crystal bowls and tuning forks used directly on muscle, tissue and acupuncture points."



OTTAWA LIFE

MAGAZINE

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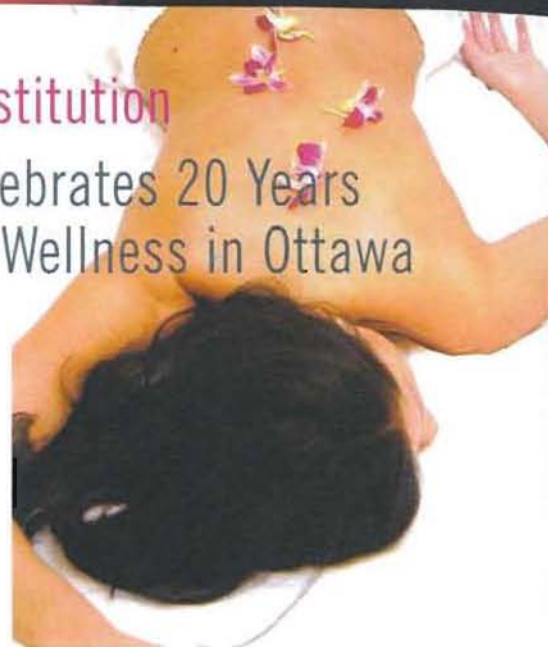
An Ottawa Institution Holtz Spa Celebrates 20 Years of Promoting Wellness in Ottawa

Holtz Spa celebrates its 20th anniversary this year. Centrally located at the corner of Rideau and Sussex, Holtz Spa is a favorite destination for many in Ottawa's political, business and embassy milieus who seek the latest and most exceptional wellness treatments. Owner Donna Holtz (who also sits on the Board of Leading Spas of Canada) observes that "people go to spas for their health, and spas have in a way become the front line of health care in this country."

Holtz Spa has a medical doctor on staff, who offers "everything from botox to detox." Also available are Chinese medical acupuncture, crystal healing and other wellness services. Acupuncture Facial Rejuvenation is among the latest of anti-aging therapies. A safe, effective and natural way for rejuvenating the face, this 6,000-year-old treatment can virtually erase fine lines, while reducing deeper lines and firming skin around the neck and eyes. Crystal healing is a centuries-old treatment using actual crystal stones. At this spa, you will also find Canada's first-ever, state-of-the-art Hydro Capsule. Providing a gentle Vichy shower, underwater massage and chromotherapy (the use of colored lights for healing purposes), the Hydro Capsule is a perfect prelude to body scrubs, salt glows and body wraps.

The spa business in Canada is witnessing tremendous growth. Donna Holtz was a member of the Canadian Tourism Commission's Spa Wellness Task Force, which studied the impact the spa business was having on tourism-related decisions. Trends in Australia, Thailand and other countries show that there is considerable return on having spas listed as travel destinations, as more people travel abroad for special spa treatments. Canada has great spas and wants to ensure it is part of this growing international travel and wellness trend.

In the meantime, Donna Holtz continues to work her magic at Holtz Spa, while helping to establish Canada's spa presence beyond Ottawa. ■



Display until August 30, 2005



Nancy Dagenais-Elliott **The Latest**

spalife

the magazine devoted to the rejuvenation of body and soul

secrets



at The Spa at Hockley
Valley Resort

- ACUPUNCTURE FACIAL REJUVENATION -

What it is:

A natural alternative to Botox and surgical facelifts, this treatment is very popular among stars in Hollywood. Based on a 3,000-year-old system of Chinese medicine, cosmetic acupuncture involves fine, disposable needles being placed in acu-points around the neck and eyes; then hands and legs.

Benefits:

Muscle groups are stimulated to produce more collagen which then firms and tones the face. It can eliminate fine lines, reduce acne, help droopy eye lids, reduce bags under the eyes, and improve colour and vitality.

Time and cost:

12 treatments are recommended; 80 minutes each treatment for \$125 per visit, or a package price of 12 visits for \$1249

Where to get it:

Holtz Spa in Ottawa – www.holtzspa.com
Founded on the principles of health and wellness, this Feng-Shui inspired spa offers calming and fragrant treatment rooms with an extensive menu of ancient and modern spa therapies paired with the most sophisticated high tech equipment available in the world. Dr. Blaise Ryan, who has his doctorate in traditional Chinese medicine, gives treatments. He is also a massage therapist,



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BEAUTY BAG
MAKEOVER
PAGE 57

FALL BEAUTY & FASHION TREND REPORT

glow

HOLTZ HEALTH AND BEAUTY SPA

45 Rideau St., 2nd Floor
Ottawa
holtzspa.com
(613) 241-7770

Although I have never achieved a true Zen-like state through meditation, I imagine it must be similar to how I felt after my Shi Tao body treatment, which melds Eastern and Western techniques and philosophies. Operations manager and shiatsu therapist Christine O'Grady worked on my body with a harmonious union of shiatsu, Swedish massage and hot stone therapy. My nose was delighted but not over-stimulated by the moisturizing aromatic massage oil. "It really combines so many things to give you an authentic spa experience, so much more than just a massage," says O'Grady. The 80-minute treatment left me feeling peaceful and de-stressed.

TRY: Shi Tao, \$145 (80 mins.)

Sexy Eyes

Our step-by-step guide

SEPTEMBER 2005 \$3.50



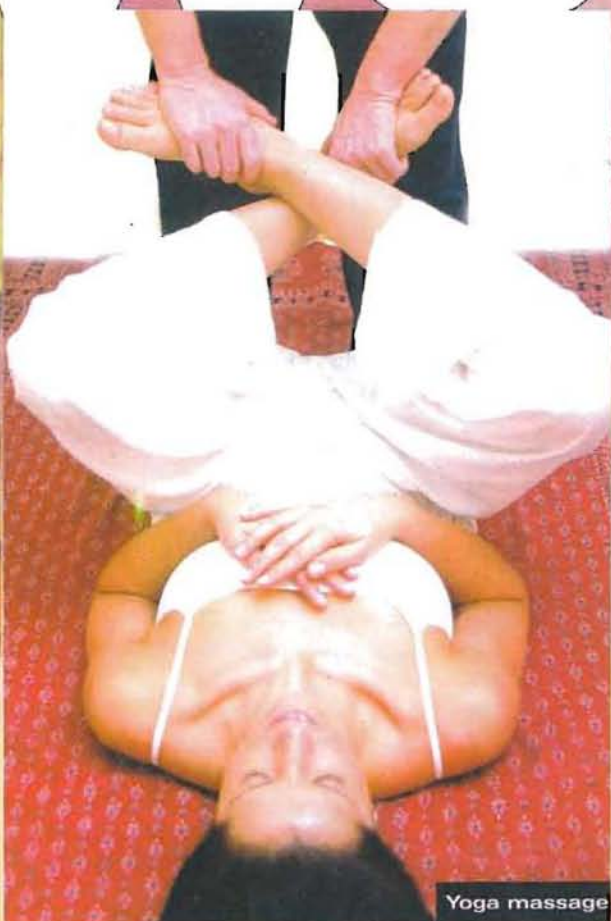
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Spa Guide

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Yoga massage

Getting in touch All the gain with none of the pain. We're talking about Thai yoga massage. A few years ago the Thai Trade Office invited Canadian spa owners to visit Thailand to learn about that country's famed therapies. **Holtz Spa** owner **Donna Holtom** was one of the lucky delegates. Impressed, she took massage therapist **Christine O'Grady** on her next visit to Bangkok to train with the masters. Now the spa's Thai massage package is so popular with stressed-out Ottawans that Holtz has trained six therapists in the art of yoga massage, which has roots in Theravada Buddhism, Thailand's national religion.

So what's it all about—apart from feeling relaxed? The philosophy of yoga massage originated as a spiritual practice derived from the teachings of Buddha and, in the early days, was taught and practised in temples. With the arrival of the first Buddhist monks in Thailand around the second century BC, this healing art spread and was handed down orally from teacher to student.

At some point, the techniques were inscribed on stone tablets that now reside at Bangkok's famous Wat Po (Temple of the Dawn). The tablets depict diagrams of the human body, showing the key energy lines and where to apply massage to stimulate circulation and effect healing. The method uses pressure, muscle stretching, and compression practised in gentle, rhythmic, rocking movements.



Just steps from the Château Laurier, the Holtz Spa has created an inviting space that remains polished without a cookie-cutter designer setting. Massage rooms may have colourful East Indian blankets rivers of stones and/or candles. One of two couples massage rooms has a whimsical Arabian-Nights-themed lounge right outside.

The offerings go well beyond the usual sports, Swedish and shiatsu massages, or even the ever-popular LaStone with hot basalt river rocks — all of which are on the menu. Holtz's approach places a strong emphasis not only on working on stiff and tense muscles, but on promoting deep relaxation.

A Thai massage, performed on futon-like mats on the floor while wearing loose cotton pyjamas (which are provided), can be followed by a Thai turmeric body scrub with jasmine rice. Even rarer on most spa menus is the Tui Na massage. Based on the principles of Traditional Chinese Medicine and acupuncture, massage therapists apply vigorous strokes to acupressure points and muscle groups to stimulate the flow of energy.

But where Holtz truly surprises is in its encyclopedic offering of body treatments. Purists who prefer European-style algae wraps, urbanites searching for a tropical-flavoured salt scrub or chocolate wrap and divas longing to lie back for a Champagne facial will all find something to suit.

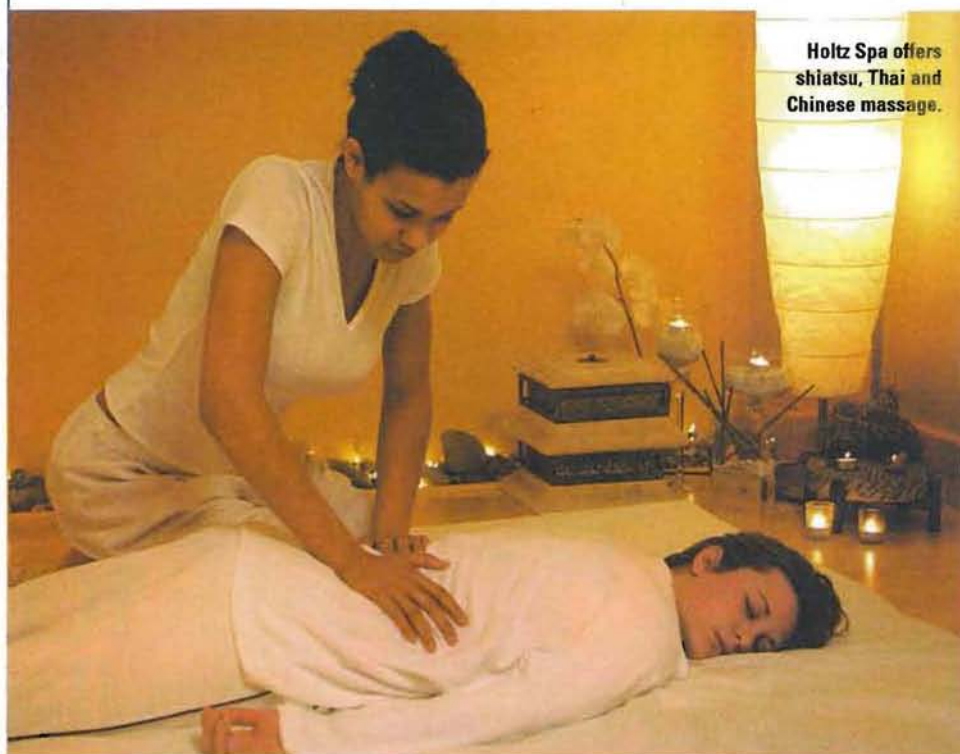
The Parafango body wrap uses the same heated paraffin used in manicures, sealing in mineral-rich sea muds and smoothing dry skin. The Regalo del Mar exfoliating body scrub is a scrumptious concoction scented with lime, sandalwood, bitter orange and green tea.

Or you can relax by candlelight and soft music in the deep moisturizing Cleopatra Milk and Oil wrap. You'll be swathed in the spa's "soft pack" dry floatation system (one of only three in Canada). Essentially a tiny waterbed with a water-filled "duvet," you float in tension-free weightlessness cuddled in a warm blanket. Hour-long massages start around \$80 and full-body treatments from \$100.

And if a weekend of indulgence sounds like something you wouldn't usually do, remember: no one has to know. Ottawa has always been good at keeping its guilty pleasures to itself. ■

DOCTOR'S REVIEW

MEDICINE ON THE MOVE



Holtz Spa offers shiatsu, Thai and Chinese massage.

Purists who prefer European wraps and urbanites searching for tropical scrubs will find them at Holtz



s Without Borders

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— PAGE 69



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- * total body toning

Readers' choice continued from page 74

HOLTZ SPA

Ottawa

holtzspa.com; 613-241-7770

"I felt like a queen in their beautiful facilities." — Patricia Spurr

This day spa has been serving up rejuvenating treatments to dignitaries for almost two decades. The new spa is in Markham, Ontario. **Don't miss** Thai Herbal Healing Therapies.

STILLWATER SPA

Toronto



Annual Spa Guide

Your picks from
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a tribute to the late
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the Design Exchange

SPA SANCTUARY • RET

(ABOVE) FENG SHUI MEETS PAMPERED PEDIS AT HOLTZ SPA AT THE HILTON SUITES HOTEL—ALL THE WALLS AND STATIONS ARE CURVED. (RIGHT) A HIGH-PRESSURE UNDERWATER WAND WORKS OUT ALL THE KINKS AT HEALTHWINDS. THE HEALTH AND WELLNESS SPA

HOLTZ SPA

8500 Warden Ave., Hilton Suites Hotel, Markham, 905-470-8522

Spa director: Cindy Leung

Year founded: 2001

Neighbourhood: Markham, west of Toronto

Clientele: Female boomers, but getting younger; predominantly regular clientele, 15 per cent male

Vibe: Serene, relaxing oasis of calm

Mission statement: "Holtz Spa works to improve quality of life through physical and mental rejuvenation, self-esteem and a balance of health and wellness. Our ongoing goal is to exceed the expectations of our clientele with hands-on professional service."

Number of treatment rooms: 14

Number of staff: More than 40

Decor notes: Built on the principals of feng shui, Holtz Spa has no straight walls—they're all curved. A spiral glass staircase with adjacent water-wall is the focal point. Simple yet elegant furnishings, neutral colours

Refreshments: Full menu

Most intriguing service: The absolutely incredible Holtz body cocooning, which involves exfoliation, a shower, the application of a moisturizer, then you're wrapped and the table you're lying on gently falls out from beneath, leaving you floating in 18 inches of heated pressure-free water for 15 minutes

Top treatments: Body cocooning, signature facial, 90-minute Thai massage, mango body scrub, pedicure

Service our reader shouldn't leave without: Holtz body cocooning

Y • FOOD FOR THOUGHT



HOLTZ

The art of romancing

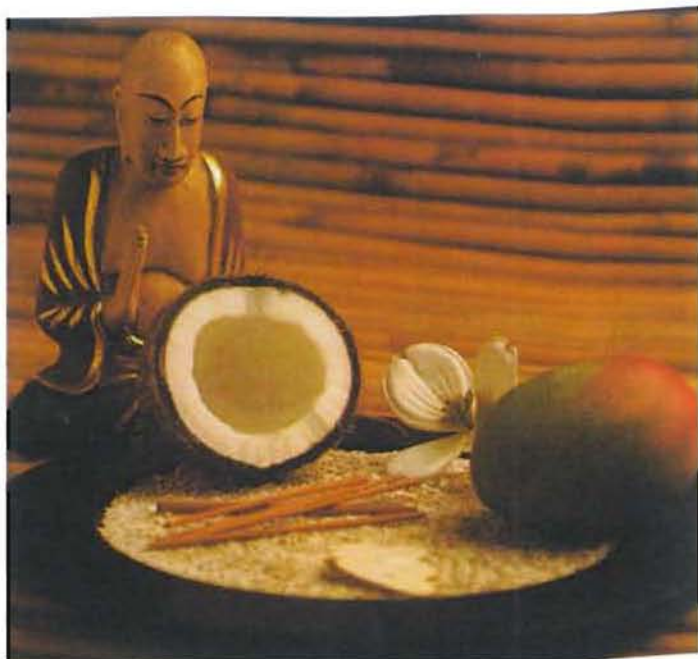
SPA

the body and soul

by Dana Alexander

Photography by Christian Lalonde

Amid the hustle and bustle of the specialty shops, cafés and hotels on Ottawa's Rideau Canal stands the tranquil oasis known as Holtz Spa. One of Canada's most renowned and respected spas, the Holtz offers an exotic blend of spa therapies and nurturing services inspired by old-world healing disciplines – a unique spa experience that won the Consumer's Choice Award in 2003. Its selection of treatments is so distinctive that Holtz Spa's popularity has continued to set standards for the spa industry, both in Canada and internationally. Holtz Spa has two locations: in the shadow of the Peace Tower in downtown Ottawa, as well as in its world-class spa-hotel franchised to Hilton Suites Conference Centre and Spa in the Greater Toronto Area (GTA). Rumour has it that expansion plans may soon see another location in Vancouver, British Columbia, and that would only be a good thing for spa goers in the West.



The Feng Shui-inspired spa offers clients the 'Holtz theory of health and wellness.' Holtz holistic treatments are designed to create harmony of body, mind and spirit, and the décor and ambiance provide a quiet sanctuary to relax and rejuvenate. Highly trained estheticians and therapists use only the purest botanical products and innovative spa technology to guarantee the Holtz standard of excellence. Holtz Spa Ottawa has been pampering dignitaries and professionals since 1985. Sacred sounds and enticing aromas encourage clients to leave their stress at the door.

One of the most sought-after packages is the 'Holtz Romance'; a truly exceptional pampering experience for two, and a unique way to celebrate special occasions. It begins with a couples massage: one room, two beds, and two therapists to melt away aching muscles caused by stress and tension. An organic Mango Body Scrub with coconut and crushed black turtle beans is the perfect exfoliation before couples enjoy the Holtz Body Cocooning experience. This sensuously romantic interlude ends with warm lemongrass tea for two served in front of a cozy fireplace in the Orchid Lounge with light refreshments from the Holtz Asian-inspired Santé Restaurant.

An almost visionary approach to health and wellness distinguishes Holtz in the spa industry. Massage therapies, body treatments and facials incorporate healing herbal remedies and

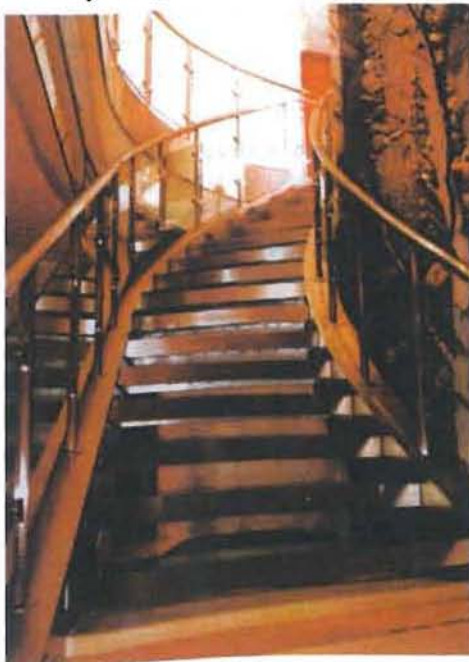


pure energy work, such as Reiki, Tui-na, Crystal and Gemstone Therapy, and Therapeutic Touch. The Holtz Signature Facial with glycolic wash, microdermabrasion, lymphatic massage and anti-aging formula is unsurpassable. The emphasis is on the experience, being touched with intention and healing through touch while being pampered to the extreme.

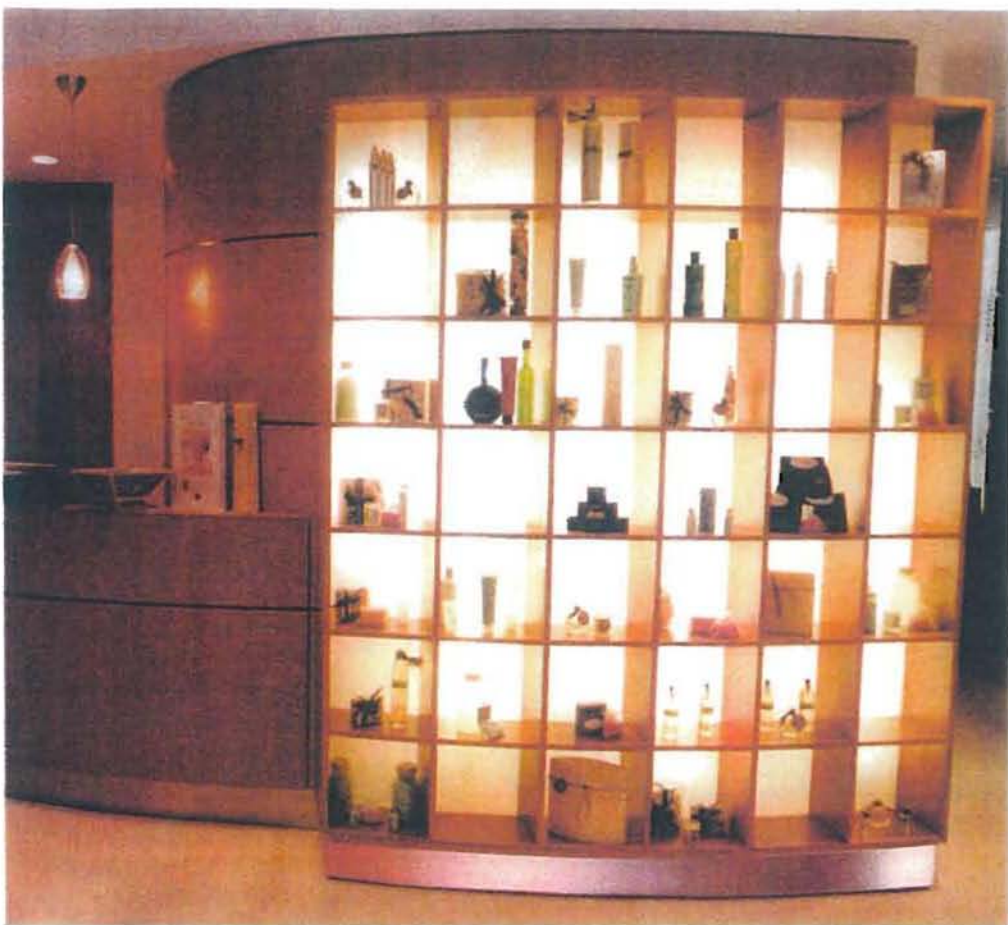
I arrive at Holtz Spa for an early morning Shi-Tao body treatment, to ease the stress of a hectic workweek. A cheerful receptionist greets me with a smile and conducts me to the dressing room to snuggle into a plush terry robe and await my eagerly anticipated treatment. My therapist, Maria, explains the process and leaves me to relax among warm flannel blankets on the soft, comfortable massage table. She begins the treatment by massaging the fragrant Babor Scentao oil into my weary feet and uses hot river rocks to ease away my tired muscles. The treatment works from head to toe, front and back, and includes an acupressure facial massage using Babor Scentao moisturizer. Maria tops it off with a relaxing Shiatsu back massage. I am

thoroughly relaxed and barely awake as I slip my de-stressed body – soaked in fragrant oils and creams – back into my robe. This is just what I needed, and I leave feeling completely rejuvenated.

The recipe for Holtz Spa's success continues at their newest



Holtz the Spa: Wellness with an Innovative Edge



Escape the hustle and bustle of everyday life, and pamper your cares away at one of The Greater Toronto area's newest, most state-of-the-art full-service spas.

Holtz the Spa, located in the Hilton Suites Toronto/Markham Conference Centre, with 10,000 square feet of conference space and 500, two-room suites varying in design, is the first franchise location for one of Canada's most exclusive spa operators.

The development of this \$3.5 million facility came through the merging of the Hilton Suites Toronto/Markham and the exclusive Ottawa-based Holtz Spa Inc. Donna Holton, president of the Holtz Ottawa describes it as an exciting venture. "I felt that a partnership with Herman Grad [president and CEO of Hilton Suites and Leisureworld Inc.] would ensure the quality of the Holtz brand," she says. Cindy Leung, spa director of Holtz the Spa at Hilton Suites agrees. "Donna and Herman share a common interest to ensure that the Holtz Spa provides the most beneficial spa treatments in Canada," she explains. "To be part of this vision in moving the Canadian spa industry forward is what sets us apart."

One of the most magnificent aspects of this two-storey spa is its exquisite decor, which can be credited in part to the expertise of Ron Jean, managing director of Devonian Canada. Drawing inspiration from the ancient principals of Feng Shui, the facility also boasts beautifully marbleized, rounded walls throughout, a feature which also extends to the oak finish reception desk. Those who enter are

enticed by the sounds of a beautiful aquatic waterfall, situated beside the \$400,000 glass staircase leading to the upper level. "This part of our spa provides clients with an oasis to step away from it all, without actually having to take a plane," says Leung. This 'oasis' also known as the Orchid Lounge, features fibre-optic lighting, and a double-sided fireplace, adding to the elements of warmth and comfort.

The spa also includes two Canadian exclusives: The Aromatherm capsule, which uses jets to relax your muscles and features a built-in Vichy shower, and the Swiss Shower which combines light and sound therapy with a stimulating aromatic steam designed to relieve stress. Also featured, is one of Canada's only soft pack systems, which emits a pressure-free cushion of water, designed to stimulate and soothe the senses. The Holtz Body Cocooning treatments performed in this system also offer important health benefits like the maximum absorption rate of trace minerals into the skin.

Another principal element of Holtz the Spa is that it was founded on the essentials of health and wellness. And much like the Ottawa location, clients can indulge in an array of sumptuous treatments for both men and women like the EStone Therapy and i-la-earle treatments. "This new location offers 95 per cent of the same services as our Ottawa spa such as advanced skincare, Hydroxy Therapy and Lymphatic Massage," explains Holton. A full range of tailored packages are also available including full body massages, half-day sessions and full days of pampering.

HOMEFRONT

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Endless Summer

Brian Gluckstein's
designer digs

soul soothing

Freshen up with Bambou & Papyrus, a bright, energetic collection of Asian yin-yang tranquility. Enriched with hemp oil, bamboo and ginkgo

biloba; glowing of crisp ivy and lemon tree leaves; bursting happily with the fragrance of rosemary and bergamot;

Bambou & Papyrus is tantalizing. Think of a light breeze blowing white flowers while you warm yourself under a playful sun and smell the soft scents of cedar, sandal and musk. A magic moment in the Orient.



Green Tea Gardens' effervescent bath delights are derived from extracts of honeysuckle and ferns. Nature meets science as Canada's own **Palme d'Or** intrigues with these and other mood-and-mind-awakening bath, body and home collections. We found a great selection at **Holtz Spas** in Ottawa and Markham.



Ottawa Overnight

Yes we're Canadian! Get patriotic this summer with a family trip to our nation's capital. Kick back in luxury at the historic Fairmont Chateau Laurier. While dad and the kids take the plunge into the ultra art deco pool, mom gets quiet time at Holtz Spa under the watchful eye of guru Donna Holtem. Go for a few divinely decadent days. Visit website at www.holtzspa.com. 

Spa away

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BEAUTY BONUS

holtz spa

De-stress with one of many massage and body treatments such as shiatsu.



GISELLE'S

Three Winnipeg locations. "The whole experience was great, from waiting in the lounge, to having my facial, to walking out feeling like a new woman!" — Joyce Smith
Giselle's, whose name has long been synonymous with skincare and innovative spa treatments in Winnipeg, has upped the pampering quotient with The Zone, an expansion to its Meadowood Spa. It features a luxurious lounge, dining area and treatment rooms with individual light and sound-system controls. **Specialty** Giselle's Date Night Facial.
giselle.ca; 204-956-5400

HOLTZ SPA Two locations: Ottawa and Markham, Ont. "The staff remembered my name and every treatment was glorious. They even modified a treatment to my request. I felt like the most important person there." — Maureen Farrell
A fixture in Ottawa since 1985, recently, Holtz Spa has gone through a redesign. They have also opened a new 5,800-square-foot Feng Shui-inspired spa at the Hilton Suites in Markham.

Specialty Swiss Goat Butter Cream Wrap on the spa's exclusive Cocooning Bed.
holtzspa.com

other faves

While we couldn't include everyone's favourite, here are a few that received raves from both readers and contributors:

DELTA VICTORIA OCEAN POINTE RESORT AND SPA

(1993) Victoria, BC
"It's like a kiss to the soul. The location, staff, atmosphere and facilities make it a total experience." — Nene Van Volsen
Voted one of North America's top 100 hotels and resorts in 2002 by *Travel + Leisure* magazine, this harbour-side resort offers a full-service European-style spa and extensive fitness facilities. **Specialty** Deluxe Oasis Facial. **Facilities** Whirlpool, sauna, fitness room (universal gym, cardio area, free weights), indoor pool in solarium, indoor hot tub, squash and racquetball courts. **Class** Stability ball, water aerobics, boxing
Change rooms Women's and men's 500 sq. ft each. **Dining** Juice bar;

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HOW TO
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1) ohashi massage

A healing art originating in Japan, ohashi massage uses the power of touch and pressure on the body's acupressure points to invigorate and replenish the body and soul by increasing blood flow and energy. At Holtz Health & Beauty Spa in Ottawa, (613) 241-7770, you keep your clothes on while a practitioner uses a mix of meridian stretches and relaxed pressure all over your body.

The body's meridians, which channel energy throughout our system, are stimulated using massage, acupressure and shiatsu (on the lower- and upper-back muscles). Great for de-stressing, \$45-\$75/30 or 60 minutes.

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Ottawa Holtz

Health Spa, (613) 241-7770.

Owner Donna Holtom won
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and is a founding member of
Spa Canada, a newly formed
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PAUL LATOUR, THE OTTAWA CITIZEN

Donna Holtom poses with Citizen publisher Russ Mills, who presented her with the Business Woman's Achievement Award during a gala last night at the Château Laurier.

Mother of three honoured for business acumen

BY JENNIFER PRITCHETT

Donna Holtom has a vision.

And it was her strong views on the role of community in her three Ottawa businesses that captured the attention of the Women's Business Network, which presented her with the prestigious Business Woman's Achievement Award at a Château Laurier gala last night.

Ms. Holtom, who owns Santé Restaurant, Holtz Health & Beauty Spa, and the Sussex Club was welcomed by a sold-out crowd of 365. During the evening, she received several tributes that cited her as a tremendous leader and entrepreneur.

The 47-year-old mother of three is also known for her volunteer work with, among others, the Tulip Festival, the Ottawa Art Gallery and the National Arts Centre. She also runs art shows at her restaurant in an effort to promote local artists.

Ms. Holtom was honoured by the award and sees the distinction as an opportunity to give back to the community. "I think it's all about role-modeling ... sharing information," she said.

She attributes her family and her talented staff

for much of her success, which she says is based on specializing in areas that can be easily brought together: food, health and fitness.

"I have a passion for what I'm doing — fine food, fine wine, pampering and great art. The whole intent was to bring that to the community."

So what's next? She looks positively to the millennium for what she believes will bring increased emphasis on her type of business. She hopes it will bring a new plateau for her company, which already employs 40.

"These are businesses that are so much a part of the future — health and wellness and the whole idea of healing," she said. That will be happening for the next 20 years."

Five finalists were selected from among 19 women who were nominated for this year's top award. They are: Frances Balodis, international director of Music for Young Children; Laraine Kaminsky, president, Malkam Consultants Ltd.; Cindy Ann Sprague, vice-president, OmniMark Technologies Corp.; Julie Tubman, president, Tubman Funeral Homes; and Judith Yaworsky, president, Communications Consultants Ltd.

Makes Framing