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Featuring: The Sidney Pier Hotel & Spa



NATURAL RESOURCES

An eco-friendly boutique hotel located in Sidney, British Columbia, on Vancouver Island's Saanich Peninsula, **The Sidney Pier Hotel & Spa** has introduced a new, signature Spa in Season program that incorporate local seasonal plants, herbs, and wildflowers. Therapies are rooted in Vancouver Island's rich coastal environment, and ingredients, including locally produced lavender, honey, cucumber, and pumpkin—are blended fresh daily to maximize their natural healing benefits. "At Haven Spa, we take a holistic approach to inner and outer beauty," explains Julie Banister, spa manager. "Here, the Sannich Peninsula is an incredible resource of bountiful organic ingredients, so it only seemed natural to create our Spa in Season treatments with this in mind. Our skin is an organ of absorption, and these treatments respect the integrity of the skin, without stripping our acid mantle or using any toxic chemicals." Customized Spa in Season treatments include manicures, pedicures, body wraps, and facials, or guests can enjoy a Signature Spa in Season Package, including an exfoliating body scrub, mini-facial, essential oil body wrap, and 30-minute massage. Hotel operating practices are built around lessening the property's environmental footprint, active conservation, and promoting sustainability through programs, including the support of local organic growers, hydro-thermal heat pumps, waste reduction, and only including seafood items on restaurant menus that support sustainable fishery practices. Plus, complimentary parking is extended to guests who arrive in a hybrid vehicle. For more information visit www.sidneypier.com.

—D.B.

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