



BRENTWOOD BAY
LODGE & SPA

FROM WESTERN LIVING MAGAZINE

SEPTEMBER 2004

“You’re Soaking In It”

by Jacqueline Moore

On Sunday, November 17, 1991, Morley Safer made a lot of people very happy. That was the day 60 Minutes presented the findings of a study referred to as the French Paradox, which partially credited moderate, daily consumption of red wine with France’s low heart attack rate despite a fat-laden diet. That was all wine-loving North Americans needed to hear: sales of red wine skyrocketed over night. More than a decade later - according to the spa logic of the newly opened Brentwood Bay Lodge - it follows that if wine is good enough to drink, it must be good enough to wallow in.

The new Vancouver Island resort, which opened in June, is a sweet boutique lodge overlooking the Saanich Inlet 20 minutes south of Victoria. The boutique lodge sits on the main street of the village of Brentwood Bay, so while it can’t compete in terms of remote locations, the room and amenities are on par with the luxury inns that dominate the westcoast of the island: each of the 33 oceanfront rooms has a king-size bed, fireplace and soaring floor-to-ceiling windows that open over the water.

The Arbutus Grille and Wine Bar features a stellar chef and sommelier duo...Local organic ingredients are a priority on the restaurant menu, and bottles from local vineyards complete

a wide-ranging wine list which, not incidentally, brings us around to the spa: it’s one of only a handful outside France to use wine as the basis for massage, pedicure and facial treatments.

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Vinotherapy assumes that revisterol – the magic chemical found in red wine – is also effective when applied topically. “Revisterol is firming, plus it’s an anti-oxidant, which means it protects against premature aging,” explains spa director Marie Kury. Grapes contain vitamin C, and grapeseed extracts are thought to strengthen blood vessels and enhance circulation. “Wine has a natural

choice for us because we wanted to use indigenous, organic ingredients, and there are wineries and vini-cultural products all around us.”

The spa incorporates grapes, stems and leaves from nearby Chalet Estate Winery – the only organic vineyard on the Saanich Peninsula – into their scrubs and moisturizers. “We’d never heard of using wine for spa products but I wasn’t surprised because wine has so many healing properties,” says owner Linda Plimley who, along with husband Michael Betts, sells pinot noir, merlot and syrah pulp to the lodge.

The spa itself is as airy and tranquil as the rest of the resort, the relaxation room where you’ll be served a post-treatment glass of wine opens up to a serene view of the outdoor pool and aroma garden. The treatments include a Vino Stomp Pedicure (\$85), Vino and Honey Wrap (\$135) and a Vino Bath and Water Massage (\$135).

Excerpts from Western Living Magazine
by Jacqueline Moore
September 2004