

Spa Escapes

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ROAM

ON THE GROUND

SOUTH GRANVILLE
VANCOUVER

Between 16th Avenue West and the Granville Street Bridge, Vancouver's South Granville district glitters with sophisticated boutiques, art galleries and vintage shops—all watched over by a grand, art-deco theatre.



DISCOVER

Check out what's trending in contemporary Canadian art at **Ian Tan Gallery**, a fixture of South Granville's vibrant arts scene for the last 13 years. Winnipeg's Vladimir Kraynyk exhibits his "techno-futurist, semi-organic" oil paintings through February. (iantangallery.com)

SHOP

Enjoy a guided shopping tour of **Verandah Antiques** with the store's friendly owner, Salman Ansari. Find Anglo-Indian designs and craftsmanship, Burmese teak chairs, silver bracelets and other vintage treasures, like an Indo-Portuguese 1860s rosewood chaise lounge from India. (verandahantiques.com)



RECHARGE

Stop in at **Bump n Grind** café for a bespoke espresso enjoyed with a view of South Granville's sidewalk fashion show. Or, warm up with a latte and jalapeno cheddar scone, then treat yourself to a house-made chocolate peanut butter cup. (bumpn grindcafe.com)



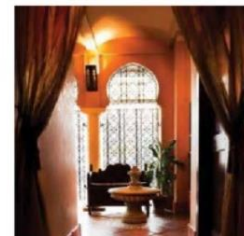
RELAX

Escape winter with a steam and a full-body exfoliating scrub as you relax on Jerusalem-gold marble at **Miraj Hammam**, Vancouver's only Middle-Eastern bath offering traditional steam, gommage (exfoliation) and massage treatments. (mirajhammam.com)



BROWSE

Named after a small mews in London where the owners' family had a shop for 100 years, **Goodge Place** is a chic, upscale boutique that sells gifts like hand-embroidered pillows, designer handbags and art books. (goodgeplace.com)



GETTING THERE

WestJet flies to Vancouver 74 times a day from 14 Canadian, 10 U.S. and five international cities.

WATCH

First opened in 1930 as a movie and vaudeville house, the **Stanley Theatre** continues to lure audiences with its live performances and art-deco interior. Catch the Arts Club Theatre Company's production of *Jitters* from Jan. 25 to Feb. 25. (artsclub.com) —David Landers

