



## **SANS SABOTS : THE PERFECT BOUTIQUE SPA AT “Q”**

Sans Sabots, the spa at Hôtel Quintessence, Mont- Tremblant’s premier luxury boutique hotel, offers its guests an ambiance of pure indulgence. Relax, rejuvenate and succumb to the magical, soothing hands of the highly-trained staff. Enjoy Quintessence’s superlative water facilities and exceptional body and beauty treatments from massages to facials, or private yoga or stretch sessions.

Every vantage point in this exquisite “boutique” wellness centre has breathtaking views of Lake Tremblant -- the serene massage rooms, the bubbling outdoor whirlpool and the state-of-the-art fitness room. A highlight is Quintessence’s striking, heated infinity-edge swimming pool which appears to plunge into Lake Tremblant.

Every detail has been addressed at Sans Sabots to ensure that guests are comfortable. Thick white terrycloth bathrobes with the distinctive “Q” logo, comfy, oversized towels and slippers are provided. The attentive staff maintains ideal temperatures for Sans Sabots’ superior spa areas: the steam bath, sauna and outdoor whirlpool, as well as the swimming pool.

Patrons also have access to a changing room, lockers and a powerful rain-and-jet shower. Guests are offered magazines, bottled water and fresh fruit, and also may purchase outstanding beauty and skin care products by the exclusive French company, Carita.

*Perhaps you are wondering about the name, Sans Sabots?* Quintessence is built on the site of a former private estate, Sans Sabots. It was so called because the owner loved to walk barefoot along the shore of Lake Tremblant. (Sans Sabots is French for "barefoot," literally "without boots.")

## ***Sans Sabots Spa at Hotel Quintessence***

### ***SPA 'MENU': TREATMENTS FOR THE BODY:***

Sans Sabots' captivating spa treatments include:

***Swedish Massage*** improves blood circulation, stimulates the lymphatic system, relaxes muscles and calms the nervous system. Light rhythmic strokes progress to deeper targeted pressure.

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***Thai Massage*** combines rhythmic movements with fluid tai-chi techniques, soft stretching, and pressure along energy lines using the thumbs, palms, forearms, elbows and feet. This massage is done on the floor (on a mat), without oils, while the client is fully dressed in comfortable clothing.

***Shiatsu Massage*** traces back to both ancient Japanese and Chinese medicine, using pressure applied with the thumbs and hands to release stagnant energy stored along the body's meridians. Shiatsu is an excellent stress reliever.

***Hot Stone Massage*** involves the use of heated volcanic stones covered with oil. The smooth stones are massaged on the body and are also placed on specific energy points so heat penetrates the muscles, releasing tension and inducing a feeling of well-being.

***4-hand Massage*** is a Swedish massage performed by two therapists who work in harmony ; an exquisite relaxation experience.

***Chairside Massage*** is done without oils, over clothing, during a 15- or 30-minute period. The massage is comprised of 3 steps: relaxation, releasing of toxins, and revitalization.

***In-suite Massage:*** Hotel guests can enjoy the therapeutic benefits of Quintessence's massages in the comfort of their room. Choose a relaxing spot beside the wood-burning fireplace or by the terrace with the magnificent view of Lake Tremblant. Individual or couple massages available.

***Treatments for legs and feet*** include paraffin dips for soft, moisturized skin and relaxing massages of the legs.

***In-suite private yoga sessions:*** Hatha Yoga combines gentle stretching postures (*ASANAS*) and focused breathing (*PRĀNAYAMAS*) to improve harmony between mind and body, release physical tensions, reduce stress and increase flexibility and lengthen muscles. Tonic Yoga combines yoga and Pilates to improve muscular strength and increase flexibility.

***SANS SABOTS' FACIAL TREATMENTS At Hotel Quintessence***

***Renovator Hydration*** revitalizes skin and eliminates dead skin cells. Expert hands perform a “sculpting” massage to moisturize and fine lines caused by dehydration are smoothed.

***Essential Renovator Softness*** soothes irritated skin with the “masque de coton” and “serum de coton”.

***Essential Renovator Firmness*** clarifies the complexion and erases signs of fatigue with a sculpting massage from the décolletage to the face. Micro-masks on the eyes and lips smooth fine lines and the complexion emerges luminous. During the mask, the therapist gives a relaxing hand massage which is a pure delight!

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***HOTEL QUINTESSENCE*** is one of the finest country lodges in North America, a luxurious 30-suite boutique hotel in Mont Tremblant. A blend of Old World graciousness and contemporary country style, this superb establishment is renowned for its rugged granite, fieldstone and wood exterior and superlative rich interiors. The ultimate in casual elegance.

Quintessence has a unique location and a splendid setting in the rugged Laurentian mountain region. The hotel is the only lodging property that is both at the foot of Mont Tremblant's charming slope-side village and also lakeside, on the shore of magnificent Lake Tremblant. "Q" also is 2 km./ 1.2 mi. from Le Circuit Mont Tremblant, an international auto-racing venue and site of many prestigious auto club rallies such as Ferrari and Porsche.

Quintessence is distinctive for its infinity-edge swimming pool, its sweeping, sublime Presidential Suites, the private and historic Clagett's Cabin, the exquisite boutique spa Sans Sabots and the gorgeous chandelier of Swarovski crystals in the lobby.

Quintessence has gourmet cuisine, fine comfort food and a connoisseur's collection of wine and spirits. Its exceptionally large suites feature wood-burning fireplaces, fabulous featherbeds and opulent marble bathrooms with heated marble floors, air-jet tubs, private water closets and rain-showers. Impeccable service is a priority at "Q" and no detail is insignificant.

Most compelling at "Q" are the stunning views of lovely Lake Tremblant and the thick forests and daunting mountains beyond. This majestic Laurentian region landscape is visible from virtually all vantage points at “Q.”

Mont Tremblant is a four-season resort 90 minutes north of Montreal that is a leader in downhill skiing and boarding, golf, auto-racing, cross-country skiing, hiking and mountain biking.

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