

## Amerispa, Mont-Tremblant, Canada

If an apple a day helps keep the doctor away, then **Amerispa** at the **Fairmont Tremblant** in **Mont-Tremblant, Canada** is keeping guests healthy with their Signature Ice Cider Spa Treatments.

The Quebec province is renowned for apples and ice cider, and while we thought that perhaps we would be enjoying apples in the regional cuisine as well as in beverages during our stay in February 2009, little did we know that apples would figure prominently in our Spa treatments. Apples are a good source of potassium, have Vitamin C, research shows that flavonoid quercetin can help lower cholesterol, and they also have a low glycemic index; so when we saw the Spa's Signature Body Exfoliation using Ice Cider, and the Anti-Aging Elixir Ice Cider Body Wrap on the Amerispa menu we knew that this was something that we definitely wanted to experience.



**Amerispa Entrance at Fairmont Tremblant**

After completing our Spa treatment forms in the inviting reception area, we settled into the relaxation room that overlooked the majestic snow covered mountain and made ourselves comfortable in the chocolate brown rattan chairs with brown, blue, and cream striped cushions, and listened to the soft music while we waited for our therapists to arrive. Moments later, our therapists, (Lucie for Edward and Denis for Debra) arrived to guide us to two of the Spas 16 attractive treatment rooms.



Our therapists explained that our treatments would begin with the Spa's Signature Body Exfoliation, the Regenerating Elixir Ice Cider Treatment, where our bodies would be scrubbed with a mixture of sea salt and apple cider to exfoliate and remove dead skin cells. With winter playing havoc on our skin, this sounded fantastic. Lying on a plastic covered massage table, the body scrub felt wonderful as the therapists massaged our arms, legs, feet, and back, and with this particular treatment where the room was gently perfumed with the apple aromas, added another sensory level to the experience. The scrub completed, our therapists washed away the body scrub residue, and then applied an apple cider body milk to help moisturize our exfoliated skin. Once again the crisp apple aromas permeated the room with a pleasant, heady aroma as the therapists massaged our bodies with the apple cider body milk.



Treatment continued with the Signature Anti-Aging Elixir Ice Cider Body Wrap where our exfoliated and moisturized skin now received an application of a warm gel mask that was like receiving a third massage, with lots of contented sighing taking place throughout. The gel mask contained nutrients, vitamins, and minerals to help revitalize and balance the skin, and once applied, we were wrapped up with plastic and then as an added bonus had a thermal blanket applied to help the skin absorb the benefits of the mask. Warm and snug under our blankets, our therapists massaged our heads to complete the head to toe treatment. The final step of the treatment was having the mask removed; using hand held shower hoses, our therapists washed the gel away while we remained on the massage table, and then dried us with soft towels. After our treatments, we went to the relaxation room to enjoy cups of tisane, still savoring the memory of our treatments with the delicate scent of fresh apples deliciously lingering on our skin.

In addition to the Elixir Ice Cider treatments, another Amerispa specialty is the Maple Sugar Exfoliation using "Bio- Maple" that provides Spa guests with another unique regional experience. The Spa offers a wide selection of Body Treatments, Body Exfoliations, Body Wraps, Aesthetic Treatments, Beauty Care Treatments, Massage Treatments, Hands and Feet Treatments, and a special Gentlemen's program.



### Cider Spa Treatment

Amerispa was founded in 1994 and has 8 locations in the Quebec province. Amerispa at the Fairmont Tremblant is open daily, Sunday through Thursday from 9:00 am until 6:00 pm, and Friday and Saturday from 9:00 am until 9:00 pm.

Read other articles on the [Fairmont Tremblant](#) in the **Hotels and Resorts, Restaurants, and Chefs' Recipes** section where **Chef Daniel Tobien** shares his recipes for Trout Filet from the Tremblant Reserve Cooked in a Verrine and Reinvented Apple Pie with Vanilla and Pecan Glaze with Ice Cider.



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Read other articles on **Mont-Tremblant** in the **Destinations**, **Hotels and Resorts**, **Spas**, [Restaurants](#), [Chefs' Recipes](#), and **Adventures** sections.



For more information on **Mont-Tremblant** and upcoming events, please visit the websites: [www.Laurentians.com](http://www.Laurentians.com) and [www.Tremblant.ca](http://www.Tremblant.ca).



For information on **Quebec**, please visit the website: [www.BonjourQuebec.com](http://www.BonjourQuebec.com).



For information on **Continental Airlines** service to **Mont-Tremblant International Airport**, please visit the website: [www.Continental.com](http://www.Continental.com). For information on the **Airport Shuttle Schedule** from the **Mont-Tremblant International Airport** to Mont-Tremblant hotels please visit the website: [www.MTIA.ca](http://www.MTIA.ca).

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