

Salish Sea Sustainable Seaweed



Photo Credit – Ava Roxanne Stritt of [Spa Travel Gal](#)

Have you ever journeyed to [Victoria, Canada](#)? This historical city on Vancouver Island needs to be on your radar for many reasons. Sustainability is top of mind here for all — even when it comes to spa treatments. For those who want to see where their spa treatment products are sourced — this has to be the number one place for you to get involved in your own sustainable self care. You may have done farm-to-table, but have you experienced seaweed-to-spa?

Our journey started out at the [Fairmont Empress](#), one of the most iconic hotels in the world. This queen of a hotel offers some of my favorite luxury moments. Yes I was extremely impressed by their Willow Stream Spa, Fairmont Gold Floor Lounge and even Winston their resident dog, but what became one of my top [spa](#)

travel experiences ever was a trip to a lavender farm — [Bilston Creek Farm](#). Here we partook in small bath lavender distilling, “Tea at the Empress” to-go, and a hike to the Salish Sea on the Sitting Lady Waterfall trail. It was exciting to see the sea where the seaweed was foraged that would be used for our spa treatment later that afternoon.



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Adam Butcher of [Seaflora Skincare](#) not only told us why organic seaweed is one of the best things to put on your skin, he allowed us to smell, see and touch it ourselves. It is not smelly or slimy. It actually feels extremely refreshing on your skin. Some of the benefits of seaweed skincare are detoxification, mineralization, balancing of pH level, lowering inflammation and promoting

overall health. Just knowing that it was both sustainable and the best choice for organic skincare, made me eager to receive a spa treatment with something foraged so near a luxury spa. The [seaweed harvest](#) happens various times throughout the year. I plan to return to partake in one of these sustainable environmental preservation harvests myself one day soon. You should plan a tour for yourself, too.



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When you visit The Fairmont Empress [Willow Stream Spa](#) in Victoria, you must reserve the Salish Sea Vitality Body Spa Treatment. With the knowledge of locally-sourced sustainable products doing their goodness on your body soon — your anticipation will be rewarded. Your seaweed journey began in the waters off Vancouver Island and is now partaking in an invigorating body scrub. While the seaweed is working to remove impurities from your body, you will be tempted to drift away as if at sea yourself ... but stay awake since you would not want to miss a moment of this extensive authentic experience which also includes a nourishing full body wrap. The wrap insures your body can soak up all the power of the Seaflora seaweed gel from head to toe. Seaweed chamois will be placed strategically inside your wrap on areas to get a more potent result. While you are relaxing in the wrap, a scalp massage ensures your total relaxation during this coastal journey. After your wrap, you will be lead to a multi-head shower with your seaweed chamois to rinse off. Once done, return to the warmth of your massage table and experience one of the most detailed and skilled massages in North America. My German massage therapist released my tension better than anyone had ever accomplished. She slathered my dry skin with the nourishment of the sea kelp lotion. The result of these antioxidants and vitamins refreshed both my body and my soul. I departed with some seaweed chamois of my own to take home.

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