



# Searching For Bliss?

## *Relax and Restore at the Spa Voted “Edmonton’s Best”*

By **Courtney Tait** Photos **Cory Johnn**

Whether your visit to Bliss YogaSpa is for a relaxation massage, a hot yoga class, a meditation workshop or one of its exceptional spa services, chances are you'll leave the luxury wellness facility in a state of relaxation. Its loyal clientele refers to as “bliss brain.” Opened in 2012, Bliss offers a retreat-style experience, and in just two years has garnered the title of “Best Spa” by Edmonton’s Vue Weekly.

With eight treatment rooms, two yoga studios, a mani/pedi room, and a caldarium complete with heated benches and a centre fountain, Bliss YogaSpa welcomes clients to restore and rejuvenate their body and mind. “We have people come out of our Sacred

Nature Ritual — a full-body exfoliation, massage and facial — saying they had an out-of-body experience,” says Bliss’ owner Traci Bateman. “Clients are blown away at what an amazing experience the spa gives them.”

Inspired by the high-quality spas they visited while travelling in various parts of the world, Traci and her husband, Mike, set out to create a place Edmontonians could retreat to for friendly, upscale spa services and yoga classes without having to leave the city. An interior designer by trade, Traci created Bliss’ decor with the notion of wholeness in mind. Circular shapes are featured throughout the facility to represent sacred geometry. Warm, neutral colours and soft lighting make

for an atmosphere that is welcoming and calming, with classy, elegant finishes reminiscent of a boutique hotel.

Along with a beautiful, serene environment, clients are treated to top-notch service from the Bliss team of ambassadors, yoga and meditation instructors, estheticians, massage therapists and laser technicians. “The Bliss way of doing things is all about the customer experience,” says Traci. “It’s welcoming and friendly, not intimidating. We want people to feel at ease, and more importantly, come back.”

Spa clients are encouraged to leave their troubles at the door, slip into a robe, and enjoy a complimentary cup of tea in the lounge or caldarium prior to or after





their treatment. Bliss offers a variety of spa services, including manicures and pedicures, rebalancing facials, peel treatments, waxing, microdermabrasion, and makeup application. With three state-of-the-art laser machines, Bliss technicians treat everything from wrinkle reduction and spider vein removal to sun and age spots, active acne, acne scarring,

cellulite reduction and hair removal. Looking to upgrade the products you use at home? With an emphasis on paraben-free, holistic lines, Bliss features a range of cosmetic and skin care brands, including Jane Iredale, [comfort zone] and DERMed.

Massage services are customized for each client, with options for deep tissue

or relaxation, reflexology or lymphatic. Aromatherapy is a key component of a signature Bliss massage, along with hot towel service, epsom salts and adjustable heated beds. "People are happy to come in and are thrilled with the results," says Traci. "Bliss is all about wellness and feeling good."

Whether you're a long-time yogi or new to the practice, you'll appreciate the guidance of Bliss' high-quality certified instructors, who teach both hot and non-heated yoga classes. Class space is delineated for a limited number of participants, so the spacious studio is never overcrowded, and instructors are available to interact with students and answer questions for 15 minutes before and after class.

Bliss' change rooms have digital lockers and are fully stocked with soap and shampoo, making it easy to transition from a spa treatment or yoga class, with everything you need on hand. Clients have the option of reserving a spot in a Bliss yoga class through its online system, which guarantees your space will be held until five minutes prior to class. A

second studio space is used for yoga and meditation classes and workshops, and is available to rent for group meetings or workshops.

Looking for a place to get together with the girls? Bliss' spa services can cater groups of up to 18, ideal for bridal showers, birthday parties, wedding-day treatments or other special events. Mani-pedi combinations are done in high-end massage chairs, with four clients able to receive treatment at the same time. The spa's relaxation areas are the perfect place to spend time together between treatments, with wine service available and the option for clients to bring in food for their group.

Bliss prides itself not only on its exceptional facility, treatments, and customer service, but also on the professional staff. Monthly training is given to stay up to date on new procedures; workshops are held to increase the range of available services. "The spa staff is very educated and engaged in continuous learning," says Traci. Dorothy Fonseca, the managing partner at Bliss, is continually seeking ways to inspire staff and heighten the client experience.

Bliss YogaSpa is located on the south side of Edmonton, on Rabbit Hill Road, just off Anthony Henday. Clients find its suburban destination adds to the spa's feeling of being an escape. Whether you visit Bliss for an hour or an entire day, once you arrive, you are transported to a world of wellness, revitalizing you from the inside out. "We had a client who had lost some family members and was going through a difficult time," says Traci. "She came to Bliss throughout a trying time and said the spa was her sanctuary."

The Bliss team continues to expand the services, classes, and workshops offered; Traci plans to feature more healthcare practitioners in the future, so clients can benefit from nutritionists, naturopaths, and other wellness-focused professionals. Experience the transformative treatments of Bliss YogaSpa this winter, and you may discover the most relaxing retreat you can imagine — right here in Edmonton. ■

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