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Bring Your Boots, Treat Your Feet: Canadian Rocky Mountain Pedicure [« Back](#)



These boots are made for walkin', sure, but after a hike in Banff National Park or even a shopping spree in Calgary, it's time to show your deserving dawgs some spa love. Find Rocky Mountain travel deals [here](#), and learn why a preferred summer treatment for outdoor travelers in the Canadian Rockies.

Relaxation is More than Skin Deep

No guy is going to brag that he got a sports pedicure, but after I got one and an executive facial, I have to admit – I feel like a million bucks.

I got the treatments at Santé Spa in downtown Calgary on the heels of the medical spa's new \$1 million renovation. The spa had just received a national designation for safety, quality and hygiene – its services include medical consultations, skin analysis, medical aesthetics and photo imaging -- so, hey, I felt I was in good hands.

Discover Maestro Pedicure Chairs

[Santé Spa](#) (Canada's first medical spa with Leading Spas of Canada) also got a row of new Maestro pedicure chairs as part of the renovations. When I sunk into one of them, it was like slipping into a comfy business class seat in a jet – while being attended to by a personal masseuse and musician. That's because the chairs are wired for sound and massage.

And when I pulled the headphones on, the raspy sound of the footwork that my pedicure therapist Adrianna was providing dissolved into a New Age acoustic guitar. I could actually feel the strings being plucked up and down my spine, and a pleasant thump of percussion between my shoulder blades. The [Maestro](#) chair is the ultimate theme park ride, geared to sweet relaxation.

Where to Explore

In [Banff National Park](#) – a protected world heritage site that's about 90 minutes from Calgary -- you can hike, cycle, rock climb, canoe, photograph wildlife and more in the Canadian Rocky Mountains.



Alberta is Canada's sunniest province. During the summer, days are warm (in the 20s C/70s F) and the nights are comfortably cool – though humidity is usually low, and there can be low winds.

Depending where you're coming from, your skin can feel the difference -- particularly your hands, feet and face. That's why manicures, pedicures and facials are especially effective here. For on-the-road maintenance, the 'uskincare' products at Santé rock.

Top Reasons for Pedicure

The pedicure provides three benefits that work for travelers who tend to walk a lot, explained Adrianna. First, it does more than just feel really good – you start with a 10-minute foot soak -- it also improves circulation and relieves tension, and the sports pedicure includes foot and lower leg massage.

Second, it moisturizes your skin, keeps calluses in check and ensures your nails are properly cut. Third, it can help skin that can be prone to irritation when trying outdoor adventures, particularly your heels – while preventing further problems.

If you're a woman, well, a pedicure can make your feet look real pretty, too --especially with colourful nails.

But if you're a guy, likely the only time you want someone remarking on the colour of your toenails is if they're kind of bashed and bruised. Then you can brag that you were outdoors doing something extreme – and claim that you really do deserve a pedicure.

Find [spa deals here](#).

By **Mike Fisher**

Posted On: April 27, 2010

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