I have on occasion gone to a spa, which I do enjoy. However, as I look at the concept of salons and spas here in Canada, I can't help but compare it to other cultures and the historical significance of spa and wonder if we haven't lost our way somehow.

The word spa may come from the word espa, meaning fountain. As the story goes, **an iron master used a natural spring to cure illnesses associated with iron deficiency**. He was so successful that he founded a health resort, which became the town Spa, Belgium.

Find a fabulous eco-friendly spa near you