

SLEEP DEEP IN TORONTO'S HEARTBEAT

SPLURGE

Cosmopolitan Toronto

8 Colborne Street // 1-800-958-3488 // cosmotoronto.com

• • • • AS SWIRLS OF incense smoke fill the air with the scent of an ocean breeze, laying out a yoga mat on the hardwood floor and losing oneself in the soothing mantras is inevitable. The temptation is not happening at a yoga studio, but courtesy of the 24-hour meditation channel in the privacy of a suite at the Cosmopolitan Toronto.

The Cosmo's positive vibe was recognized earlier this year, when *Condé Nast Traveler* named it one of the world's hottest new hotels. Appropriately, Nelly Furtado, Lara Flynn Boyle, Kate Hudson and *The Apprentice's* Carolyn Kepcher have all stopped in since opening day.

Well-being is paramount here, abetted by a physical and spiritual blend of ancient Eastern philosophy and modern technology. A gemstone and bamboo fountain occupies the energy centre in each of the 95 suites (\$208-\$468; the two penthouses start at \$1,500), as well as wooden female yogic figures, books on Zen and bamboo sandals to stroll onto the balcony with its sweeping vista of Lake Ontario and the city—courtesy of its prime location just northeast of Yonge and King Streets.

Leaving the madness of the Business District outside and floating through the candlelit, incense-perfumed lobby, guests return to their suites each day



to turndown service that includes a selection of incense for the evening and a semi-precious stone left on pillows with a description of its unique curative properties.

Here, concierges are called lifestyle managers and the elevator TV shows not TSX updates but scenes of babbling brooks and fields of dreams. —DH