

HOMEFONT™

The art of living

FALL 2017 ■ \$5.95

Crafted
to perfection

On Tour:

Rebalancing
at Cal-a-Vie

Villa d'Este:
Concorso d'Eleganza

A slow boat to Lyon

Taipei 101



homefrontmagazine.ca

EAT ERT AIN M— ENT

WEDDING CATERING
WEDDING PLANNING
STUNNING VENUES

CONTACT Danielle Daoust
416.964.1162 X.260
eatertainment.com

THE ONE EIGHTY



5 BROCK



DISTRICT 28



By Wanda Love

You've got to be kidding

The health benefits of equine therapy are not unfamiliar at Full Circle Ranch in St. Thomas, Ontario, but the ranch has recently added goat yoga to the menu to create a little interest. The ranch's yoga herd spans from kids to adults. Billy goats, who are naturally social and curious, butt in to add a playful element to classes as they meander, explore, bleat and even hop on the backs of guests who are planking or holding a pose, according to ranch owner Morrigan Reilly-Ansons. Whatever floats your goat! Namaste.

Machu Picchu massage

If hiking the Inca Trail is on your bucket list, the new Spa del Basque at El MaPi hotel in Machu Picchu Pueblo will be the perfect place for you to relax, recover and enjoy the scenery. Located on the top floor of the hotel, the spa offers panoramic views plus a pine sauna, plunge pool and hydration zone. Therapists use 100 per cent organic products derived from local botanical extracts, and Andean herbs and grains. Try the cranial sacral massage featuring ancient Inca techniques or, to recover from your trek, go for lymphatic drainage and a comforting leg treatment.



Photo: El MaPi Hotel

Saunas are good for your body, soul—and brain

Basking in that hot sauna may be good for more than relaxation, muscle soreness and sweating out toxins. A recent study from the University of Eastern Finland notes that saunas might be good for your mind, too. During the 20-year study, researchers found the risk of dementia decreased with the frequency of "sauna-ing". Those taking a sauna four to seven times a week showed



Photo: Corstock