Topless at the spa: the rule, spa by spa

Accessible version. Same content as the illustrated PDF, laid out for screen readers, magnification and on-screen reading: real headings, tables with headers, described images. Illustrated version and website: kimmaurice.com/sansetiquette.

I wrote to 18 spas in and around Montreal to find out one thing: can you enjoy the spa topless, whatever your body or identity? Here are their written answers, summed up in one line, with what their website says. For spas that did not answer, the summary comes from their website. The spas answered in French; summaries are translated. — Kim Maurice

The online directory also lists 108 other places in Quebec and Ontario, not contacted yet: they are listed at the end.

● Topless allowed for everyone

● Choice of swimsuit, or rule to be clarified

● Top required for some people

● No answer: from the website

SPA	THE RULE, IN SHORT	REDUCED MOBILITY
Spa William Gray **Old Montreal**	● **Topless allowed for everyone** Women and men may go topless: the same rule for everyone. Bring a swimsuit and sandals.	Little or no access
Rainspa **Old Montreal**	● **Choice of outfit** Swimsuit required in the hammam. The spa first recommended a top for women, then wrote that it leaves “the choice of outfit” to each person.	No information

SPA	THE RULE, IN SHORT	REDUCED MOBILITY
L'Orangerie **Old Montreal**	🟤 **Swimsuit of your choice, topless not specified** Each person wears the swimsuit they are comfortable in and that matches their identity. The spa does not say whether topless is allowed. Bring a swimsuit.	No information
AWU (formerly Skyspa DIX30) **Brossard**	🟤 **Swimsuit of your choice, topless not specified** Choice of swimsuit with no distinction by gender or body; a “suitable swimsuit” is required for everyone. Bring a swimsuit and sandals.	Partial access
Bota Bota **Old Port of Montreal**	🟤 **Women topless once settled** Men topless. Women topless once settled, with a top when moving around. For other bodies, the spa trusts the person. Any swimsuit is accepted, even full coverage.	Little or no access
Spa Nordic Station **Magog**	🟤 **Swimsuit required, top not specified** Swimsuit required, same rule for all clients; the spa does not say whether bottoms alone are enough. Swimsuit and sandals.	No information
Amerispa Spa Nordique **Morin-Heights**	🟤 **Rule to be clarified** No written policy on going topless: the spa asks for “appropriate swimwear”. It says it wants to clarify its practices, with inclusion in mind.	No information
Spa Bolton **Bolton-Est**	🔴 **Top required if you have breasts** Men topless; a top or one-piece for women. Trans and non-binary people: swimwear by their identity, but a top is required if the chest “requires” one. Swimsuit, sandals and water bottle required.	Partial access
Spa le Finlandais **Rosemère**	🔴 **Top required for women** Women must cover their chest at all times. Nothing specified for men or for other bodies. Swimsuit required.	No information

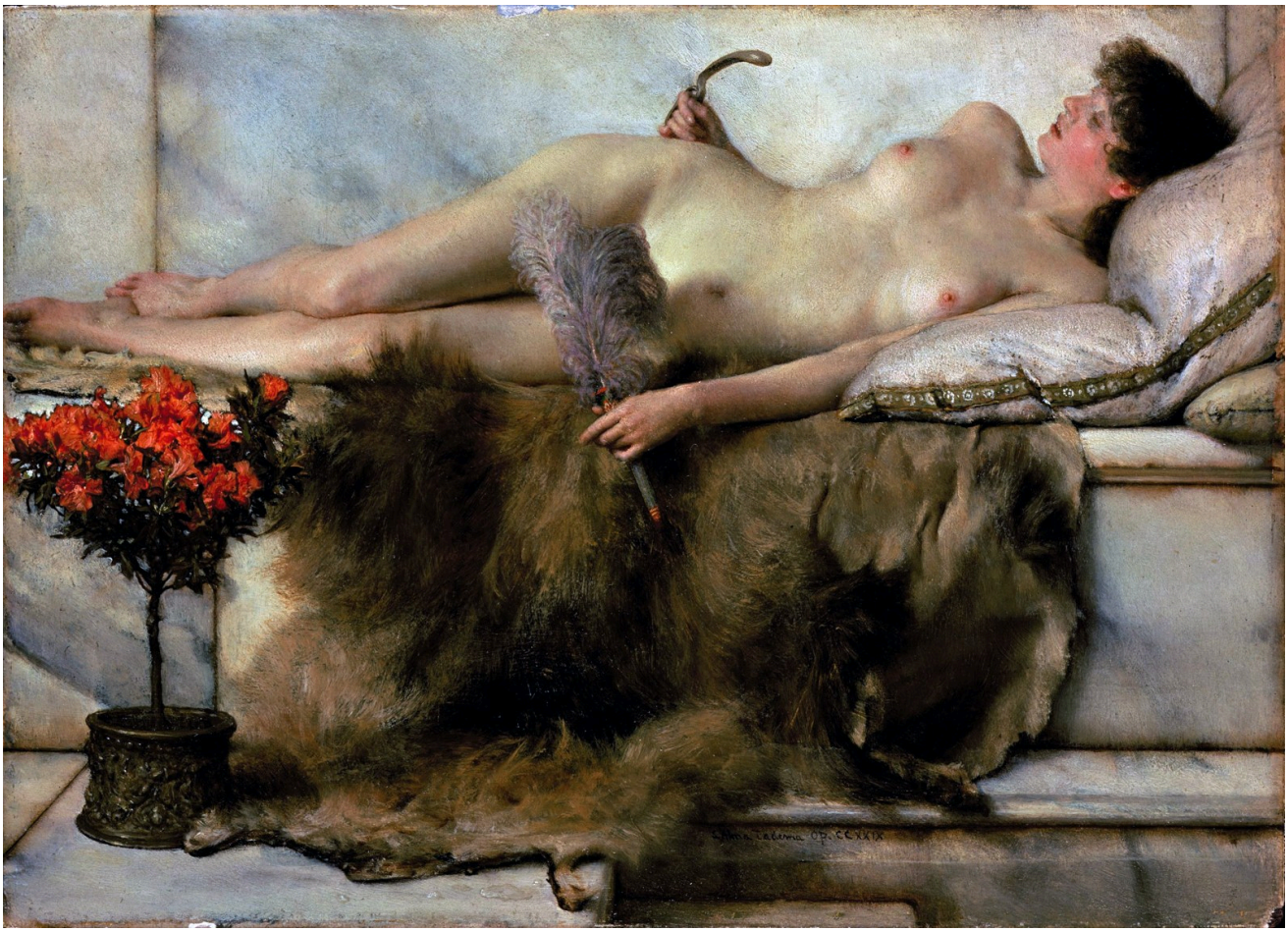
SPA	THE RULE, IN SHORT	REDUCED MOBILITY
Balnea **Bromont**	● **Top required for women** Men topless; a top is required for women. The spa invites you to tell it about any “particular situation”. Swimsuit required at all times.	Little or no access
La Source Bains Nordiques **Rawdon**	● **Top required for women** Men topless; top and bottoms required for women. Nothing specified for other bodies. Swimsuit, sandals and ID.	Little or no access
Spa Carré St-Louis **Plateau-Mont-Royal**	● **Top required for women** Women: one- or two-piece swimsuit, no topless. Men: shorts. Swimsuit and sandals required.	No information
Förena **Saint-Bruno-de-Montarville**	● **Policy under review** According to the spa, its policy is under review. Its website asks guests to bring a swimsuit. Nothing about the chest.	Partial access
Strøm spa nordique (3 spas) **Île-des-Sœurs, Saint-Sauveur, Mont-Saint-Hilaire**	● **No answer** The website asks for a swimsuit and sandals “for reasons of hygiene and safety”. Nothing about the chest.	Partial access
Scandinave Spa Mont-Tremblant **Mont-Tremblant**	● **No answer** The website says: swimsuit required, sandals suggested. Nothing about the chest.	Little or no access
Spa Eastman **Eastman**	● **No answer** The website suggests bringing a swimsuit. No written dress rule.	Partial access
Spa Ofuro **Morin-Heights**	● **No answer** The website says: swimsuit and sandals required. Nothing about the chest.	No information

SPA	THE RULE, IN SHORT	REDUCED MOBILITY
JOY Wellness Club Downtown (rue de la Montagne)	● **No answer** The website asks for a swimsuit in the sauna and baths. Nothing about the chest.	No information

Sources: the spas' written replies (emails, Nov. 1–18, 2026) and their websites; accessibility: websites and Kéroul's assessments.

Rules can change: call the spa before you go. All details, filters and links: kimmaurice.com/sansetiquette

Did you know? A bit of history



The Tepidarium, Lawrence Alma-Tadema, 1881. Public domain.

Less than a hundred years ago, men had to cover their chests too. The rule changed for them. Not for women.

Ancient Rome. Cold bath, warm room, hot bath: our spa circuit already existed. Emperor Hadrian banned mixed bathing… and it didn't last.

Paris, Middle Ages. The city had several dozen *étuves*, public steam baths, much like a hammam.

Finland. People generally go to the sauna naked, and have for centuries. Women and men separately in public saunas.

New Jersey, 1891. A man is fined for an "indecent" bathing suit. In 1910, tops are still mandatory for men.

1930s. Men fight for the right to go topless at the beach. By 1939, 67% of the public approves.

Saint-Sauveur, 1960s. Quebec's first Nordic spa begins in the sauna of a private house.

Today. More than 100 Nordic spas in Quebec. And the swimsuit-top rule is written on none of the 18 websites checked.

Sources: History.com; Georges Vigarello, Le propre et le sale; Visit Finland; Historical Society of Ocean Grove; Strøm Nordic spa; Tourisme Montréal.

The other places in the directory, waiting for information

The online directory also lists 108 places not contacted yet, in Quebec (63) and Ontario (45). Their rule is "waiting for information." Details, facilities and links: kimmaurice.com/sansetiquette

Quebec

PLACE	CITY	REGION
Bain Colonial · For men	Montreal (Plateau)	Montreal

PLACE	CITY	REGION
Sauna Centre-Ville · For men	Montreal (Village)	Montreal
Sauna G.I. Joe · For men	Montreal (Village)	Montreal
Sauna Oasis · For men	Montreal (Village)	Montreal
Noah Spa Venise-en-Québec	Venise-en-Québec	Montérégie (South Shore)
O'Spa Nordique, Hôtel de la Rive	Sorel-Tracy	Montérégie (South Shore)
Sauna Carpediem · For men	Longueuil (Saint-Hubert)	Montérégie (South Shore)
Spa Franklin	Franklin	Montérégie (South Shore)
Spa Gallant, Auberge des Gallant	Sainte-Marthe	Montérégie (South Shore)
Auberge & Spa Nordique Beaux Rêves	Sainte-Adèle	Laurentians
L'Oasis de l'Île Spa	Saint-Eustache	Laurentians
Moment Spa, Fairmont Tremblant	Mont-Tremblant	Laurentians
Centre de santé de l'Auberge du Lac Taureau	Saint-Michel-des-Saints	Lanaudière
Centre de santé Le Rituel	Saint-Côme	Lanaudière
Spa de l'Auberge Aux Quatre Matins	Saint-Côme	Lanaudière
Spa Natur'Eau	Mandeville	Lanaudière
Spa Santé Corps et Âme	L'Assomption	Lanaudière
Spa santé Le Nénuphar	Terrebonne	Lanaudière
Centre de santé Euro-Spa	Saint-Ignace-de-Stanbridge	Eastern Townships
PAŪS Spa Expérience	Sherbrooke	Eastern Townships
Solstice sauna	North Hatley	Eastern Townships

PLACE	CITY	REGION
Spa des Sables, Manoir des Sables (formerly Spa Villégia)	Orford	Eastern Townships
Spa Nordique, Le Saint-Christophe Hôtel-Boutique & Spa	Granby (Lake Boivin)	Eastern Townships
Strøm spa nordique Sherbrooke	Sherbrooke	Eastern Townships
Aroma Spa (Village Vacances Valcartier)	Saint-Gabriel-de-Valcartier	Quebec City area
AWŪ urban sanctuary Québec (formerly SKYSPA Québec)	Quebec City	Quebec City area
Le Nordique Spa Stoneham	Stoneham-et-Tewkesbury	Quebec City area
Le Versant Mont-Sainte-Anne	Saint-Ferréol-les-Neiges	Quebec City area
Sauna Backboys · For men	Quebec City (Saint-Roch)	Quebec City area
Sibéria Spa	Lac-Beauport	Quebec City area
Spa des Neiges	Sainte-Anne-de-Beaupré	Quebec City area
Strøm spa nordique Vieux-Québec	Quebec City	Quebec City area
Moment Spa, Fairmont Le Manoir Richelieu	La Malbaie	Charlevoix
Spa Nordique Le Germain	Baie-Saint-Paul	Charlevoix
Adstock Spa Nature	Adstock	Chaudière-Appalaches
Noah Spa (Scott)	Scott	Chaudière-Appalaches
Noah Spa (Thetford)	Thetford Mines	Chaudière-Appalaches
Sartiga Spa sur le Lac (formerly NRJ Spa Nordique)	Saint-Alfred (Beauce)	Chaudière-Appalaches
Sento Spa	Lévis	Chaudière-Appalaches

PLACE	CITY	REGION
Bioterra Spa Santé urbain	Drummondville	Centre-du-Québec
Le Sainte-Hélène Auberge & Spa Nordique	Sainte-Hélène-de-Chester	Centre-du-Québec
Spa détente du Lac William, Manoir du Lac William	Saint-Ferdinand	Centre-du-Québec
Amerispa Spa Nordique Cantley	Cantley	Outaouais
Centre de vie	Ripon	Outaouais
Holtz Spa en nature	La Pêche (Wakefield)	Outaouais
Huma Spa	Gatineau	Outaouais
Koena Spa	Gatineau (Aylmer)	Outaouais
Nordik Spa Village Chelsea	Chelsea	Outaouais
Geos Spa Sacacomie	Saint-Alexis-des-Monts	Mauricie
KiNipi Spa nordique & hébergement	Trois-Rivières	Mauricie
Spa santé Le Baluchon Éco-villégiature	Saint-Paulin	Mauricie
Chalets & Spa Lac-Saint-Jean	Chambord	Saguenay–Lac-Saint-Jean
Hammam Thalassa	Saguenay (Jonquière)	Saguenay–Lac-Saint-Jean
L'Éternel Spa	Saint-David-de-Falardeau	Saguenay–Lac-Saint-Jean
PAŪS Spa Expérience (Saguenay)	Saguenay	Saguenay–Lac-Saint-Jean
Édouard-les-Bains	L'Anse-Saint-Jean	Saguenay–Lac-Saint-Jean
Centre de santé L'Estuaire, Hôtel Levesque	Rivière-du-Loup	Lower St. Lawrence, Gaspé, North Shore

PLACE	CITY	REGION
Ferme 5 Étoiles	Sacré-Cœur (North Shore)	Lower St. Lawrence, Gaspé, North Shore
Noah Spa, Hôtel Le Navigateur	Rimouski	Lower St. Lawrence, Gaspé, North Shore
Thuya Spa, Le Nordet	Saint-Georges-de-Malbaie (Gaspé Peninsula)	Lower St. Lawrence, Gaspé, North Shore
UniverSpa Nordik, Hôtel Universel	Rivière-du-Loup	Lower St. Lawrence, Gaspé, North Shore
Jardin Spa, Le Noranda Hôtel & Spa	Rouyn-Noranda	Abitibi-Témiscamingue
Le Blanc Spa nordique	Val-d'Or	Abitibi-Témiscamingue

Ontario

PLACE	CITY	REGION
AIRE Ancient Baths Toronto	Toronto (Fashion District)	Toronto area
Alter (2 adresses)	Toronto (College West and Leslieville)	Toronto area
Banya Richmond Hill	Richmond Hill	Toronto area
Body Blitz Spa (2 adresses) · For women	Toronto (Corktown and Entertainment District)	Toronto area
Go Place	Markham	Toronto area
Hammam Spa by Céla	Toronto (King Street)	Toronto area
Löyly Floating Sauna	Toronto (Queens Quay)	Toronto area
Millcroft Inn & Spa	Alton (Caledon)	Toronto area
NRG Haus	Toronto	Toronto area

PLACE	CITY	REGION
Oasis Aqualounge	Toronto (Mutual Street)	Toronto area
Othership (2 adresses)	Toronto (King West and Yorkville)	Toronto area
Rcvri	Toronto	Toronto area
Sana	Toronto (Geary Avenue)	Toronto area
South-Western Bathhouse and Tea Room	Mississauga	Toronto area
Spa Excess · For men	Toronto (Carlton Street)	Toronto area
Splash Steam and Sauna · For men	Toronto (Little Portugal)	Toronto area
Steamul Sauna	Mississauga	Toronto area
Steamworks Toronto · For men	Toronto (Church-Wellesley)	Toronto area
Sweetgrass Spa · For women	Toronto (Queen Street East)	Toronto area
Thermëa Spa Village Whitby	Whitby	Toronto area
Tonic Spa (Sweat and Tonic)	Toronto	Toronto area
Club Ottawa · For men	Ottawa (Hintonburg)	Ottawa and the Ottawa Valley
Maplestone Ranch and Retreat	Clayton (Lanark)	Ottawa and the Ottawa Valley
Saunoa Ottawa	Ottawa (Ottawa River)	Ottawa and the Ottawa Valley
Somewhere Inn Calabogie	Calabogie	Ottawa and the Ottawa Valley
Uppliva Nordic Spa	Ottawa (Hintonburg)	Ottawa and the Ottawa Valley

PLACE	CITY	REGION
Scandinave Spa Blue Mountain	The Blue Mountains (Collingwood)	Simcoe, Grey and Bruce
Somewhere Inn Collingwood	Collingwood	Simcoe, Grey and Bruce
Vettä Nordic Spa	Oro-Medonte (Horseshoe Valley)	Simcoe, Grey and Bruce
Elora Mill Hotel & Spa	Elora	Southwestern Ontario
Flowstate Nordic Spa	Tecumseh	Southwestern Ontario
KW Sauna	Kitchener (Victoria Street North)	Southwestern Ontario
Langdon Hall	Cambridge	Southwestern Ontario
Lungovita Beach Retreat	Harrow	Southwestern Ontario
Terra Nova Nordic Spa & Café	Woodstock	Southwestern Ontario
100 Fountain Spa, Pillar and Post	Niagara-on-the-Lake	Hamilton and Niagara
Burning Springs Spa & Thermal Pools	Niagara Falls	Hamilton and Niagara
Club Hamilton (formerly Central Spa) · For men	Hamilton (Main Street West)	Hamilton and Niagara
Ste. Anne's Spa	Grafton	Eastern Ontario
Wander The Spa	Bloomfield (Prince Edward County)	Eastern Ontario
Floathaus	Gravenhurst	Muskoka and the Highlands
Grail Springs Retreat for Wellbeing	Bancroft	Muskoka and the Highlands
The Spa at Deerhurst Resort	Huntsville	Muskoka and the Highlands

PLACE	CITY	REGION
Kangas Sauna	Thunder Bay	Northern Ontario
Spa Grande Nature (Cedar Meadows)	Timmins	Northern Ontario