

HEALTH, WELLNESS, ECO-LIVING & DESIGN

organic spa
MAGAZINE

**FREE ORGANIC
BEAUTY SAMPLES**
See inside.

SKIN-CARE GUIDE

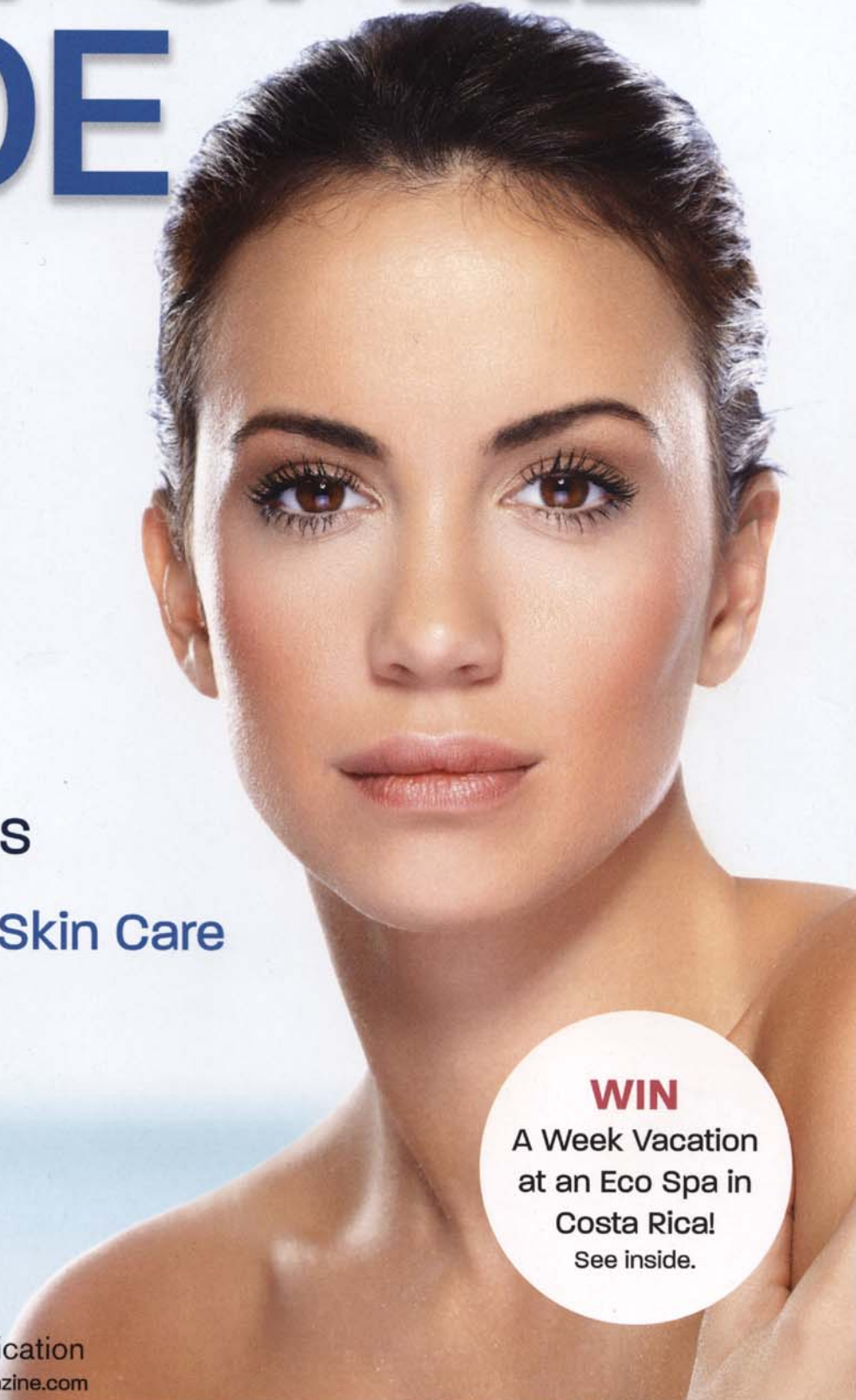
450+
ORGANIC &
NATURAL
COMPANIES!

Make Your
SKIN GLOW

TOP 10 SPA FACIALS

Natural Anti-Aging Skin Care

**17 Skin-Soothing
REMEDIES**



WIN
A Week Vacation
at an Eco Spa in
Costa Rica!
See inside.

SUMMER/FALL 2011

\$5.99

15>



A Lifestyle Publication
www.organicspamagazine.com

TOP 10 NATURAL & ORGANIC facials

Where to go to get your glow

ANANDA FACIAL

60 minutes, \$180

Where to book: Four Seasons
Hotel Beverly Hills

Product line used: Ila (Sanskrit
for "Earth")

Favorite take-home product:

Ila Face Oil for Glowing Radiance.

This is a cult product that stars organic
Rose Damascena Otto essential oil
from India, a super-nourishing ingredient.

This facial is best for: Tired, lackluster
skin. My jet-lagged skin ate up this
treatment that included some great
techniques like manual lymphatic drainage
and marma point massage. Added energy
work left my skin looking luminous.

fourseasons.com/losangeles —Mary Bemis

ENCHANTED FACIAL

90/120 minutes, \$225/\$295

Where to book: Encantado Resort
& Spa, Santa Fe, NM

Product line used: Naturopathica

Favorite take-home product:

Naturopathica Purifying Enzyme Peel
because it is a really effective exfoliant
that doesn't involve scrubbing, and it
is high in beta-carotene (making it a
powerful antioxidant), thanks to the
pumpkin. A win-win.

This facial is best for: All skin types.

The products, loaded with herbal enzymes
and natural actives, are customized to your
skin. Nice touch: A tourmaline gemstone

massage.encantadoresort.com

—Rima Suqi

MIRAVAL NURTURE FACIAL

80 minutes, \$225

Where to book: Miraval, Tucson, AZ

Product line used: Nature by Red Flower

Favorite take-home product: Bioactive
Berry White Peat Exfoliant. It has a subtle
scent and is gentle enough to use on face
and body. It has sea salt but also seeds of
strawberries and blueberries so there's the
added antioxidant quality.

This facial is best for: Normal to
combination skin. This is a rejuvenating
facial that includes an intensive eye
treatment designed to reduce puffiness
and fine lines. Also includes acupressure
massage that helps boost circulation.

miravalresorts.com —R.S.

SPA MONTAGE ANTI-AGING FACIAL

90 minutes, \$305

Where to book: Montage Laguna Beach
Product line used: Earth Matters and
Spa Technologies

Favorite take-home product:

Earth Matters Revitalizing Oil and Spa
Technologies Marine Repair Cream

This facial is best for: Mature skin. This
signature facial, created by Anne Bramham,
uses a connective tissue firming massage
technique that stimulates the collagen and
elasticity of the skin. An antioxidant-rich

