

Modern Green Living + Spa Wisdom

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MAGAZINE

SPECIAL

skin-care guide

Your Comprehensive Organic & Natural Resource

The Scoop on
Sunscreens

Skin Care Basics
for ALL ages

Natural
Deodorants
that Deliver

PLUS:

A ROUND-UP OF ECO SANDALS

EARTH-FRIENDLY HOSTESS GIFTS

THE GREENING OF THE FLORIDA KEYS



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pits, or nuts for the body. These jagged skin-refining bits can turn a breakout into a blowout if they scratch the pimple or worse—get lodged in an open pustule or pore. Instead try smooth, round particles like those found in REN Jojoba Microbead Purifying Facial Scrub (\$35, www.spacenk.com) or twice-weekly clay-based masks like Astaro Blue Flame Purification Mask (\$41, www.astaraskincare.com). It provides instant gratification by evening skin tone and clearing blackheads, and it helps to prevent pimples in the long run.

Like washing your face and brushing your teeth, applying sunscreen should also be a daily practice. Melanoma is the second most common form of cancer for young adults 15 to 29 years old, according to The Skin Cancer Foundation. Minerals like zinc and titanium dioxide can block both UVA and UVB rays (though zinc does it better), and do double-duty as anti-inflammatories, meaning they can help calm a bout of acne. Furthermore, mineral UV-filters are much less likely than chemical ones to cause a breakout, says Toni Maggiore, the spa director for Arrabelle at Vail Square & Lodge in Vail, Colorado. "That's because of all the additives in drugstore sunscreens, so a great choice is something simple and natural." Maggiore likes Arcona Reozone SPF 40 (\$32, www.arcona.com), a lightly tinted mineral-based sunscreen that's "non-greasy, whisper-light, and won't clog pores."

TWENTY-TO-FORTY-SOMETHING SKIN

Radiance, firmness, and smoothness are characteristic of healthy 20-something skin. But also perfectly typical are the natural processes that start to work against it: free radical damage, a slower rate of cell turnover, and a weakening of the skin's supporting proteins (collagen and elastin) that give skin a youthful plumpness, firmness, and elasticity.

So products and facial treatments should take a protective approach with the goal of holding onto healthy skin, says Farmaesthetics formulator and founder, Brenda Brock, while arming it with ingredients that help defend it against its detractors. "It's the same reason we do yoga, eat well, and take good care of ourselves—we act before the damage is done," says Brock.

Since the skin around the lips and eyes lack sebaceous (oil) glands, they're often the first areas to dry, wrinkle, and show the signs of age. For lips, Brock likes beeswax balms infused with herbs like calendula, which binds moisture. "An imprint can be left around the mouth, and it's very hard to soften these lines later," she says. For the eyes, look for antioxidants and a multifaceted approach to treating dark circles, fine lines, and puffiness, like the Dr. Alkaitis Organic Eye Crème (\$49, www.alkaitis.com), with an eye-rejuvenating complex of herbal infused oils like borage, and Pangea Organics Turkish Rose & White Tea Eye Cream (\$55, www.pangeaorganics.com), which also stars bilberry to help strengthen the weak capillaries responsible for dark circles.

Jenny Ferrand, spa director of The Spa at Capella in Telluride, Colorado, notes that the 20s and 30s can also be a time when women are embroiled in a battle against acne and aging. "Sometimes a woman will get her first acne flare-up in her twenties due to hormones, or in her thirties due to stress. At the same time she's starting to see sun damage, fine lines, and hyperpigmentation." Ferrand likes what algae, such as fucus, laminaria digitata, and mineral rich-red algae found in the Osea Skin Care line can do for adult combination skin. "Algae has oil-regulating properties, but it also binds moisture and plumps the skin, and it imparts important antioxidants, minerals, and vitamins," says Ferrand.

Facial cleansing oils, long used by women in France and Japan, are great for this age group, because they do double-



Hot List of Holistic Facialists

Chanel Jenae

Los Angeles

www.arcona.com

Firming the skin without gadgets or gizmos is the facial forte of Arcona Spa's Jenae, whose hands work nonstop—and near miracles—using lymphatic drainage, acupressure, and more to tone the jawline, smooth your brow, and restore apples to your cheeks. It's a practice that draws a green carpet clientele and pairs well with the popular fruit-and-vegetable-based Arcona products Jenae formulates. And it's a philosophical fit for Jenae, who long ago trained with dermatologists as a paramedical esthetician: "I believe in caring for the body holistically," says Jenae. "Inside and out."



Tammy Fender

West Palm Beach,

www.tammyfender.com

"The health of your skin is a natural result of your overall well-being—the state of your body, mind, and spirit." That's the motto of facialist Fender who handcrafts her own pure botanical products based on holistic medicine and Pure Living Energy, an ineffable quality of positivity that she also exudes. In customized facials, given at her skin-care atelier or by facialists she personally trained at the Spa at The Breakers Resort, the trio of touch, pure plant products, and fine-tuned energy yields powerful results.



Julia March

New York City,

www.juliamarchskincare.com

March is a masterful facialist, capable of calming skin woes and a monkey mind in one facial appointment. (Try the Organic Bliss or the Healing Zen facial.) She's made a study of many modalities, including Vortex Healing, a type of energy work, and naturopathy, so while your skin is slathered in a lactic-acid-rich yogurt peel or March's own mask of rose, oats, and propolis, your chakras line up, your brainwaves slow down, and, at the end of the service, your skin emits the glow of a woman managing her stress. —M.G.

