

HEALTH, WELLNESS, ECO-LIVING & DESIGN

**organic spa**  
MAGAZINE

# SKIN-CARE GUIDE

**450+**  
ORGANIC &  
NATURAL  
COMPANIES!

Make Your  
**SKIN GLOW**

TOP 10 SPA FACIALS

Natural Anti-Aging Skin Care

17 Skin-Soothing  
REMEDIES

**FREE ORGANIC  
BEAUTY SAMPLES**  
See inside.



**WIN**

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

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# 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





red-algae mask helps rehydrate skin.  
[montagelagunabeach.com](http://montagelagunabeach.com) —M.B.

**COWSHED FACIAL**

60 minutes, \$145

**Where to book:** Cowshed Spa, Soho Beach House, Miami

**Product line used:** Cowshed Spa

**Favorite take-home product:**

The Lavender Cleansing Cream. It felt luxurious on my skin, and the divine scent was soothing. Knowing it was wild-crafted from flora and fauna, and chemical-free, made me feel even better.

**This facial is best for:** All skin types, as it's customized. Esthetician Kyanna Scott, gave me a revitalizing and hydrating facial that was antioxidant packed and included a custom mix of evening primrose, raspberry, and cranberry seed oils.

[cowshedonline.com](http://cowshedonline.com) —Donna Paul

**LYMPHATIC FACIAL**

60 minutes, \$150

**Where to book:** Mii amo, Sedona, AZ

**Product line used:** Eminence Organic

**Favorite take-home product:**

Tie between the Strawberry Rhubarb Dermafoliant, a gentle rice-powder and lactic-acid exfoliant, and the Lime Stimulating Masque (it's very hot and not for delicate skin types!).

**This facial is best for:** Oily and/or mature skin. This stimulating facial is especially good for circulation and helps reduce dark circles and puffiness under the eyes, as well as pigmentation. Esthetician Lisa Mullen also used the Clarisonic in this thorough facial.

[miiamo.com](http://miiamo.com) —M.B.

**THE ROSE CRYSTAL LYMPHATIC FACIAL**

90 minutes, \$245

**Where to book:** Auriga Spa at The Setai Fifth Avenue, New York City

**Product line used:**

The Organic Pharmacy

**Favorite take-home product:**

Toss up between the Carrot Butter Cleanser—a lush all-in-one cleanser/makeup remover with shea butter, calendula, and rosemary—and the



Top: Four Seasons Hotel, Beverly Hills; Left: Miraval; Right: Cowshed Spa