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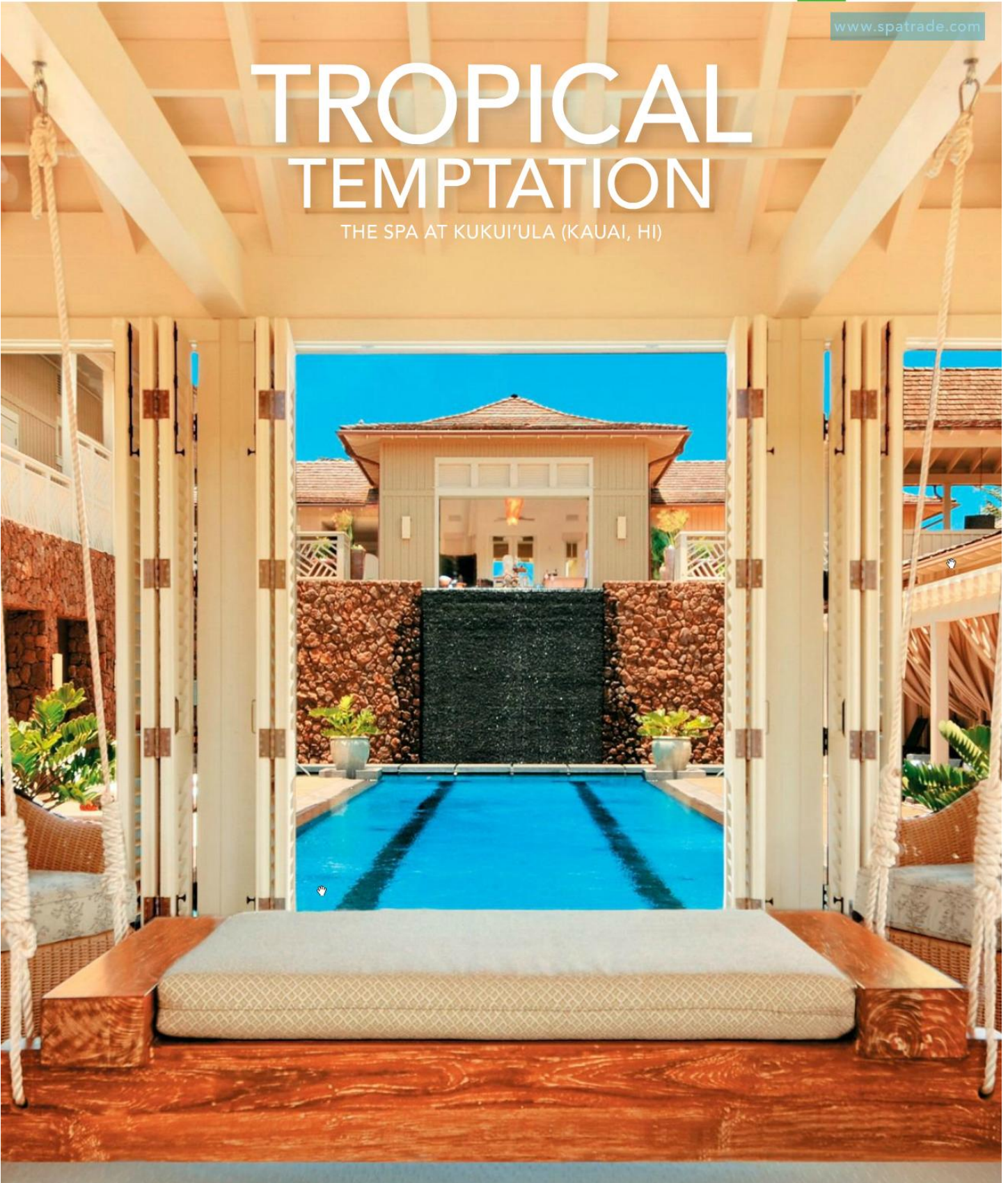
THE SPA PROFESSIONAL'S CHOICE

american spa

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TROPICAL TEMPTATION

THE SPA AT KUKUI'ULA (KAUAI, HI)



■ **International Intrigue** ■

Miami is a rather intercontinental town, which makes a new series of culturally inspired treatments at The Betsy South Beach a perfect fit for its jet-setting clients. A South American sample is The Inca Treatment (\$225, 75 minutes). Performed in The Betsy's rooftop **Wellness Garden**, the service sources omega 3 from the Peruvian Inchi plant and incorporates Bella Luce products for a hydrating and renewing body experience. First, a Peruvian Chocolate Sugar Scrub is massaged into the skin to exfoliate and draw out impurities and is then removed and followed by an application of a mask. After it penetrates for 15 minutes, it is then removed, and clients are rubbed down with a Peruvian Chocolate Bliss Crème, leaving clients glowing from head to toe. It's South American splendor at its finest. For Bella Luce products: www.bellaluce.com.—*J.K.C.*



inspired import

Spa-goers looking for a taste of the Far East need only go as far as **Chuan Body + Soul** at The Langham Boston for the Chuan Yu Facial (\$165, 75 minutes), a skincare service that incorporates the principles of traditional Chinese medicine (TCM) and Thalgo products. The session begins with a TCM assessment to determine the areas in which a guest might be out of balance. Next comes a breathing ritual based on the element needed and the placement of calming jade on the forehead. The facial then involves a cleansing, toning, exfoliation, and massage, followed by a combination of *Gua Sha*, a TCM-detoxifying massage technique, and acupressure using a jade stone. A mask is then applied, and *Gua Sha* is performed on body acupoints in the lower legs and forearms to help eliminate fluid retention and harmonize

stomach organs before the mask is removed and a moisturizer is applied. Finally, stress-relieving Ear Auricular Therapy, during which small magnets are applied to assigned acupoints on the ear, concludes the session. "Because jade stones are used to perform the technique, as well as acupressure massage, guests leave with a more youthful appearance, diminished wrinkles, decreased puffiness, and feeling a deep sense of calm and tranquility," says spa director Maria Shea. "A facial incorporating the *Gua Sha* technique is currently not offered anywhere in Boston and in very few other places across the country. It is truly one of the most calming treatments available, and the effects can immediately be seen." For Thalgo products: www.thalgo.com.—*J.K.C.*



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