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**ANCIENT WISDOM IN THE
MODERN SPA AND SKIN CARE CULTURE**

MEDITERRANEAN

beauty benefits

THE ANCIENT GREEK CONCEPTS OF health and beauty are revered by many people. Helen of Troy was so beautiful that the Trojan War was fought to win her love. So what is it about the Greeks that makes the world idolize them for their health and beauty—both then and now?

Modern research reveals how powerful the effects of diet and lifestyle are on the body's internal health and skin physiology. The Mediterranean diet and lifestyle is a major component in maintaining a radiantly healthy and beautiful look. This diet consists of fresh fruits, vegetables, whole grains and healthy fats. People in this region receive ample sunlight and inhale clean sea air. Vitamins, antioxidants, minerals and enzymes are also incorporated into daily life. The strong connection between Greeks and the natural world allows them to harness the power of the abundant natural resources in the Mediterranean Sea to create healing and restorative treatments and therapies.

Here are some ways we can use this wisdom to incorporate effective additions into our treatment menus.

Thalassotherapy

Derived from the Greek words "thalasso," meaning sea, and "therapia," meaning healing, thalassotherapy utilizes the therapeutic effects of water, mud and algae from the sea to detoxify and heal the body's tissues. In 350 B.C., Hippocrates, the

father of ancient Greek medicine, utilized sea water immersion to cure his patients of arthritis and muscle aches.

Seawater has an almost identical composition to human plasma. The minerals in sea water, including calcium, magnesium, sodium, iodine, sulfur, selenium, zinc, fluoride and silicon, can help treat inflammatory skin conditions such as psoriasis, eczema and acne. Its detoxification benefits aid in lymphatic drainage, which helps improve metabolism and reduce cellulite.

Thalassotherapy helps relieve muscular and back pain, tension and stress. It also enhances immune and cardiovascular functioning, increases relaxation and improves sleep benefits. A study conducted in Brazil found that patients with hypertension benefited after treatment. Both their diastolic and systolic blood pressure decreased after following a program of walking and thalassotherapy.

Vinotherapy

Vinotherapy, the therapeutic use of grapes and wine practiced in ancient Greece, has regained attention in modern times. Research has uncovered the high polyphenol content and powerful skin benefits of grapes. There are naturally exfoliating grape acids found in the juice. The seeds are high in antioxidants, with anti-aging and firming resveratrol in the stalks. Viniferine, a brightening liquid, is stored in its sap. ➔

BY ANNA PONIROS

Pomegranates containing ellagic acid, anthocyanins and tannins possess powerful anti-aging properties and were used to enhance the skin's radiance.

GURNEY'S INN AND THALASSOTHERAPY SPA

- Located in Montauk, NY
- Features a seawater indoor pool

Thalassotherapy treatments

- Algae Slimming Bath
25 minutes, \$65
- Seawater Herbal Bath
25 minutes, \$65
- Seawater Hydrotherapy Massage
25 minutes, \$90
- Seaweed Hydrotherapy Facial add-on \$45

Body therapies

- Algae Body Polish
25 minutes, \$80
- Active Green Argilite Mud
90 minutes, \$265
- Ocean Radiance
120 minutes, \$300
- Marine Kur Therapy
\$90 minutes, \$265
- Ultimate Detox Therapy
120 minutes, \$345

gurneysinn.com



CAUDALIE SPA

- Located at The Plaza Hotel in NYC

Treatments

- Vinosource Facial: Features skin cleansing, circular smoothing techniques with juicy grapes and a long sculpting massage with a moisturizing cream mask.
50 minutes, \$205
- Dry Body Winemaker's Massage
Caudalie's signature massage recreates the ritualistic steps of the wine-making process on the body.
50 minutes, \$195

us.caudalie.com/spas

Herbal compresses

Chamomile can be used as a painkiller. Mint leaves can be used as an antiseptic. Sage is rich in antioxidants. All of these items can be infused into herbal compresses. When steamed and applied to the body in circular rolling movements, the compress can effectively relieve body pain and inflammation. It can also soothe muscular aches and swelling. This can be an excellent addition to a massage, exfoliation or body wrap treatment.

Fruit enzyme exfoliators

Fruits such as figs, apricots, pomegranates and citrus were considered symbols of fertility. They were given as a gift from Demeter, the Greek goddess of harvest and soil. Figs were used to



ing properties, grainy texture and natural alpha hydroxy acid content. Apricots, high in antioxidants such as vitamin A and beta carotene, were noted for their natural detoxification properties. Pomegranates containing ellagic acid, anthocyanins and tannins possess powerful anti-aging



OJAI VALLEY INN & SPA

- Located in Ojai, CA
- Ojai Pixie Tangerine Body Polish (seasonal spring treatment offered from March through May) 50 minutes, \$160

ojairesort.com



THANN SANCTUARY AT CASTLE HOTEL & SPA

- Located in Tarrytown, NY
- Thai Massage with Herbal Compress: Therapeutic herbs, lemongrass and ginger are steamed and applied to the body in gentle pressing, circular and rolling movements to soothe muscular aches and swelling.

120 minutes, \$235

thannsanctuaryspa.com



STOWEFLAKE MOUNTAIN RESORT AND SPA

- Located in Stowe, VT

Treatments

- The Organic Resurfacing Facial 80 minutes, \$195
- Harvest Facial 50 minutes, \$140
- Organic Rosacea Facial 50 minutes, \$140
- Organic Rose Facial 50 minutes, \$140

stoweflake.com

properties and were used to enhance the skin's radiance. High in citric acid, citrus fruits served as natural skin lighteners to brighten the complexion and lighten dark spots.

With the current trend in skin care to use organic fruit peels as a gentler alternative to chemical peels, these fruits are easily found in many ready-made fruit-based exfoliant products.

Mastica

Mastica, a resin crystal taken from the sap of trees on the Greek island of Chios, was cherished for its potent antibacterial, anti-aging and brightening properties. It was sought after for both medical and esthetic uses. Modern research has confirmed the potent anti-inflammatory cancer preventative, antiviral and antibacterial effects. It is found in raw crystal or powder form, or it can be added to skin care products. ■

Anna Poniros holds an M.S. in nutrition and public health from Columbia University. Certified in holistic health, detox nutrition and Ayurvedic therapies, she is a licensed esthetician and registered yoga teacher who advocates holistic health-oriented spa therapies and organic skin care. Contact her at 914.610.0144

