

MAY 2006

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INSIDE STORY

On the Ranch with
Deborah Szekely

SKIN DEEP

Eradicate Early Aging

PLUS: Passport to Tunisia



NATURAL BEAUTY

THE ANNUAL SKINCARE ISSUE

A QUESTEX PUBLICATION



Ojai Olive Oil Body Soufflé

Guests at **The Oaks at Ojai** can indulge in Ojai Olive Oil Body Soufflé (\$110, 75 minutes), which uses products made exclusively for the spa by Ojai Olive Oil. The treatment begins with a body polish of avocado oil, amino acids, lavender, olive oil, and soy and wheat proteins that exfoliate the skin from neck to foot. After the scrub is removed using warm, wet towels, the client is transferred to a heated bed. A mask of chamomile, olive oil, and sweet almond extract is applied to the body, which is then cocooned in a cotton sheet, cotton blanket, and an aluminum blanket. While the mask penetrates the body, the esthetician massages the client's head, neck, and shoulders for 20 minutes. Removal of the wrap reveals revitalized skin, which is then massaged with an olive oil moisturizer. For Oaks at Ojai products: (800) 753-OAKS; www.oaksspa.com.—*B.E.*

Restore and Reveal Anti-Aging Treatment with Idebenone

Uncover younger and more radiant-looking skin with the Restore and Reveal Anti-Aging Treatment with Idebenone at **Restore Spa** (New York City). With warm towels placed under the neck and across the décolleté, the client is treated to a hand massage using True's Essential Radiance Skin Polish and Renewal Hand Treatment Mask. Hands are then wrapped in plastic and placed in warm mitts. Next, the client's eye makeup is removed using Essential Gentle Eye Makeup Remover, and the face, neck, and décolleté are cleansed with Recovery Treatment Cleanser. Essential Soothing Tonic is applied next to tone the skin. After examining the skin, the esthetician applies a thin layer of Recovery Treatment Cream to the lips and any areas that appear red

to help protect sensitive skin from the Reveal Anti-Aging Treatment Peel with Idebenone, which is left on for three to 10 minutes. The esthetician then applies the Recovery Treatment Cleanser to remove any excess peel. Next, R & R Refresh and Repair Eye Contour Treatment Mask is applied to the eye area and the Recovery Treatment Mask is applied to the face. After 10 minutes, the esthetician removes the masks and applies Essential Soothing Tonic to the skin, followed by an application of Essential Anti-Fatigue Eye Contour Gel. The treatment concludes with an application of Recovery Treatment Cream and True's Protective Mineral Foundation Finish. For True products: (800) 419-TRUE; www.truecosmetics.com.—*H.M.*



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