

HORIZON

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TRAVEL MAGAZINE

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Aging Gracefully

Anti-aging spa treatments

In today's fast-paced world and hectic lifestyles most of us lead, stress is a predominant cause of turmoil within the general health of your body and mind. In addition to causing many adverse physical effects and ailments, ongoing stress can contribute significantly to problems with your skin and appearance, side such as increased oil production due to sebaceous gland activity (caused by androgens), reduced immune system response and increased inflammation, which can in turn cause skin flushing (redness), breakouts and scaly skin.

With the ever-increasing pressure to look younger, most of us worry more than ever about aging gracefully. However, stress actually contributes to premature aging in several ways. When skin produces more oil and sweat, dead skin cells can begin to clutter the surface. Being too busy and stressed out to properly take care of and exfoliate the skin, the oil will become trapped under the dead cells, mix with fatty acids and skin bacteria from the sweat and cause flare-ups. Since a pimple can take a week or more to surface, your breakout may last long after the stress has passed. If you're too stressed to find the time to take care of your skin, it will inevitably suffer.

Conscious of the mind-body (and skin) connection, spas are rapidly expanding services in this area. More day spas are adding treatments to provide non-invasive cosmetic procedures to address and counteract the effects of aging, as well as workshops that recognize that beauty is more than skin deep. In recent years, topical products have become integral to the success of anti-aging spa treatments. These treatments are intended to repair any damage the skin has suffered as a result of stress, without being invasive.

Vitamins, though not necessarily cutting-edge, remain one of the best and most popular ways of preventing premature aging. For instance, Retinol or Retin-A, the dietary form of vitamin A, is a fat-soluble antioxidant, important for vision and bone growth. When absorbed through the skin, it increases the rate of skin cell turnover, and provides a temporary increase in collagen, giving a more youthful appearance. By stimulating collagen and elastin production in the skin, it cleanses the follicle; evens skin tone and improves the skin's overall texture.

Similarly, Vitamin C is an age-old ingredient that is proven to improve blood flow, boost collagen production in the skin and fend off free radicals. For this reason, Skinsational offers a signature Vitamin C Facial, an antioxidant treatment designed to increase cellular turnover while helping to hydrate, nourish and strengthen skin.

Over time, these types of treatments can greatly help to reduce existing age spots and wrinkles and prevent new ones from forming.

Another type of treatment also experiencing an increase in popularity among the anti-aging crowd is acid-based therapies. Ingredients such as Alpha Lipoic Acid (ALA), a powerful antioxidant and anti-inflammatory, works well in preventing and treating damaged skin, and effectively battling scars, wrinkles and fine lines.

It can also help prevent vitamin C and vitamin E deficiency. In addition to making your skin look fabulous, ALA is natural and non-toxic, making it ideal for people with sensitive skin or who are prone to allergic reactions to other types of skin care products.

Glycolic acid-based treatments are also in demand, and spas have increasingly integrated this miracle ingredient into every type of treatment, from facials to manicures. Glycolic acid helps stimulate collagen, elastin and glyco amino glycans (moisture binding ground substances). Acting as a highly effective exfoliator that speeds renewal of the top layer of skin, it also cleanses the follicle, evens skin tone and improves the texture of the skin. This is especially important for the hands, which tend to show age since they are often neglected and abused. Skinsational offers an Age Fighter Manicure, ideal those who need some hand revitalization. During the treatment, hands are soaked in a stress-relief bath, rejuvenated with a gentle enzyme and glycolic peel and refreshed with a nourishing mask. The treatment is finished with polish, and leaves the hands looking fresh and rejuvenated.

Today's spa goers are looking for experiential journeys and integrative experiences that bridge wellness and indulgence. Additionally, with the large number of baby boomers entering midlife, the demand for anti-aging treatments is greater than ever. Spas are embracing both of these trends and, more often, encouraging a blend of elements that enable a long-lasting transformation from the inside out rather than just a "quick fix" or

temporary indulgence. Spas are also addressing this kind of "inner beauty" in new ways, such as with workshops and classes that cover topics like healthy eating, money management, meditation and more.

ABOUT SKINSATIONAL SKIN AND BODY SPA

Skinsational is dedicated to providing guests with a luxurious escape from the stresses of everyday life, where they can relax and experience nurturing of mind, body and spirit. Situated in a gorgeous Asian-inspired location developed by renowned hotel

and spa designer Raad Ghantous, the 5,000 square foot spa features twelve treatment rooms, including a chic couple's suite and two wet rooms. With expertly trained staff, one-of-a-kind services and a line of wonderfully effective skincare products, Skinsational is unmatched as San Diego North's premiere day spa and sanctuary. For more information, please visit www.skinsationalspa.com.

