

NEW BEAUTY® SPA+™

FITNESS

easy workouts for every level to get you in your best shape ever

DIET

the latest superfoods that will boost your health

BEAUTY

innovative products, new facials and insider makeup tips

TRAVEL

must-visit places where you can escape from it all

LIVE BALANCED. LIVE WELL.



130 ULTIMATE ESCAPES

TRANSFORMATIVE DESTINATIONS
THAT WILL CHANGE YOUR LIFE

THE NEW WAY TO BEAT STRESS

FEEL GREAT. SLEEP BETTER. LOOK YOUNGER.

MAKEOVER The most inspiring and dramatic head-to-toe makeovers ever!

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ANTI-AGING The skin-perfecting treatments and products that take years off.

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DISPLAY UNTIL APRIL 28, 2014



"The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds." — ALBERT SCHWEITZER

THE ULTIMATE ESCAPE

You and a guest could receive a trip to the Eau Palm Beach Resort & Spa, where you'll experience world-class amenities in the 42,000 square feet hailed as Palm Beach's social hub. Unwind and recharge in the heart of the spa where "me" time is the sole focus and sumptuous tropical landscaping, hanging pendant chairs, dipping pools and private cabanas create a place where relaxation is your only priority. The menu includes indulgent treatments that range from luxurious body scrubs and polishes to calming massages and beautifying facials. To enter our Spa Sweepstakes for your chance to win, visit newbeauty.com/getaways.



WIN A LUXURIOUS SPA GETAWAY
At Eau Spa in Palm Beach, Florida

SANCTUARY FOR YOUR SOUL

Sometimes you come across the rare treatment that goes beyond what you expect and encompasses so much more—a treatment that provides a truly transformative experience.

I recently visited the renowned aesthetician and holistic skin-care guru Tammy Fender, whose eponymous spa is located in my own backyard of Palm Beach. After a few minutes of visiting with Tammy, I knew this visit was going to go beyond a simple beauty treatment. The facial I had didn't just purify my skin, it also transported me to a place of overall well-being, through a guided meditation that was so calming and peaceful, it felt like an entire soul-cleansing experience. I left not only with glowing skin, but a renewed sense of self, and the visit alone reminded me how important it is to frequently take the time to connect inside, to remove the adrenaline that is typically coursing through our systems, to breathe and to let the daily barrage of our fast-paced world go.

But, let's face it: It can be difficult to do on your own. Not long ago I downloaded the stress-relieving app *GPS for the Soul*, which is designed to remind you throughout the day to take a few minutes for yourself, check your heart rate and slow down. But, since the day I downloaded it, I've probably remembered to look at it twice. The only thing that truly works for me is to visit the places that have created a sanctuary of mindfulness, where a trained therapist forces me into a state of relaxation and I leave feeling lighter than when I arrived.

When you're lucky enough to find those special sanctuaries, remind yourself to take advantage of them often, to give your body and mind, and even your spirit some much-needed attention. After all, you wouldn't stop washing your face or hair; the same time and effort should go into taking care of your body and spirit. Remember that beauty and wellness begins on the inside. And if you find a treatment that does both...all the better!

YOLANDA YOH BUCHER EDITOR-IN-CHIEF

SHOT ON LOCATION AT BOCA RATON RESORT & CLUB. PHOTO: MONTANA PRITCHARD PHOTOGRAPHY. HAIR AND MAKEUP: SYRENTIA NAZARIO AND KIM RICCARDI/FLORY BLOWDRY BAR



DR. ANDREW WEIL

DIRECTOR, ARIZONA CENTER FOR INTEGRATIVE MEDICINE, UNIVERSITY OF ARIZONA HEALTH SCIENCES CENTER

"The new year will bring about more understanding of organic foods. If more people become involved, there can be great change in how food is grown and consumed."



ANNE BRAMHAM

SPA CONSULTANT AND INSTRUCTOR FOR THE DR. VODDER SCHOOL

"Rejuvenating the internal body to match the external cosmetic rejuvenation will be an essential aspect of total beauty—stimulating a renaissance of natural rehabilitative therapies."



SUSAN CIMINELLI

FOUNDER OF THE EPONYMOUS DAY SPA AND CELEBRITY AESTHETICIAN

"I believe people will be looking for more natural treatments and products. Clients have the choice and power to create beautiful skin that is lit from within."

SPA+ WELLNESS EXPERTS

OUR EDITORIAL ADVISORY BOARD



PAULA SIMPSON

CELEBRITY NUTRITIONIST

"As trends shift from 'treatment' to 'prevention,' the concept of nutrigenomics has gained traction within the spa industry. Medical studies show the positive influence that a healthy lifestyle and balanced nutrition can have on our longevity."



JENEFER PALMER

FOUNDER OF OSEA MALIBU SKINCARE

"Vegan skin care is going to be huge in 2014. Any product that you put on your face or body every day should also be safe enough to eat. The great news is that today's natural vegan skin care delivers amazing results without compromise."



CHARLENE FLORIAN

CHIEF CREATIVE OFFICER AT KERSTIN FLORIAN

"In our changing world, we'll see spas utilizing cutting-edge research of epigenetics to teach us how core lifestyle choices (nutrition, exercise, peace of mind and care of the body) influence beauty and wellness."



DEBRA KOERNER

HOST, JOURNEY INTO WELLBEING

"In the coming year, I'd like to see spas offer adapted menu plans to assist people in making better eating choices. Most disease is preventable and spas can be a great conduit to help address the obesity epidemic."



ASHLEY BORDEN

CELEBRITY PERSONAL TRAINER AND FITNESS EXPERT

"Vigorous body scrubs and Thai and deep tissue massage promote circulation and flexibility in the body after training, and are excellent aids in muscle recovery and healing."



MARIĘ FERRO

CELEBRITY HAIR DESIGNER AND COLOR SPECIALIST

"Hair color and hairstyle changes continue to evolve into strengthening a person's individuality. This year, you'll definitely be seeing the evolving ombré style with small hints of blue, pink and purple tones."



JANE IREDALE

PRESIDENT AND CEO OF IREDALE MINERAL COSMETICS

"Mineral makeup will be even bigger this year. It consists of concentrated pigment, whereas in regular makeup, that pigment is stretched through the use of fillers. Ultimately, it's really more about what's not in the product."

THE EDITORIAL ADVISORY BOARD OF WELLNESS EXPERTS WAS CREATED WITH A SINGULAR MISSION: TO ENSURE NEWBEAUTY SPA+ MAGAZINE IS A TRUSTED RESOURCE THAT PROVIDES COMPREHENSIVE INFORMATION. THESE 14 INDUSTRY EXPERTS PROVIDED VALUABLE INSIGHT AND INPUT IN THIS ISSUE.



TAMMY FENDER

HOLISTIC SKIN-CARE SPECIALIST

"Everyone wants that healthy glow. The power of holistic healing is revolutionary—harnessing nature's vast capacity to prevent imbalance and restore vitality through pure plant-based ingredients. And the results are naturally beautiful!"



HOPE GILLERMAN

FOUNDER AND CREATOR OF H.GILLERMAN ORGANICS

"Results-oriented treatments with true efficacy will be key in the spa industry this year, from targeted muscle massages all the way to wellness treatments designed to induce sleep."



BOLDJARRE KORONCZAY

PRESIDENT, ÉMINENCE ORGANIC SKIN CARE

"People are choosing to have less invasive surgical procedures and turning to natural alternatives. Everyone wants results, so the shift to embrace the power of nature will continue to rise."



REBECCA JAMES GADBERRY

CEO YG LABORATORIES AND UCLA INSTRUCTOR, COSMETIC SCIENCES

"As spa-goers become more savvy, they realize treatments and products are most effective when tailored to their specific needs. If your products are working, you never present the same skin twice when you visit a spa."

ACHIEVING BALANCE WITH

HOLISTIC

WHAT IS HOLISTIC BEAUTY?

Holistic, meaning "whole" or "complete," acknowledges the interdependence of the mind, body and spirit to attain optimal health. When applying the term to beauty, it includes both the inner and outer person. "It's the practice of restoring skin—as well as the body, mind and spirit—to its perfect balance and natural state, which in turn supports a gentle, radiant glow," says Tammy Fender, founder of Tammy Fender Skin Care. "We all know this kind of beauty when we see it. Simple, serene and perfectly at ease."

BEAUTY

DATING BACK TO ANCIENT ERAS, THE HOLISTIC PRACTICE OF MEDICINE HELPED PEOPLE ACHIEVE OVERALL HEALTH AND BEAUTY BY INTEGRATING PHYSICAL, MENTAL AND SPIRITUAL WELL-BEING. TODAY, A GROWING NUMBER OF BEAUTY BRANDS ARE EMBRACING THIS CONCEPT AS STUDIES CONTINUE TO EXPLORE THE LINK BETWEEN OUR LIFESTYLE CHOICES AND THE WAY WE LOOK.

WRITTEN BY BRITTANY BURHOP

> OVERALL WELLNESS

A variety of components are part of the holistic lifestyle, which focuses on natural, organic and healthy ways to live a balanced life. "The basic idea is that the beauty products you use can only take you so far," says Tata Harper, founder of Tata Harper Skincare. "Aspects of your health will show up in visible effects of aging on the skin and are affected by nutrition, exercise, sleep and level of stress, among other factors."

> FEED YOUR SKIN

Fender explains that a holistic beauty brand is one that recognizes the intimate connection between what we put onto our bodies and what we put into them. "What we feed ourselves, and our skin, determines the body's ability to be a self-healing, self-renewing, self-cleansing organism."

"WE ALL KNOW THIS KIND OF BEAUTY WHEN WE SEE IT. SIMPLE, SERENE AND PERFECTLY AT EASE."

-TAMMY FENDER

HOW IS IT DIFFERENT FROM NATURAL AND ORGANIC SKIN CARE?

In the U.S., a beauty product's name can contain the word "organic," but its formula can contain little to no organic ingredients. The same is true for "natural" products, which is why experts stress the importance of reading labels. When properly certified, Harper believes that natural and organic products are a key part of holistic beauty. "The organic movement was initially driven more by environmental concerns around farming and residual chemicals found on food, whereas holistic health programs seek to be in tune with the environment but their primary focus is to maximize the health, energy and beauty of a person," she says. "They're part of the same circle and their missions overlap."

"PROPERLY CERTIFIED, NATURAL AND ORGANIC PRODUCTS ARE A KEY PART OF HOLISTIC BEAUTY."

-TATA HARPER



WHERE TO FIND IT



CHIVA-SOM, THAILAND

The philosophy of Chiva-Som has always been one of health and wellness. Using natural resources found in the Kingdom of Thailand, the **Chiva-Som Skin Haven Facial** combines herbs and floral essences to create a cleansing and healing treatment that leaves your skin feeling balanced and renewed. chivasom.com

WHERE TO FIND IT



THE CHEDI ANDERMATT, SWITZERLAND

A luxurious and contemporary hideaway set amid the Swiss Alps, The Spa at The Chedi Andermatt focuses on the use of pure ingredients—often found in remote parts of the world—and the healing benefits they have on the body. The **ilá Experience** uses precious crystals and plant extracts to reawaken the body and spirit and promote a feeling of calm during a Himalayan Crystal Body Polish, Restoring Massage Therapy Ritual and ilá Gemstone Facial. ghmhotels.com

WHERE TO FIND IT



SAXON HOTEL, VILLAS AND SPA, JOHANNESBURG, SOUTH AFRICA

Known for its signature holistic therapies, the Saxon Spa features experiential treatments that are inspired by the four elements of life—earth, fire, water and air. The 60-minute **Elemental Massage**, which is exclusive to the Spa, uses various forms of touch including light, relaxing strokes and rapid, frictional sequences to take the body on a reenergizing yet relaxing journey, designed to bring the mind, body and spirit into harmonious balance with nature. saxon.co.za

CONTINUING THE HOLISTIC LIFESTYLE BEYOND BEAUTY

"Understanding that all aspects of our lifestyle affect how we look and feel is really the best place to start, and then focus on an area of your life where you think you need to make a dramatic change," says Harper.



> VIEW THE BODY AS A WHOLE

In fitness, yoga employs a holistic approach because it uses the entire body to move, stretch, breathe, meditate, and strengthen, which creates a universal wellness effect.



Stress-Fix Body Lotion, \$29.50



Essential C Tonic, \$55

04 AVEDA

Aveda's rich history lies in Ayurveda: the Indian healing tradition based on the knowledge of life and the interconnectedness of all things. It has proven for more than 5,000 years that treating the whole person leads to greater balance and well-being, so the brand takes into consideration the effects of their products, not only on hair and skin, but on body, mind and emotion. aveda.com

05 TAMMY FENDER SKIN CARE

With her stance on beauty and wellness rooted in the ancient traditions of holistic medicine, it is Tammy Fender's belief that the physical, emotional and spiritual aspects of life are closely interconnected and equally important to bringing a person's system into balance and beauty. tammyfender.com