

MAY 2005

THE SPA PROFESSIONAL'S CHOICE

# american spa

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## SPA WATCH

The Path to Well-Being

## CLASSROOM

Anti-Aging 101

## BOTTOM LINE

Sizing Up Profits

PLUS: The Latest on  
the Vegas Spa Scene



AN ADVANSTAR PUBLICATION

# HEALTHY GLOW

TECHNOLOGY MEETS WELLNESS



**RIGHT:** Technicians use a flicking motion to remove sugar paste and leg hair. **FAR RIGHT:** Alexandria Professional Body Sugaring is recommended for all types of hair removal, including eyebrow shaping.



### Alexandria Professional Body Sugaring

Everyone knows sugar is hard to resist, but it can also provide a sweet alternative to waxing. Isabel Sutherland, spa director at **Aquavitae Medical Spa** (New York City) agrees, so she offers clients Alexandria Professional Body Sugaring. For full leg (\$85, 45 to 60 minutes), the technician, wearing gloves, first preps the client's skin with Precept Skin Cleanser, which removes oils, lotions, and surface debris. Next, the legs are misted with antiseptic antibacterial and anti-inflammatory Essential Tonic. Vertal 6 Drying Powder is applied to dry the skin, and the technician begins molding lukewarm sugar paste to the leg, ankle to knee, two to three times. A flicking motion is used to remove the paste and the hair, which is extracted in the direction of its natural growth pattern. This method can also be used to treat ingrown hairs that did not come out initially. Once satisfied, the technician sprays the legs with Essential Tonic a second time and massages Restore Hydrating Lotion in an upward motion. The lotion moisturizes and helps the tonic to penetrate. Clients leave ready for summer's revealing looks having chosen a natural hair-removal option. For Alexandria products: (800) 957-8427; [www.alexandriasugaring.com](http://www.alexandriasugaring.com).—**D.D.**

### Microcurrent Facial Sculpting Treatment

Susan Ciminelli, known for her quality natural product line and energy-balancing treatments, has gone electric. The **Susan Ciminelli Day Spa**, located on Bergdorf Goodman's ninth floor in New York City, now offers the Microcurrent Facial Sculpting Treatment (\$115, 60 minutes), which uses electrical current to stimulate and firm facial muscles. Developed as an effective, more natural alternative to the surgical mini-facelift, the treatment, which provides immediate results, is recommended as a series: three times a week for the first two weeks, and once a week thereafter for a lasting effect. Clients can purchase packages of 10 sessions (\$1,150) or 20 sessions (\$1,955). Using a machine custom designed by AP Engineering, the esthetician first applies slow, deep microcurrents to the face and neck to tighten and tone muscles and then quick, light frequencies to re-energize skin cells to promote increased collagen, refine pores, and reduce surface lines. The result is firmer skin and a more youthful appearance.—**DeDe DeMoss**