

SPRING 2015

SPA

inc.

CANADA'S SPA CONNECTION

PRAIRIE
COMFORT AT

Manitoba's Solstice Spa

DINING
AT THE SPA

listen!

Sounds and
silence in the spa

www.spainc.ca

Publications Mail No. 40026342 \$6

diego dalla palma

PROFESSIONAL

Sublime skin in 30 days and 30 nights.

pores • wrinkles • blemishes • complexion
The treatment for skin correction



Skin smoothness	+ 90%*
Skin uniformity	+ 90%*
Skin firmness	+ 90%*
Reduction on skin pores visibility	+ 85%*

*Clinical test. Evaluation by dermatologist.

RVB SKINLAB wants to send you to Italy!
Contact us to learn more



Distributed by Intercosmetics – found exclusively in the best salons and spas
www.intercosmetics.ca • 1.800.263.4333

QUALITY GUARANTEED BY

RVB SKINLAB

contents



8

spa news

News from the
spa industry
6

spa light

Solstice Spa offers luxury
in the heart of Manitoba
8



14

spa elements

Sound Off: silence, sounds
and music as part of the
unique spa experience
10

Dining at the Spa: delectable
menus will delight spa goers
14

The Perfect Massage:
expert tips on creating
the ideal massage
17



20

Cover photo:
Elmwood Spa, Toronto

in the know

Corneotherapy:
therapy with moisturizers
20

Hair Removal
22

fresh & new

Ready for Spring
New products, tools and
equipment for your spa
24

spa star

Canadian Heptathlete
Brienne Theisen-Eaton
26

24



The ART of COLLAGE



The Merriam-Webster dictionary defines a collage as “a work of art that is made by attaching pieces of different materials to a flat surface.” In my view, the spa and wellness industry is like a gorgeous, intricate collage. Spas bring together myriad elements (health, beauty care, ambiance, the environment, spirituality, tourism, relaxation – the list goes on) and combines them into a stunningly unique experience. Spa goers have a wide variety of motivations that bring them through the spa doors; seeking balance and wellness in their lives; striving to

look their best or be their healthiest; or in quest of new adventures and delights.

Many service industries offer one or some of these elements, but only our industry brings it all together in such a way to meet the diverse needs and desires of our clients. At *Spa Inc.*, we focus on supporting a high quality, safe and innovative Canadian spa and wellness industry through sharing techniques, news, knowledge and ideas across the country. With this Spring 2015 issue, we are excited to launch a new vision for our magazine, developing our own collage as we add another key element to our pages: the spa goers.

Considering the vast menu of spa types, treatments, therapies and experiences offered by spas across Canada, we are opening our doors, so to speak, and inviting spa clients to join our readers' circle. We will continue to focus on supporting the vision of a healthy and strong spa and wellness industry, while helping spa goers navigate the options before them, sharing tips and ideas to help them further explore the wonderful opportunities to be found. Our aim is to provide a bridge between spas and their clients, and we welcome participation, from spa experts and spa lovers alike, to help us envision the future.

Heather Ednie



Check us out online @SpaMagInc

Publisher Susan A. Browne
sbrowne@dvtail.com

Editorial Director Theresa Rogers
trogers@dvtail.com

Editor-In-Chief Heather Ednie
hednie@dvtail.com

Staff Writer Hermione Wilson
hwilson@dvtail.com

Art Director Katrina Teimourabadi
kteimo@dvtail.com

Contributors Dr. Hans Lautenschläger
Amanda Swain

Advertising Manager Beth Kukkonen
bkukkonen@dvtail.com

Advertising Jennifer Dilorio
jdilorio@dvtail.com
905-707-3509

Gillian Thomas
gthomas@dvtail.com
905-707-3508

Marketing Manager Stephanie Wilson
swilson@dvtail.com

VP of Production Roberta Dick
robertad@dvtail.com

Production Manager Crystal Himes
chimes@dvtail.com

Production Co-ordinator Joanna Forbes
jforbes@dvtail.com

Published four times a year by:
Dovetail Communications Inc.
President: Susan A. Browne

Tel: 905-886-6640 Fax: 905-886-6615
Email: general@dvtail.com

SUBSCRIPTIONS AND RETURNS
30 East Beaver Creek Rd, Suite 202
Richmond Hill, Ontario L4B 1J2

PUBLICATIONS MAIL AGREEMENT NO. 40026342

Legal Deposit – National Library of Canada. All rights reserved.
No portion of this publication may be reproduced, in all or in part, without the written permission of the publisher. Dovetail Communications Inc. cannot be held responsible for any losses or other damages incurred by readers in reliance on information appearing in *Spa Inc.*

Spa Inc. and Dovetail Communications Inc. do not assume any responsibility for the contents of any advertisement and any and all representations or warranties made in such advertising.

Spa Inc. will review unsolicited submissions (hard copy or digital texts, photos or illustrations) for editorial consideration but does not guarantee their publication. The submitted material may be used without consent or payment.

One-year subscription: Canada \$25, U.S. \$39. Single copies: \$6.
Please add GST/HST where applicable.
PRINTED IN CANADA

DOVETAIL
COMMUNICATIONS INC.



Printed on paper with 10% post-consumer waste. This magazine is recyclable. Please recycle where facilities exist.



GLOBAL WELLNESS SUMMIT

MEXICO CITY 2015

We're building a well world
and you're part of it.

Join us in Mexico City for the Ninth Annual
Global Wellness Summit November 13-15,
at The St. Regis Mexico City.

Building a Well World

GLOBALWELLNESSSUMMIT.COM

Tourism

Economy

Latin
America

Workplace
Wellness

Architecture

Fitness

Medicine

Education

Spa

Beauty



Number of quality assured spas continues to grow in Canada

The Spa Industry Association of Canada (SIAC) announced that 28 spas achieved the Quality Assurance Approved status in 2014, having passed an extensive inspection evaluation of their safety, hygiene and best business practices.

The only national program of its kind in Canada, its aim is to provide a consistent, reliable evaluation across all spa sizes and types. Evaluations and assessments are conducted by trained third-party experts to ensure the integrity of the program. The outcome is a reliable reference to help guide spa goers to the high quality spas they are seeking.

“Achieving Quality Assurance Approved status and the right to display the QAA logo provides the public with the comfort and confidence that the spa they have chosen exceeds professional industry standards. Consumers have the assurance they are in great hands, allowing them to relax and enjoy a wonderful spa journey,” notes Maria Micu, SIAC Treasurer and board liaison for the Standards and Practices Committee.

Potential health benefits of saunas

Time lollygagging in the sauna might be a good investment in your future, according to a recent study by the University of Eastern Finland. The study found that frequent time spent in saunas was associated with longer life and a reduced risk of cardiac-related deaths. The study followed 2,300 middle-aged men for two decades, and found that those who visited a sauna two to three times per week had a 24 percent lower risk of death, while those who hit the sauna four to seven times per week saw a 40 percent lower mortality risk, compared to only one sauna visit a week. Additionally, the amount of time spent in the sauna was an apparent factor. Participants who spent 19 minutes or more had a 52 percent less chance of cardiac death than those that spent less than 11 minutes per session sweating it out.

Though further studies are required, to include women, and seek a cause-and-effect relationship between sauna usage and longer lives, the study could lead to cardiologists rethinking their concerns about exposing their patients to the sauna heat. The researchers have suggested that the high heat and humidity in the sauna might lead to positive cardiovascular system changes, and added that stress reduction and relaxation associated with sauna time could be factors.

Crazy for hot springs

As the drive for natural, indigenous options has become one of the greatest travel trends globally, hot springs, also known as thermal or minerals springs, have been put in the limelight. A recent study by the Global Wellness Institute (GWI) found that hot springs represent a \$50 billion global market, with nearly 27,000 revenue-earning springs (those with constructed facilities) worldwide.

The study also found that while 20,343 (or roughly two-thirds) of the hot springs on the list do not offer additional spa services, those that do offer the spa services earned a total of \$32 billion, or 64% of the industry revenue.

Here in Canada, there are a number of world-class hot springs, particularly in the Rockies, that are definitely worth a visit.



you need an Escape

yummy
skin®

your fresh bath & body care destination

Y is for yummy

- Nourishing Lotions
- Revitalizing Scrubs
- Detoxifying Bath Soaks
- Replenishing Salt Soaks



855-900-5115

customerservice@yummyskin.com

www.yummyskin.com

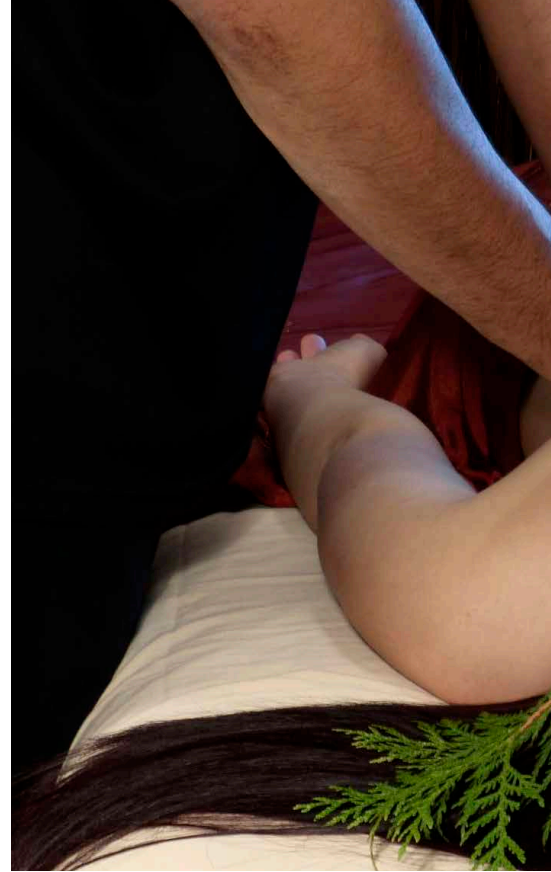
69 Main Street South, Unit B
St. George, Ontario N0E 1N0



spa light

PRAIRIE COMFORT AT MANITOBA'S Solstice Spa

BY HERMIONE WILSON



The Elkhorn Resort Spa and Conference Centre in rural Manitoba takes full advantage of its natural setting and its spa is no exception. Located in Onanole, Manitoba, near Riding Mountain National Park, the Solstice Spa reflects its rural surroundings through its decor and ambiance.

"From the moment you enter the spa, it has warm neutral colours – browns and creams," says Stephanie Picard, Elkhorn Resort's operations manager. "You feel like you're still in a resort, you're still in a classy spa, but you are close to nature." The panoramic windows of the Equinox Mineral Pool looks out onto Elkhorn's \$2.5 million ranch and it is not unusual to see horses galloping past as you soak in the pool.

Along with the mineral pool, which is kept at body temperature so that it is safe for guests who are pregnant or have blood pressure issues, Solstice Spa features a minerals hot tub, a Vichy room, and Swiss showers in the men's and women's change rooms. There is a dining area that offers a healthy lunch menu and refreshments, including muffins, herbal teas and fresh citrus water, are served in the spa all day long.



With 12 treatment rooms, each named after a month of the year, and the space to accommodate 45 guests at a time, Picard says Solstice Spa is known as the calmest area of the resort, a place where guests and employees alike gravitate to for its peaceful atmosphere. "People know it's tranquil down here," says Picard.

THE PANORAMIC WINDOWS OF THE EQUINOX
MINERAL POOL LOOKS OUT ONTO ELKHORN'S
\$2.5 MILLION RANCH AND IT IS NOT UNUSUAL
TO SEE HORSES GALLOPING PAST AS YOU
SOAK IN THE POOL

TREATMENTS WITH NATURE'S TOUCH
The spa is also known for its massages and body treatments. Among the most popular are the Prairie Mud Wrap Vichy, which features prairie mud from Saskatchewan, and the Clear Lake Cleanse, a 90 minute luxurious treatment that includes a body wrap, exfoliation and full body massage. The spa's most popular facial is the 75



WITH 12 TREATMENT ROOMS, EACH NAMED AFTER A MONTH OF THE YEAR, AND THE SPACE TO ACCOMMODATE 45 GUESTS AT A TIME, SOLSTICE SPA IS KNOWN AS THE CALMEST AREA OF THE RESORT

minute Borealis Flame Facial, which blends paprika and other fresh herbs into the exfoliation to simulate the feeling of the sun on your face.

"We are now carrying Éminence Organic Skincare and that has gone over really well with our guests," says Picard. "All of our facial treatments have really amped up this year."

She says after experiencing treatments, many guests report that they found the scents of the products were invigorating. "It's a real product, made with real fruit," Picard says of the product lines they carry. Solstice Spa takes great care to use certified organic products like Éminence and Sea Flora in their treatments. "About three years ago we readjusted a lot of our product lines, and made sure we stepped away from anything clinical and chemical based," says Picard.

SMALL TOWN SANCTUARY

Onanole's population swells to almost five times its size with an influx of tourists in the summer. Still, the Elkhorn Resort and Solstice Spa stay open year round, offering a respite from the harsh winters. The spa often welcomes international guests due to

the resort's timeshare affiliation with their outdoor cabins. Picard says they are looking for more ways to draw in local guests in the off season as well.

"We're going to be introducing a few new programs for locals and residents," says Picard. Reward and points programs are targeting new guests from the nearby cities of Dawson, Brandon, Yorkton, Regina, and Winnipeg.

When the spa opened in 2003, there was a lot of excitement in the local community and the province. "In the middle of nowhere, we offer a four-star resort, with 64 chalets onsite, hotel of 57 guest rooms, and a state of the art horse ranch," says Picard.

The first spa director, Breanna Hall, did a lot of leg work to encourage business year round, especially in the slow winter season, and made an effort to bring treatments and techniques to the spa that hadn't been seen

before. Eleven years later, Solstice Spa is quality assured through Leading Spas of Canada and continues to build on its strong reputation.

"We have a good reputation," Picard says proudly. "Clients enjoy our treatments, they enjoy the feel of the spa, the experience of the spa, and it goes hand in hand with our resort as well." 

SOLSTICE SPA AT ELKHORN RESORT

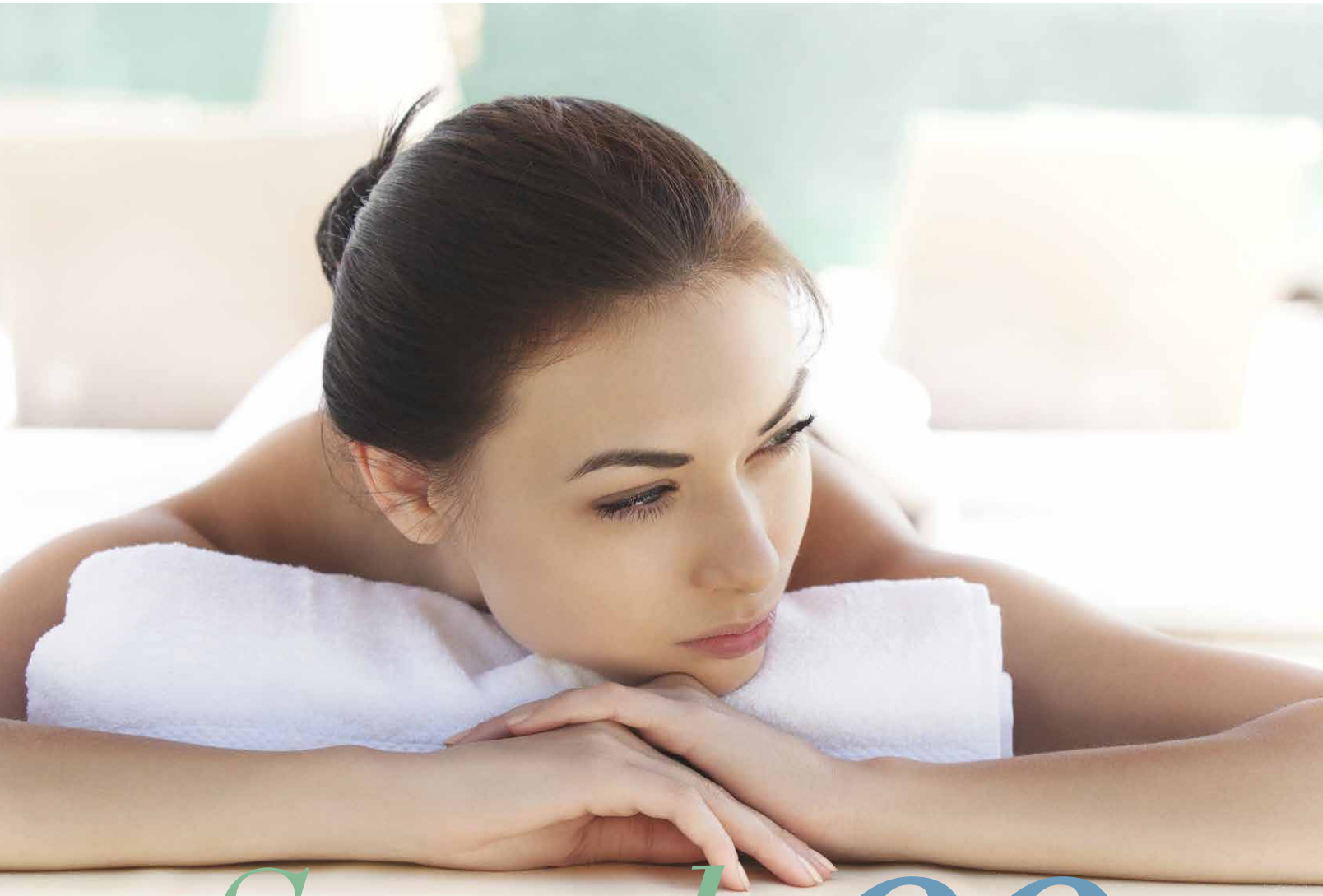
SIZE: 5,000 square-feet

NUMBER OF TREATMENT ROOMS: 12

NUMBER OF STAFF: 18

RETAIL: Éminence, SeaFlora, Comfort Zone, Tiber River Naturals

spa elements



Sound Off

Silence, sounds and music as part
of the unique spa ambiance



BY HERMIONE WILSON

The spa is an oasis offering an escape from every day stresses – the daily grind of work, the pressures of parenthood, the addictive glow of smart phones – and importantly, a reprieve from the constant noise around us.

“What makes up the stresses in the 21st century, just one of them, is the unimaginable levels of sound pollution going on around us that we don’t even notice anymore,” says Dr. Jeffrey Thompson, founder of the Center for Neuroacoustic Research in California, where he studies the therapeutic applications of sound and composes meditative music.

But sound is more than just a nuisance. Some sounds, like music or nature sounds, can relax us and relieve stress. How sound is managed in the spa, by blocking out some sounds and introducing others, will have a big impact on the full spa experience.

BALANCING YOUR CHI

As its name suggests, CHI The Spa at Shangri-La Hotel in Vancouver is all about catering to your inner wellbeing. “It is very much about the individual journey,” says Liz Sperandeo, public relations manager at Shangri-La. The spa is designed to encourage privacy and peaceful isolation.

“There’s not a communal change room or a communal lounge like there are in other spas,” Sperandeo says. “There’s a spa relaxation lounge where the consultants greet each guest and then they whisk them into their own private suite.”

To minimize the amount of chatter in the spa and maintain a tranquil environment for their guests, CHI asks their guests not to carry on large

conversations in the public areas. When a spa party does visit, they usually buy out the spa so they can socialize to their heart’s content.

The tranquil atmosphere in the spa is further created by a musical soundtrack created especially for CHI The Spa. “It’s a consistent sound and ambiance and tone that’s set throughout all of the CHI The Spas around the world,” says Sperandeo.

HOW SOUND IS MANAGED IN THE SPA, BY BLOCKING OUT SOME SOUNDS AND INTRODUCING OTHERS, WILL HAVE A BIG IMPACT ON THE FULL SPA EXPERIENCE

RESONATING LIKE A WINE GLASS

Dr. Jeffrey Thompson of the Center for Neuroacoustic Research in California is a big believer in the power of sound to affect physiological as well as psychological changes in the body. His work in brainwave entrainment, based on the theory that the brain can be trained to a certain frequency through specialized sounds and equipment, has led him to compose a series of soundscapes and meditative music.

“We create this drifting hypnotic music with these pulses within the music that are timed to a delta brainwave state, which is the lowest, slowest brain state you go into in deepest sleep,” says Thompson. “Your brainwaves in an agitated, very rapid beta awake state are being pulled towards timing themselves to this delta state.” Thompson says this method has proven to be an effective drug-free treatment for people suffering from sleep disorders.

“It’s the scientific application of sound frequencies tuned to different body structures, specifically to resonate them like a wine glass,” he says.





Hammam Spa, Toronto



GETTING IN THE GROOVE


At the Hammam Spa in downtown Toronto, where the noise of urban life threatens to disrupt the peace of the spa, they have come up with a novel solution.

“We have a big fountain feature at the front of the spa that helps to really buffer the sound,” says director of marketing Paula Aveling. “It’s kind of neat actually, when you walk in off of a really busy street and all of a sudden it’s just running water and music. It really slows you down and readies you to remove yourself from the outside world.”

When it comes to music, Aveling says Hammam doesn’t go in for chirping birds or babbling brooks. Instead, they embrace their urban identity with upbeat world music. “We try and be a little bit more urban, a little bit more fun,” she says “we very purposefully selected and curated a list of music that’s not the traditional.”

THE POWER OF SOUND

Sound is an integral part of the spa journey and experience. It is important that the sounds in a spa work in concert with the theme and ambiance the spa is trying to evoke.

“Being one of the senses, it’s a huge part of any spa in our industry,” says Aveling. “Trying to layer it all and be aware of creating an effective sound, to create a good environment, is really important.” 

GOOD TO KNOW!

Soundproof your spa

Izzy Gliener, founder of Acoustic Solutions in Edmonton, Alberta, has been advising businesses about noise control since 1973.

Here is his advice to spa owners:

Make sure all free-standing equipment is isolated from the floor to manage structure-borne noise. “If they’ve got vibrating equipment touching the structure, it’s going to carry all over the place,” says Gliener. “It should be done when the equipment is installed and the people that supply the equipment should be able to give them isolating devices – springs or rubber pads, etc.”

Make sure the reverb time in the spa is low. This has to do with sound that reverberates within the spa. There are formulas to calculate that and the ideal reverb time depends on how quiet you want your spa to be, says Gliener. “If you want a quiet conversational level, the reverb time should be down to something under one second,” he says. “If it’s not at that level, you have to add to the space materials that will do that, with baffles and panels and whatever else.”

When trying to create a quiet tranquil space, you shouldn’t do away with all sound, says Gliener. “You can’t make it too quiet. It’s not a burial place,” he says.

Interior designer Carley Petillion of Creative Spaciz in Victoria, B.C. has a lot of experience designing commercial spaces. Here is her advice for spa owners looking to create a relaxing sound environment for their clients:

- Heavily insulate treatment rooms
- Use solid core doors and avoid pocket doors
- Add a water feature (like Hammam Spa)
- Make sure the spa is wired correctly for sound, so that ambient music is played at a uniform tone and volume throughout the spa



aba

ALLIED BEAUTY ASSOCIATION

#ABAShows

2015 SHOW SCHEDULE

ABA MONTRÉAL

MARCH 8th & 9th, 2015

Palais des Congrès

.....

ABA TORONTO

APRIL 19th & 20th, 2015

Metro Toronto Convention
Centre **NORTH** Building

.....

ABA EDMONTON

MAY 3rd & 4th, 2015

Edmonton Expo Centre
(Northlands)

SAVE THE DATE!



CONNECT
WITH US

ALLIED BEAUTY ASSOCIATION
www.abacanada.com



DINING AT THE *spa*

Delectable menus to complete the experience for spa guests

BY HERMIONE WILSON

Like fine wine and good company, good food and a day at the spa go hand in hand. Picture this: you spend the morning being massaged and pampered, and after a soak in the hot tub or a cleansing session in the sauna, you pad down to the dining room in your spa robe and sandals for a delicious meal.

"You can do great things on the body and do great treatments, but if you're not getting the nutrients and the inside working with the outside... that's when the magic really happens," says spa industry consultant Vivienne O'Keefe.

"You're nourishing your body and you're taking care of yourself," says Paulina Alexander, director of Grotto Spa at Tigh-Na-Mara. The Parksville, B.C. spa added an in-house restaurant, Treetop Tapas and Grill, two years after it opened in 2003. The process wasn't easy, she says, but well worth the effort.

"By including dining in the spa experience, it really allows our guests to check in and enjoy

our facilities as a full day experience," says Alexander.

O'Keefe agrees that adding a dining option to spa services enhances the experience a spa provides to clients. "Customers love it," says O'Keefe. "It brings a deeper level of authenticity to the [spa] programming," she says. Having a dining option has the potential to raise a spa's reputation and increase its intake of clients, says O'Keefe, but it's certainly not without its challenges.

TAPAS AND WINE

Located on the third floor, Grotto Spa's Treetop Tapas and Grill features an intimate dining area that seats 30 guests at a time and floor-to-ceiling windows overlooking the treetops of the surrounding forest. The menu consists of tapas, appetizers traditionally part of Spanish cuisine. One of the Grill's most frequently requested dining options is the chef's presentation, which



allows guests to sample everything at once, says Alexander. “Instead of choosing one entrée or having two smaller entrées, they can try everything on the menu,” she adds.

The food selection strikes a balance between decadence and health, with rich creamy desserts and locally grown produce. “A lot of our food items have antioxidant properties to them,” says Alexander. “We like to use local ingredients wherever possible. Everything is made fresh for the guests upon ordering.”

STEAK FRITES AND CHOCOLATE

Elmwood Spa in Toronto, Ontario, offers guests a variety of dining options. The Terrace Restaurant, located on the fourth floor of the spa, has a balcony that opens in the summer and seats 18. Another part of the restaurant, called the Greenhouse, looks out over the city. Elmwood Spa shares an owner with Bangkok Garden Thai Restaurant, which has its own entrance on the main floor of the building. There is also a juice bar on the second floor of the spa that offers freshly squeezed juice.

“Not only are people coming for relaxation in the spa, they’re also looking for nourishment and continuing that treatment of being taken care of,” says Britwin Dias, senior manager of food and beverage at Elmwood Spa and Bangkok Garden Thai Restaurant.

Like Grotto Spa, Elmwood’s Terrace Restaurant offers a mix of healthy and indulgent food options, as well as a selection of Ontario wines, beers and martinis. “Our guests want quality food but they also want to indulge to a certain extent,” Dias says. Case in point, their most popular dishes from year to year are the steak frites and their rich chocolate desserts. They have also added more vegan, vegetarian and gluten-free options according to the changing demands of their guests.

“It’s something that larger spas that have the space are able to do,” says Dias. “A lot of spas contract out to restaurants that are within a block from them, but we’re lucky that we can offer it to our guests, whether they’re looking for a sit down lunch or

LIKE FINE WINE AND GOOD
COMPANY, GOOD FOOD AND A DAY
AT THE SPA GO HAND IN HAND



Heirloom Tomato Salad Recipe

from Elmwood Spa, by Chef Ian Penny

INGREDIENTS:

- Approx. 5 slices assorted heirloom tomato per plate
- Sprinkle of toasted, slightly crushed pink (or regular) peppercorns
- Sprinkle of Maldon salt (or some other “flake” salt. Don’t use table salt if possible)
- 1oz pea shoots
- 1oz crispy shallots (recipe below)
- 1/3 oz balsamic reduction (recipe below)
- 1 tbsp Walnut oil

DIRECTIONS:

Balsamic Reduction

Put balsamic vinegar in a pot and reduce on medium heat by 3/4 with 1 clove and 1 bay leaf. Leave to cool and place in a squeeze bottle (or just use a spoon) for service.

Crispy Shallots

Remove the skin from a couple shallots (preferably “chicken leg” shallots. Thinly slice to produce “rounds” on a mandolin at 3-4mm width. “Break-up” the slices to produce rounds in a mixing bowl. Dust the shallot slices with 1tbsp cornstarch and 1tbsp rice flour. Shake excess “flours” off and deep fry (300*) in batches until lightly golden and crispy and then season with kosher salt immediately out of the oil.

Assembly

Place approximately 5 assorted slices of tomato in a line on a plate. Sprinkle with the salt and pepper. Place the sprouts and shallots on the tomato. Drizzle with the walnut oil and balsamic reduction.





something like a grab and go, or at the end of the service to change and go into to Bangkok Garden. It's basically a continuation of their spa experience."

NOT WITHOUT ITS CHALLENGES

The first step a spa must take if they are planning to prepare the food onsite is to obtain a food license. If not, they must engage a reputable outside contractor. Either way, such factors as dietary preferences, food allergies and, most importantly, food safety must be taken into account.

"We have a huge responsibility to make sure that [spa guests] are taken care of and we have the highest standard of care," says O'Keefe. She stresses the importance of working through a food safety training program, such as Food Safe in B.C., to educate staff about the proper way to handle food.

Serving food won't necessarily increase profits for spas, says O'Keefe. Spas often don't get good deals from outside food providers because they don't take in as much volume as a full-sized restaurant. As well, adding a dining option to the services you provide means hiring a lot of extra staff to run such a program. Larger spas that are

part of a resort or a similar operation will have an easier time. Still, day spas can reap the benefits of serving food, she says, as long as they

are careful in their planning and mindful of keeping the operation simple, sustainable and safe.

The key, she says, is to have a well-thought out concept for the type of dining service you want to offer and then be consistent about it. "Don't make it too big, don't make it too complicated," says O'Keefe.

For those who are unable to support a large dining operation, O'Keefe points to spas who have added a fruit and juice bar, or offer wraps to guests after their spa treatments as a more manageable option. "It is a lot of work, but people really like it," says O'Keefe, "and I'm always surprised how many people love to have wine and beers with their spa treatment." ■

Chilled Prawns with Basil, Cantaloupe and Avocado Mint Yogurts

from Treetop Tapas and Grill

INGREDIENTS:

- 4 cup yogurt - use 18% yogurt
- 1 cup chopped basil
- 1 small cantaloupe melon skinned, cored and puree
- 1/2 cup of sugar
- 1 cup pureed avocado
- 1/2 cup melted mint jelly
- 1 cup chopped mint
- Dash of olive oil and lemon juice

DIRECTIONS:

Blanch desired amount of prawns in a rolling boil with salt & pepper, lemon & lime juice. And chill.

Basil & Cantaloupe Yogurt

Strain melon puree. Reduce reserved melon liquid with sugar. Fold together: 2 cups of yogurt, basil, melon puree and reduced liquid

Avocado Mint Yogurt

Fold together sugar, avocado, mint jelly, 2 cups of yogurt and chopped mint.

Assembly

Spoon in the two yogurts in a martini glass, place a small amount of arugula lettuce, then add approx 4 prawns, then drizzle a small amount of olive oil and fresh lemon juice over the prawns and top with dried chilies. Serve!



THE PERFECT massage

SpaInc asked an expert for tips on creating the ideal massage for spa clients

BY AMANDA SWAIN

A perfect massage is more than caresses, kneading, and patting. The perfect massage calms the mind, relieves muscle tension, brings us back into our physical bodies, re-energizes and restores us so that we can return to our over stimulated world and face the day to day challenges with renewed energy. A tall order yes, but possible if the following details are put into practice.

POWER OF MUSIC

Music is a key element to the perfect massage as it has a calming effect and works by distracting the mind from thinking about work, grocery lists, what to make for dinner and instead makes a person feel transported to another time and place. If you have the freedom, choose and compile your own massage playlists. It doesn't have to be the typical "spa music," use classical music, jazz or folksy tunes, whatever you find relaxing (although if heavy metal is your thing it might be wise to refrain) and get creative. Your clients will notice.

PLEASE THE NOSE

Get to know your aromatherapy oils and scent the room with pure essential oils. A little will go a long way. Use a diffuser to infuse the room with botanicals. Add a drop of lavender, peppermint or rosemary to your massage oils to reap further therapeutic benefits.

COMMUNICATION IS A TWO WAY PROCESS

All too often this part of the massage is overlooked. Remember to ask clients specific, clear questions pertaining to what they want from the treatment. Listen carefully so that you can customize a massage treatment for your client. It's wonderful to enter a space where you feel heard and understood.

Give the client clear instructions regarding what they should do to prepare for the treatment in order to alleviate any anxiety they might have about removing clothing. Specify whether they should remove under garments, whether they should lie under the covers, face up or face down.

PAIN IS NOT NECESSARILY GAIN

More pressure is not always the answer. Pain is not always gain and can impede relaxation. Yes, work those knots but warm up the area first and then slowly get deeper into the muscle. Don't focus solely on the very knotted area, remember that knotted area in the shoulder is attached to the rest of the back and body.

CREATE A SPACE


A massage starts the moment you walk into the treatment room. First impressions count and it's therefore important to set the scene. A clean space that is welcoming, warm, comforting and has an overall sense of calm can make a client start to unwind before they even get onto the table. Soft lighting that can be adjusted is a must as there is nothing worse than trying to relax in a room lit with unnatural fluorescent glare.

The massage table should have layers of cozy blankets or a comforter. Some clients are always hot and prefer fewer covers, others are always cold and will appreciate the extra warmth. Either way you will be ready to adjust to the individual needs.

INTUITION AND INTENTION

A bodyworker that is present, attentive to the client, and focused on the massage will give a much better treatment than a therapist that is just going through the motions while thinking about anything and everything else other than the task at hand. If a bodyworker's attention is focused on the client and not distracted, the client will sense this and benefit by having a deepened sense of relaxation.

A massage experience is profoundly personal and there are many details that should be considered in order to create that perfect massage. Leave out an essential element and the experience can leave a client feeling unsatisfied with the treatment. Aristotle may have been referring to the perfect massage when he said "The whole is greater than the sum of its parts." ■



Amanda Swain
Spa Therapist and Co-owner of Three Birds Bodycare
and Massage, Vancouver, BC
www.threebirdsbodycare.com
Amanda Swain is a Registered Nurse with a special
interest in the health benefits of massage. In 2011
she graduated with a Spa Therapy Certificate and
along with Tallulah, her friend and fellow graduate,
founded Three Birds Bodycare and Massage.



SIAC SPA INDUSTRY ASSOCIATION
OF CANADA
ACIS ASSOCIATION CANADIENNE
DE L'INDUSTRIE DU SPA

presented by

SPA
inc.



It's time to celebrate

The Canadian Spa industry is shaped by hardworking, service-oriented business people with an innovative and entrepreneurial spirit, and we think it's high time we celebrate them!

With that in mind, *SPA inc.* magazine is teaming up with the Spa Industry Association of Canada to recognize *outstanding* Canadian spas of all kinds. In 2015 we will be launching the Canadian Spa and Wellness awards with an event that will take place in the fall.





Award Categories

Look for nominations to begin in early June 2015.

Some award categories include:

Top 25 Spas in Canada

Best Medi-Spa

Best Destination Spa

Top Spa Partner

Best New Spa

Consumer Choice

MULTIPLE SPONSORSHIP PACKAGES AVAILABLE

For awards criteria, nominations, sponsorship packages and more event information, visit: www.canadianspaawards.ca

in the *know*



CORNEOTHERAPY

WHAT DOES THE FUTURE HOLD?

BY DR. HANS LAUTENSCHLÄGER.
Abbreviated for publication BY RENÉ SERBON

What is Corneotherapy? Simply put, corneotherapy is the treatment of the stratum corneum, or therapy with moisturizers. The term corneotherapy was coined by professor Albert Kligman in 1994. In summary, his studies proved the feasibility of corneotherapy, in which even the simple application of moisturizers targeted at the stratum corneum can produce unexpected and persistent clinical effects after their repeated treatments.

Kligman spoke of an outside-in therapy whereas “outside” is the stratum corneum and “in” are the therapeutic effects starting in the stratum corneum and working their way into the deeper skin layers.

Kligman’s findings were made famous by an editorial published in *Dermatology* 2000, entitled *Evidence-Based Corneotherapy* by Jan Lubbe.

It should be mentioned that for the first time ever, the term “therapy” has been used in the context of skin care. In the majority of countries, the term therapy is used in a medical context, and

is being applied here because Kligman and his colleagues have demonstrated medical significance with their findings.

At the same time, Kligman coined the term corneotherapy new base creams were developed modeled on cell membranes. They are bio mimicking or bio-identical and follow this outside-in concept. These membrane creams are able to restore disrupted skin barrier membranes. A disrupted skin barrier leads to increased TEWL and increased penetration of external materials; corneotherapy aims to repair the skin barrier, bi-layer to bi-layer. If the skin barrier does not get repaired we end up with skin conditions such as eczema, rosacea, acne, neuro dermatitis, to name but a few.

Another notable distinction of Kligman’s work is that he selected cosmetic substances in accordance with dermatological

criteria, carried out studies, and finally established clinically significant results, thus the basis of corneotherapy is rooted in

IT SHOULD BE MENTIONED THAT FOR
THE FIRST TIME EVER, THE TERM
“THERAPY” HAS BEEN USED IN THE
CONTEXT OF SKIN CARE

dermatological cosmetics. Dermatological cosmetics are developed in accordance with dermatological criteria in compliance with rigorous medical science.

SO WHAT? YOU MIGHT ASK.

It is time to establish a formal criterion in order to help inform consumers how they can distinguish between serious product policy and marketing gimmicks.

The International Association for Applied Corneotherapy (IAC) has taken up this cause. The IAC promotes the further development of corneotherapy against a scientific background and conveys the findings to the non-scientific world.

There should be no recommendation of physical, chemical or medical skin treatments that affect the recoverability of the skin after reapplications or cause irreversible adverse effects. Meanwhile, the recommendation is to use a minimum of products for skin care.

As well, there should be no sales promotions focusing on compositions or treatments that objectively are not needed or overstrain the skin on the long term, such as daily bathing of babies using strong surfactant compounds.

Finally, there should be no product descriptions that do not conform to the actual physical, chemical and other properties of the products.

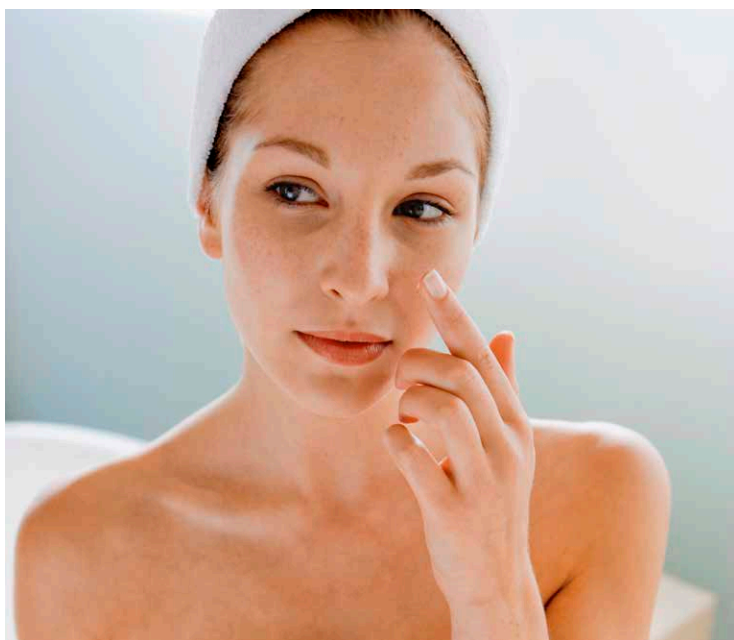
PREPARATIONS AND TREATMENTS

Corneotherapeutic cream bases are characterized by the feature that they can be formulated with both pharmaceutical and cosmetic active agents. There are also formulations that correspond to the particular requirements of country-specific pharmacopoeias.

In practice, we see that every skin has its individual needs. That is the reason corneotherapeutic preparations usually consist of one or very few active agents that are focused on a certain indication.

After a skin analysis and anamnesis, the appropriate preparations for the diagnosed indication are individually combined.

Corneotherapy's aim is a long-term skin protection through dermatological cosmetics in the occupational field. **S**



THE FORMAL CRITERION

top
tips

True dermatological cosmetics, according to corneotherapeutic principles, are characterized as follows:

COMPOSITIONS:

- Abstain from active agent cocktails with a multitude of components that ultimately only serve for sales promotion purposes.
- Minimum of auxiliary additives only.
- Abstain from additives requiring further additives: examples are polyethylene glycols (PEG) and their derivatives that are used as emulsifiers or consistency agents and need to be stabilized with antioxidants.
- Free from emulsifiers that cannot be degraded in the skin.
- Free from emulsifiers that are incompatible with the skin barrier or do not correspond to the physiology of the skin.
- Free from surface-active substances that feel pleasant on the skin despite a disordered skin barrier.
- Free from occlusive substances, unless occlusivity is explicitly required because of dermatological viewpoints. Occlusion leads to skin swellings and a reduced recoverability of the skin.
- Free from preservatives with allergenic potential.
- Free from ingredients with suspected endocrine adverse effects from the substance classes of sun protection filters, preservatives or denaturing agents.
- Free from ingredients that interfere with the experience of pain of the skin.
- Abstain from perfumes in skin care products.
- Free from strong chelating agents that inhibit physiological trace elements in the skin and are persistent.

As the temperature rises and hemlines creep up, North Americans are starting to think about body hair again. Culturally, we find excess hair undesirable on the legs, underarms – the chest and back for men – and most of all, the face. For some people, because of genetics or a medical condition, their body hair is thicker than most, adding to the self-consciousness, and they turn to professional hair removal services for a solution.

Waxing, threading, plucking, electrolysis, the list goes on. There are so many methods for getting rid of unwanted hair, but which way yields the most effective long-lasting results? Laser hair removal, says Dr. Andrei Metelitsa, a dermatologist and dermatology professor at the University of Calgary.

Laser hair removal has gotten a bad reputation because of the bad experiences people have had at the hands of untrained laser technicians, says Metelitsa. “My suggestion is to go to a centre that actually has a physician, ideally a specialist like a dermatologist or a plastic surgeon, who is actually coordinating the treatment,” he says.

Metelitsa also dispels the myth that those with dark skin should avoid the treatment. “Each laser has its own wavelength of light and we’re able to specifically gear the wavelength of light to one skin type. I would never use the laser that I would typically use on a pale Caucasian person on a dark-skinned person,” he says.

For people whose hair growth is caused by hormonal or endocrine disorders, such as polycystic ovarian syndrome, Metelitsa says it’s important to get the right type of medical screening and testing to determine if medical treatments can eliminate the problem. For those with white or light hair which cannot be targeted effectively by the laser, Metelitsa recommends prescription creams like Vaniqua that slow down hair growth with extended use.

“There is definitive scientific evidence that shows that, perceptually, a woman who has facial hair can be exceptionally self-conscious, comparable to truly having a significant medical disorder, so we have to take it seriously,” Metelitsa says. That’s why he sees it as his job as a cosmetic dermatologist to try and work with clients to deal with their hair removal woes, rather than questioning whether they should remove the hair at all.

“When I approach individuals who come to us with regards to excess hair, they’ve already identified this as a concern,” says Metelitsa. “I try to identify the root of the cause and provide them the most optimal way to treat it.” ■

Hair Removal



in the know

1 GIGI Deluxe Double Warmer and
GiGi All Purpose Honee Wax
www.gigispa.com

2 SCITON ClearScan YAG (laser hair
removal)
www.sciton.com

3 STE. ANNE'S Clarify Facial Serum
www.skinnourishment.ca

4 TWINLUXE Fine Shaving
Instruments
www.twinlux.com

5 BERODIN'S Jasmine Oil and
Lavender Lotion Pre-Wax Cleanser
www.berodinxwax.co.uk

6 SEA BUCKTHORN Exfoliating Scrub
www.sibubeaauty.com



fresh & new



ARTISTIC NAIL DESIGN Budding Fixation is part of their Femme Florale Spring 2015 collection. The shades in this collection are all very bright and vibrant, and none more so than the rich cornflower blue crème of the Budding Fixation polish. The Femme Florale collection was inspired by the over-the-top floral prints and oversized silhouettes currently gracing the runways. The collection includes an exclusive nail art piece.

www.artisticnaildesign.com



FARMHOUSE FRESH Green Tea & Marigold Gourmet Mineral Bath Soak uses a unique delivery system for its aromatic blend of organic green tea, white tea, marigold blossoms, mango and Atlantic Ceara, Pink Himalayan and Epsom salts scented with green tea and cucumber oils. Instead of tossing the salt into the pedi-bath, the product comes with tea bags that can be filled with the desired amount of crystals and placed in the water to steep.

www.farmhousefreshgoods.com



DERMALOGICA UltraCalming Mist is a good go-to product in a season known for the increase of allergens in the air. The hydrating spray soothes inflamed and sensitive skin and locks in moisture when used after a face washing. UltraCalming Mist further caters to sensitive skin by avoiding artificial fragrances and colours.

www.dermalogica.ca



ÉMINENCE Eight Greens Whip Moisturizer is an organic, vegan, gluten-free age-defying product that contains flax seed, yucca extract and Hungarian thermal waters. The moisturizer not only hydrates mature skin but improves its firmness and texture. It also contains lots of antioxidants and paprika to invigorate your complexion.

www.eminenceorganics.com

MAKES SCENTS Garden of Eden Body Scrub makes a good post-winter exfoliate with a mixture of Himalayan pink salts, the crystallized results of volcanic lava and ancient sea beds. Himalayan pink salts have detoxifying properties and work with lavender, cornflower, safflower and essential oils to soothe and rejuvenate skin in time for spring.

www.makesscentsspaline.com



WOODY'S QUALITY GROOMING Beard Essentials line contains natural products that will help men maintain healthy, groomed facial hair. The 2-in-1 Conditioner moisturizes skin and hair with a combination of rosemary, sunflower and coconut oils. The Beard Oil cuts down on frizz with a smoothing combination of Kukui, macadamia and Moringa oils, and the Beard Balm wax aids in styling the beard and mustache without giving a greasy or stiff appearance.

Get the full
SPA
inc.
treatment at
www.spainc.ca



Blog

Stop in at our blog for exclusive personal tales, trials, and trips to the spa.

Facebook & Twitter

“Like” us on Facebook and follow us on Twitter to keep you updated on the latest spa and industry news!

E-Newsletter

Subscribe to our eNewsletters and receive the latest on products, services, and trends.

Join the conversation!



@SpalncMag

They are our modern day gladiators, shining examples of what the human body can achieve. Canadian heptathlete Brianne Theisen-Eaton is definitely no stranger to pushing her body to the limits. The Saskatchewan native's sport of choice is the heptathlon, seven track and field events that include races, javelin throw and high jump. At 25, Brianne has already set a record as the second-highest scoring Canadian heptathlete in history, represented Canada at the 2012 Olympic Games, and competed in numerous world track and field championships. She's also one half of a track and field power couple. Brianne recently married her long-time boyfriend and training partner Ashton Eaton, an American decathlete and Olympian. The couple is busy training in Oregon for upcoming events in the summer, including the Pan Am 2015 games here in Toronto.



BRIANNE THEISEN-EATON

HOW DO YOU INCORPORATE RELAXATION INTO YOUR WELLNESS PROGRAM?

Lots of sleep and listening to my body

The number one thing we do is we make sure we get lots of sleep. My husband [Ashton], he can probably train pretty hard off of 7 hours of sleep every night. I need 8 to 9 hours every night. Also, just taking the time off when your body is telling you 'I'm tired.' Recovery is training too.

BEST SPA EXPERIENCE?

Constance Ephelia Resort, Seychelles, for our honeymoon

We got full body massages and lay around and had their delicious berry tea.

WHAT'S YOUR FAVOURITE TREATMENT?

Swedish massage

I'm used to getting a massage, but sports massage. It's like, lay on the vinyl table with your sports bra and your shorts while someone digs their elbow into your back. I'm usually the kind of person that says 'Go really deep!' but when I go to the spa I say 'just medium pressure, just nice' so I can just feel good the whole time and not be cringing.



WHAT BEAUTY ISSUES DO YOU DEAL WITH?

Acne

I know dermatologists say diet doesn't really have anything to do with your skin, but I don't believe that. I notice that the more dairy I eat, the more acne

I get. The same with unrefined carbohydrates. If I eat gluten-free it usually helps a little bit.

HOW DO YOU TREAT YOURSELF?

Gel pedicure

Once every four weeks or six weeks I go and get my toenails painted. Feet don't gross me out, but I don't like when my toenails aren't done nice. I get the gel polish because I can't go every two weeks to get them redone, and the gel stays on longer. **S**



Simple,
effective
and aromatic
warm waxes.

Kämi



INTRODUCING



Elizabeth Arden PRO



EXCLUSIVELY PROFESSIONAL. CLINICALLY PROVEN. CUTTING-EDGE COSMECEUTICALS.

- Guided by the Skin Health & Beauty Pyramid™ philosophy¹
- Founded on years of scientific and clinical research
- Ground-breaking patented and patent-pending technologies
- Targeted, simple, effective solutions for priority skin conditions
- Highly refined professional treatments

*There are certain non-negotiables
when it comes to saving your skin.*



The Skin Health & Beauty Pyramid™

CLARION
MEDICAL TECHNOLOGIES
AN ALPHAEON® COMPANY

800.668.5236

www.clarionmedical.com