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44

On behalf of the entire team at M'lis, I want to extend our sincere thanks to the spa community and to American Spa magazine for the presentation of this award. We feel privileged to be able to work with so many incredible spa professionals and to provide the tools to help improve the lives of those they serve. I also want to extend my personal appreciation to the doctors, scientists, and growers who have enabled us to create the best beauty supplements on the planet. From all of us at M'lis, thank you!



- Wallace Vigo Nelson, N.D., CNHP, CEO, M'lis







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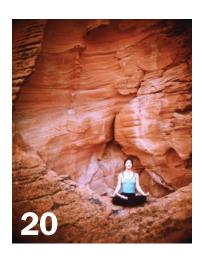
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ON THE COVER Boys Club YAKOBCHUKOLENA / ISTOCK

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Trending on...





Completely mesmerized by this copper mask from @aestheticsbyshekinah.

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Mexa ALEXA JOY SHERMAN **MANAGING EDITOR** asherman@creativeage.com

IF YOU HAVEN'T ALREADY HEARD. LAURA IS ON MATERNITY LEAVE

(she's rapidly approaching her due date as this issue goes to print!), so I'll be filling in for the next few months. In addition to celebrating that birth (and a milestone birthday of my own—I recently turned 50), we're also celebrating the big winners of our annual Professionals Choice Awards. Flip to page 58 to see if your favorites made the list. But the party doesn't stop there. We're also bringing you tons of inspiring ideas for catering to male clients (which is crucial as men continue to embrace the spa experience almost as much as women), along with all sorts of ways to boost the beauty and wellness of your guests-from offering probiotics in skin care (page 16) to complementing services with heaiing crystals (page 36). Here's hoping they give your business a boost, too, so you'll have just as much to celebrate this spring as we do.



I'm a serious fan of **Kerstin Florian Correcting** Brightening Facial Serum, which offers a light layer of moisture without weighing down my skin or turning my face (and makeup) into a greasy mess.

At my age, hormonal rosacea flareups happen a lot more often than I'd like. But **Éminence Calm Skin Arnica Masque** extinguishes the fire almost immediately.



After a few months of using LiLash Purified Eyelash Serum, I almost don't need to wear mascara anymore. (LiBrow is awesome too—and a 2020 Professionals Choice Awards winner!)

n the Road









I celebrated my 50th birthday with the most luxurious, relaxing and completely customized Signature Facial at Organic to Green Spa & Bungalow in Venice, CA. Owner Rianna Loving and her team even welcomed me with some celebratory bubbly, and gifted me with a gorgeous bag full of their ultra-nourishing liquid COCO oils, lip balm, bar soaps and more. I can't wait for my next visit!



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Ellagi-C Collagen Booster Encourages collagen synthesis



GranActiv 1518 Brightening PeptideSkin Brightening
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Six all-natural salt soaks for clients in need of self-care.











1 PAAVANI Ayurveda Coconut Milk Bath

Infused with healing oat flour, cardamom, turmeric, coconut milk, shatavari and rose.

paavaniayurveda.com

2 French Girl Jasmin Serenity Bath

Jasmine scented, with nourishing essential oils, moisturizing powders and soothing sea salts. frenchgirlorganics.com

3 Crystal Hills Organics Bath Salts in Crystal Moon Goddess

Dead Sea salt and quartz crystals, with aromatic frankincense, jasmine and neroli. crystalhills.com

Little Barn Apothecary Peppermint + Sea Salt Detoxing Bath Soak

Sun-dried Atlantic sea salts, montmorillonite clay and Japanese peppermint oil. littlebarnapothecary.com

5 Verte Essentials Luxe Soak in Restore

Soothing, softening coconut oil and hemp, plus whole plant herb and flower extracts.

6 Honestly Margo Aromatherapy Bath Soak in Aurora

Restorative magnesium, Dead Sea and Epsom salts, and a natural lavender fragrance. honestlymargo.com



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Sleep Tight

It's no secret that the wellness benefits of a good night's sleep are vast, as the body takes time to repair itself—and that goes for skin health, too. That's why we've rounded up our favorite nighttime products to help refresh clients' complexions while they focus on getting some much-needed shuteye.



1 DermAware

Modern Mask

This creamy gel mask is packed with peptides, copper and vitamin A to deliver potent antiaging benefits. dermaware.com

2 | Elina Organics

Super Antioxidant Night Cream

Formulated with grape seed, mandelic acid and silk peptides, this deeply moisturizing cream restores skin damaged by environmental stress.

elinaorganicsskincare.com

3 Elemental Herbology

Moisture Replenish Facial Soufflé
This deeply hydrating mask is ideal for clients

This deeply hydrating mask is ideal for clients with dry and/or mature skin, as well as those who travel frequently.

elementalherbology.com

4 | Comfort Zone

Renight Oil

Antioxidant and emollient goji berry, macadamia and almond oils help soften and replenish stressed skin.

comfortzone.it

5 Refectocil

Care Balm

Achieve healthier, less brittle lashes and brows courtesy of this hair-strengthening vitamin and plant oil blend.

cbongroup.com

6 Repêchage

Biolight Brightening Overnight Cream

Peptides combine with seaweed, willow bark, gotu kola and licorice to boost radiance and support a more even complexion. repechage.com

7 | Shira

Boto-Derm R_x Forte Repair Night Cream

This concentrated retinol and glycolic acid formulation encourages cell turnover and minimizes the look of fine lines.

shiraesthetics.com

8 | Skin Regimen

Night Detox

This leave-on mask imparts gluconolactone and proprietary Longevity Complex to the skin to counteract the daily effects of stress and reveal a more radiant complexion in the morning. skinregimen.com







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Probiotics

Skincare experts discuss how applying beneficial bacteria can boost the health and beauty of the complexion.

by Alexa Joy Sherman

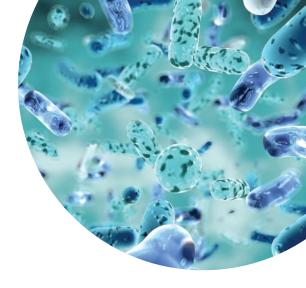


Keeley Lore, owner and master esthetician, Naturally Radiant in Fredericksburg, Virginia: During the Skin Restoring Probiotic Facial (90 min./\$130), we cleanse, steam and vacuum skin using the water peel machine with Elina Organics Probiotic Peel infusion. This treatment also includes Elina Organics Probiotic Mask, Lipo-Peptide Mask and Probiotic Polishing Mask.

Rianna Loving, CEO and founder, Organic to Green, and owner of Organic to Green Spa and Bungalow in Venice and Santa Monica, California:

I've been creating customized *Lactobacillus* masks for use in our facial treatments for several years. Sometimes we also make a lighter version of a probiotic serum, which is applied before the mask step.

Rebekah Voglewede, owner/esthetician, VōG Skincare in New Braunfels, Texas: We highlight the use of probiotics in our Firm Facial (60 min./\$120). This advanced treatment features yogurt for a boost of probiotics, and incorporates hot and cold therapy to treat aging, dull or acne-prone skin types. While spicy ingredients produce the feeling of warmth, others—including peppermint, menthol, cucumber and tea tree—produce an icy sensation, leaving the skin plump and revitalized.



Bozena Linowski, owner and master esthetician, European Day Spa in Bayonne, New Jersey, and Spa Rejuv in Bernardsville, New Jersey: For targeting acne-prone and oily skin, my top treatment is the Oxygenating Facial (60-75 min./starting at \$129). This offering includes a double cleanse, G.M. Collin Oxygenating Exfoliant containing glycolic and lactic acid, a neutralizer, extractions if needed, and the application of G.M. Collin Oxygenating Serum and Puracne Oxygen Mask, which contains probiotic derivatives. While the mask is processing, I perform a hand and shoulder massage. The facial concludes with the application of G.M. Collin Normalizing Cream.

What benefits do you notice after performing this service?

Voglewede: The skin looks healthier and calmed from the acne-caused inflammation, which can also lead to premature aging. Probiotic treatments produce immediate results without stripping the skin of its natural barrier, allowing the client to continue topical probiotic use throughout the year.

Loving: We notice the complexion is smoother and softer—and, most importantly, it's balanced and protected from harmful bacteria.



Bioelements
Probiotic Anti-Aging
Serum
bioelements.com



Cinq Mondes [Pre+Pro]biotic Essence cinqmondes.com



Columbia Skincare Probiotic Complex columbiaprobiotics.com



Comfort Zone Remedy Toner comfortzone.it



DermAware Fresh Start Mask dermaware.com







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"The complexion's needs change on a daily basis, and probiotic-powered skin care serves multiple purposes, so it fits well into an at-home regimen. Who doesn't want to treat inflammation and aging skin at the same time?"

Lore: Probiotic-based products help nourish, sanitize and lighten congested skin, giving it a more even-toned appearance. The

> complexion looks hydrated and less angry and inflamed, and it's more uniform in color.

> > Linowski: Immediately after the treatment, skin is visibly clearer and brighter with less inflammation.

How do you advise clients to incorporate probiotics into an athome regimen?

Lore: Elina Organics Probiotic Peel can be used at home and activated by using the brand's Rehydrating Mist and Sanitizing Mist throughout the day. The regimen should include morning and evening use of a cleanser and toner appropriate for skin type, along with a scrub, serum, moisturizer and eye cream. Safe and nourishing day

makeup should also include SPF and contain probiotics. Voglewede: The complexion's needs change on

a daily basis, and probiotic-powered skin care serves multiple purposes, so it fits well into an at-home regimen. Who doesn't want to treat inflammation and aging skin at the same time? We recommend daily use of the Éminence Clear Skin Collection, which includes a probiotic-focused cleanser, masque and moisturizer.

Loving: We advise guests to make their own masks with fresh yogurt or other edible products that contain Lactobacillus at least once a week. We also suggest adding our dry, powder masks to a yogurt base—it's like a green smoothie for the face!

Linowski: In most cases, we recommend using G.M. Collin Puractive + Cleansing Gel and Deep Cleansing Solution, Puractive + Treating Mist, Essential Oil Complex and Puractive + Cream. Regular use of this regimen greatly reduces inflammation and minimizes the number of breakouts. Additionally, when ingested, probiotics promote the growth of healthy bacteria in our bodies and that can benefit overall well-being, normalize gut bacteria, improve the microbiome of the digestive tract, and subsequently reduce inflammation throughout the body, including skin. Therefore, I suggest clients also introduce probiotics into their daily diet—especially fermented foods such as kimchi, sauerkraut, kombucha, pickles and miso—as well as quality dark chocolate. ♥



Elina Organics Probiotic Polishing Mask elinaorganicsskincare.com



Éminence **Clear Skin Probiotic** Masque eminenceorganics.com



G.M. Collin Puractive + Cream gmcollin.com



Phytomer Prebioforce phytomerusa.com



Sensitive Creme shop.yonkausa.com



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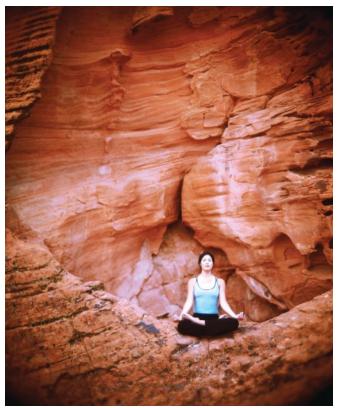
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Red Rock Retreat

Tucked away in Utah's Red Mountain Resort lies SageStone Spa & Salon, where guests can unwind after exercise and adventure. by Alisha Racker





The Distinction

Just outside the desert town of St. George, Utah, Red Mountain Resort has been a retreat for more than 20 years. The adobe-style SageStone Spa & Salon was introduced to the 55-acre property in 2006. The resort is known for its focus on improving guests' health, wellness and balance, so it's no surprise the award-winning spa follows a similar ethos.

With a dome exterior, the spa spans three levels, providing guests with sweeping views of the resort's picturesque red rock backdrop. Taking inspiration from the natural surroundings, SageStone uses custom-blended indigenous desert botanicals, local honey and mineral-rich muds, clays and salts in its spa treatments. Ancient health and beauty rituals practiced all over the globe were also considered when designing the service menu. "Our goal is to offer guests transformative and continued results well beyond their stay," explains Marci Howard-May, SageStone director of spa and wellness.

Capturing Clientele

Howard-May believes that catering to the active resort clientele is a major reason for the spa's success. "Guests who come for adventure and the red rock scenery will find that our spa treatments are inspired by those very things," she explains. Some of the resort's retreat packages even include

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SAGESTONE SPA & SALON

LOCATION:

Ivins, Utah

OWNER:

2006

Red Mountain Resort

OPENED:

THE SPACE:

The spa covers 8,000 square feet, spreading over 3 floors to offer 14 treatment rooms, including 2 wet rooms, 1 multipurpose room, 2 facial rooms, 8 massage rooms and 1 couple's massage room. The full-service salon has 1 hair station, 2 manicure stations and

2 pedicure stations. Men's and women's locker rooms have steam rooms and showers, and the second floor provides a relaxation area with a view.

STAFF:

7 front desk staff, 7 locker staff, 8 estheticians, 11 salon professionals (hair stylists and nail techs combined), 28 massage therapists, 2 managers and 1 director

WEBSITE:

redmountainresort.com/ sagestone-spa-and-salon

credits that can be redeemed at the spa, weaving together the two experiences. For example, "We offer a Red Rock Hikers Massage to alleviate the strains from an exhilarating day," Howard-May says. Offering new spa techniques while maintaining favorite signature services and introducing nontoxic, natural and results-driven products further contribute to the spa's appeal.

An e-newsletter keeps spa-goers informed about new treatments, discounts and announcements. Returning guests can gain access to the resort's Adventure Club, where they receive special perks like discounts on regularly priced spa services, wellness and retail purchases. And Black Friday deals, as well as other seasonal promotions, entice clients to rebook spa experiences.

Management M.O.

Tracey Welsh, general manager of Red Mountain Resort, encourages the SageStone Spa & Salon team to "be well where you work." In other words, employees are invited and encouraged to enjoy the resort amenities, fitness facilities, classes and activities. She believes that allowing staff members to fully immerse themselves in the spa gives them the opportunity to feel like they're truly part of a team and the overall wellness experience. "We empower our therapists to customize treatments to meet the needs of each guest," adds Welsh. "Our menu provides a great base, but it's ultimately our therapists who take the treatments to a transformative level."

In-Demand Services

The spa's signature offering, the Red Mountain Revitalizer (75 min./\$175), is a full-body Vichy shower experience with a prickly pear body scrub, massage and cleansing scalp treatment. From seven showerheads, warm water cascades



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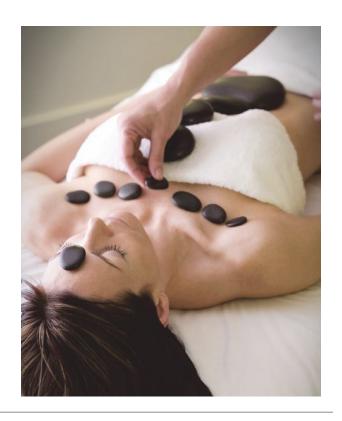


over the guest's body as the therapist customizes each step of the service to suit individual needs. "Guests feel pampered from head-to-toe, which is especially refreshing after a day of outdoor adventure or working out," notes Welsh. "Replenished" is the word Howard-May says best describes clients who receive the service.

The Sleep Tonic Massage (75 min./\$185) is another popular body treatment designed to alleviate insomnia and calm the mind by focusing on specific areas of stress. "Applying efficient pressure to targeted areas facilitates the body's production of serotonin, a precursor for melatonin production," explains Welsh. Since sleep and rest affect a person's overall health and wellness so greatly, perfecting this treatment was paramount for therapists, who incorporate a calming massage oil and crystals into the service.

The Goods

The spa uses Body Bliss, Zents and Phytomer for massage and body treatments, and June Jacobs and Éminence products for skin care. SpaRitual and FarmHouse Fresh are used for nail services, while Aloxxi is featured in the hair salon. Additionally, retail products can be purchased in the spa's boutique.





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Sophy Merszei, molecular biologist, cosmetic chemist and CEO/ founder of NovaLash: "Sensitivities and allergies are a very complex topic because many beauty professionals are not trained to tell the difference between the two. Studies estimate that only about 5 percent of people could have an allergy to cyanoacrylate when it comes into direct contact with the evelid skin. And, a new study from the University of San Diego College of Medicine, Dermatology and Allergy/ Immunology, has found that abrasions to the skin play a major role in how sensitive patients' skin reacts to cyanoacrylate. Most cases of eyelid irritation—itching, swelling and redness—are not caused by adhesive (assuming the adhesive is made by a quality manufacturer like NovaLash). Adverse reactions are actually caused when lash artists opt for low-quality, inexpensive extensions, which tend to have needle-sharp, pointed, inflexible polymer bases that cause abrasions to the eyelid during sleep. High-quality extensions, such as NovaLash's NovaMinx polymer extensions, are smooth and softly polished at the base to help prevent any micro-abrasions.

Also, when dealing with a client with hypersensitive health, it's important to keep in mind that the best way to truly find out what is irritating the client is to systematically eliminate all of the variables that could cause or contribute to their sensitivity, one at a time. This includes swapping out cheap, low-quality extensions for high-quality ones (the smaller the diameter, the better for sensitive eyes); traditional lash extension adhesive for latex-free, strong-hold strip lash or cluster glue; and both paper and plastic medical tape, under-eye gel patches and under-eye stickers for each other, one at a time. (Doing so will help determine the main culprit.)"



ADVANCES

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YOUR CLIENTS isn't just about premium product; a successful lash artist knows that great education is also key. Nikki Huebner, founder of EndureLash by Endure, understands just how important education is in order for lash artists to refine and perfect their skill set. As a result, the creator of the first-of-its-kind EndureLash Organic Cleansing Cloth has now launched the EndureLash by Endure Beauty Pro Training Academy. "Our goal is to educate lash technicians on how to develop and hone their own artistic skill set, offer them ways to be better business owners, make more money and become better artists," Huebner says. To that end, she has carefully selected a team of lash trainers from across the United States and Canada to lead different courses, from one-on-one trainings to group trainings to online courses, with a variety of lash techniques: Classic, Volume, duo (Classic and Volume) and Mega Volume extensions. In addition to lash application, students will learn about styling and business development, as well as have the opportunity to learn from experienced estheticians and celebrity makeup artists to add another layer of exclusive artistry to the students' repertoire. Courses range in price from \$500 to \$1,650 depending on the subject. "We want to teach lash technicians how to find their own art, love their own creations, build their lash business and change the lash game together," Huebner enthuses. For more information on classes and schedules, visit endurebeauty.com.

POSITION PERFECTION "Wearing the proper magnification while applying

eyelash extensions, permanent makeup, etc., is very important not only to your eyes, but also your ergonomics. When purchasing customized magnification, we not only take 🛭 your eye prescription into account, but also how your body is positioned and how far away you're actually sitting from your client. Creating a precise and customized magnification forces you into the proper position to keep your neck, shoulders and back comfortable and not slouching." — Jacie Eber, regional sales representative, Designs for Vision, designsforvision.com

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SEAL

There's a new trend in lash extension after care: sealants. These products offer protection against adhesive breakdown while keeping extensions glossy and moisturized. "Imagine what top coat does for a manicure—that's what a lash coating sealant does for lash extensions," says Jiyoung Ko, product development and education manager for BL Lashes. Sealants come in either clear or black formulas and include a mascara-type wand or brush tip. Clients should use a new, dry lash wand specifically for the sealant to apply to extensions once a day, preferably in the morning. "After finishing your makeup routine is the best time to apply it," says Ko. Besides protecting the lashes, sealants can also give clients who wear Volume or hybrid extensions a more versatile look, offers Michelle Rath, founder and owner of Sinful Lashes. A fresh set of Volume or hybrid lashes have a "fluffy" appearance, but adding a coat of sealant can change the look into something a little more edgy and defined, Rath says, giving clients more options in their lashes.



RAINBOW BRIGHT

Add a hint of color to your lash extension services with the new Glad Lash Rainbow Unicorn Color Lashes. Available in every color of the spectrum, in 16-row trays of .07 or 12 rows of .15, and with lengths up to 18 mm, creating fun and fabulous lashes has never been easier. eyelashextensions.com

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LIFT OFF

Discover how a simple service combined with the right retail can lift clients' lashes and your bottom line.

When clients want the ultimate in thick, luscious and flirty batters, then lash extensions are a must. But what about those who want a break from the constant fills or something a bit more natural? That's where lift services come in. "A lash lift is like a perm for the eyelashes," explains Anna Phillips, founder and chief innovation officer at The Lash Lounge. "It's a quick, easy and safe alternative to using an eyelash curler with none of the effort."

While the "lunchtime" service enhances clients' lashes for a bright, eye-opening look, it may not be what they hope for if their natural lashes are short, brittle and lacking luster. Enter lash enhancing serums. These products are used daily—typically in the evening before bed-and after about four to six weeks, lashes appear healthier, longer and fuller. Now, think about a client who has used a lash serum and then books a lift appointment—voilà!—you have a truly stunning effect.







SERVICE STARTUP

Before you integrate a lash lift service into your menu, you need to know what it entails, and it's relatively simple. First, the client's lashes are secured to a silicone rod with adhesive. Then, two products are used: "First, a perming solution to break the disulfide bonds in the hair to soften and sculpt the lashes," explains Phillips. "Then the neutralizer is used to reinforce the hair and set the curl. And that's it!" Aside from waiting 24 hours after the appointment to wet lashes, there's no after care or maintenance. The service lasts up to eight weeks, and Phillips encourages clients to come back every six to eight weeks for their next lift.

Another similar service that you can offer is a "lash relax." "Clients who have very curly lashes might find that lash lifts can actually over-curl the lashes," says Los Angeles-based celebrity and permanent makeup artist Michal Cohen, "For those clients, I like to offer a lash relax where I use the same formula to straighten curled lashes to give a more natural look."

MAKING CONNECTIONS

Clients come to you not only for your skill, but also because of your knowledge, and nothing reinforces this relationship like retail. Particularly when it comes to the pairing of lash lifts and eyelash serums, education is key to providing a positive service/retail experience. "When clients come in for treatments, ask about their



goals for long-term results and recommend products that fit their needs," advises Michelle Huber, director of sales and education for Beautiful Easy/LiLash. "A lash lift and LiLash are such amazing partners—the lift helps define the curl of the lash, while our purified eyelash serum helps define the appearance of length and fullness." she enthuses.

For clients who are coming off of lash extensions, this is the perfect time to upsell. "Lash technicians can recommend that their clients use a serum like



RapidLash four to six weeks prior to a lash lift service," suggests Nicole Pigott, brand manager for RapidLash. "This way, the lash technician will have a durable lash line to work with for the treatment." For new clients who are looking for a less costly service that's lowmaintenance, introduce them to the benefits of eyelash serums in conjunction with the lift to improve their overall results. "Ultimately, education is key when it comes to genuine connections of products and

Retail Favorites

If you've yet to stock your retail with lash serums, check out a few of these top sellers.



RevitaLash Advanced **Eyelash Conditioner**

BONUS: The original eyelash-conditioning formula created by founder Michael Brinkenhoff, MD, to help make his wife feel beautiful during her fight against breast cancer. revitalash.com

LiLash Purified Eyelash Serum

BONUS: Physicianformulated, ophthalmologistapproved, never tested on animals and safe for sensitive eyes and contact lens-wearers. lilash.com

RapidLash Eyelash **Enhancing Serum**

BONUS: Formulated with proprietary Hexatein 1 Complex, a unique blend of lash-enhancing, conditioning and fortifying ingredients specifically designed to target eyelashes from every angle. rapidlash.com



Grande Cosmetics GrandeLASH-MD

BONUS: The one-swipe wonder infused with a nourishing blend of vitamins, peptides and amino acids. grandecosmetics.com



Hawrvch MD Lash Hawrych MD **Eyelash Enhancer**

BONUS: Embodies everything that founder Andrew Hawrych, MD, is passionate about: great results, proven ingredients and the latest technology. hawrychmdlash.com





BOOK NOOK

If you're still not totally clear on how probiotics can boost clients' complexions, you'll want to check out Good Bacteria for Healthy Skin (Ulysses Press, 2019). Written by a celebrity beauty nutritionist and biochemist, it's a comprehensive and science-backed exploration of what the skin microbiome is, what it does and how you can nourish it with products, natural treatments and a skin-friendly diet. Author Paula Simpson teaches readers how lifestyle affects the skin microbiome, how microbiome imbalances impact skin conditions and the many other benefits of both probiotics and prebiotics. Her expertise is perfect for skincare pros and anyone looking to discover professional secrets and the science behind achieving and maintaining a healthy glow. ulyssespress.com



LAUNCH TIME!

A supercharged formula that corrects premature signs of aging caused by daily eye movements and environmental stress, the new **Dermalogica BioLumin-C** Eye Serum builds on the success of the brand's BioLumin-C Serum. The lightweight offering delivers a highly bioavailable vitamin C complex that dramatically brightens the eye area while firming skin and addressing fine lines and wrinkles.

dermalogica.com



TRENDING TREATMENTS

trend forecast report. Yelp has found that its reviewers are as passionate about finding the best facialists as they are about the hottest places to eat. Here are just a few of the most talkedabout (and booked) spa services on the platform:

- **HYDRAFACIALS** The popularity of this specific skincare service has skyrocketed over the last five years among Yelpers.
- IV DRIP THERAPY Searches for the rumored hangover and jetlag cure are up 44 percent in the last year, especially as the experience has been popping up on spa menus across the U.S.
- SPEEDY MEDSPA SERVICES Yelpers love their Botox and fillers, but they're seeking out more businesses like New York City's Ject, a medspa where getting injectables is as quick and easy as going for a wax.
- HOLISTIC HEALING From Reiki to salt room therapy, the platform has seen a serious rise in searches for alternative treatments.

OUTSMARTING ONLINE SELLERS

It's no secret that retail is going through big changes as consumers increasingly shop for products online. But a recent report from market research firm Ipsos suggests that there are still plenty of ways to secure in-person sales, especially if you're in the beauty business. Some key findings worth considering:

GIVE THEM A TEST. Most Americans are still reluctant to buy cosmetics that they've only tried on virtually—and this is particularly true when it comes to purchasing foundation, tinted moisturizer, concealer and hair dye.

OFFER NATURAL OPTIONS. While about half of North Americans are loyal to their beauty care products, "natural" ingredients are a strong trigger for brand defection. Among American

respondents, 66 percent said they would try new products from other brands if they were natural, while 57



MARKET TO MOMS. Influencers like Kylie Jenner may have millions of followers, but mothers have the biggest impact on people's beauty routines. About half (49 percent) of global respondents said their mothers had the biggest

influence on their beauty regimens, well ahead of online videos (34 percent) and Instagram (31 percent).

NEW LEASE ON LIFE

Have you ever thought about renting out your spa for TV shoots, workshops or special events? Something akin to an AirBnB for small businesses, Peerspace allows beauty and wellness establishments to do just that—making it possible for owners to generate extra revenue from their facilities when they're not being used. In fact, more than 300 properties have already listed their locations for photo, film and music video shoots. Some also make their spaces available for classes, including eye lash training, product education, skincare workshops and more. peerspace.com



TRAINING DAY

CIDESCO will soon be opening its new and exclusive CIDESCO Training Salon, located at the international beauty association's head office in Zurich, Switzerland. The venture will provide the highest standards of education, including webinars aimed at offering CIDESCO international examiners continued professional development training, as well as assisting sections and schools with insights into changing industry trends. The development of the new training facility is sponsored by top providers who share its ethos in quality of training and services, including leading skincare brands Repêchage and BABOR; Italian spa furniture makers LEMI; U.K. spa uniform supplier FLORENCEROBY; and German electrical equipment manufacturer IONTO-COMED.

cidesco.com 🤝







Good Vibrations

Spas are ushering in a new age of services that harness the power of healing crystals. by Lotus Abrams

WHETHER OR NOT YOU'VE personally experienced the healing power of crystals, one thing is clear: Their growing mainstream popularity is undeniable. As evidenced by the recent proliferation of crystalfilled water bottles and crystal facial rollers—and their endorsements from high-profile fans-these healing stones are being lauded as the new musthave accessory. Singer Adele has been known to carry crystals during her performances; Australian model Miranda Kerr says her clear quartz crystal wand studded with rose quartz is a treasured possession; and pop star Katy Perry has proclaimed that her favorite crystals are rose quartz and amethyst. No longer just for new age enthusiasts, healing crystals are even starting to be incorporated into a variety of spa services designed to appeal to spiritually inclined (and curious) clients looking to soothe and treat the body and the mind.

At Chicago-based Allyu, for example, the signature Indonesian Wild Ginger & Coconut manicure and pedicure includes an energizing heated quartz, jasper and tourmaline crystal massage. At the Phoenician Spa in Scottsdale, Arizona, the Gem Stone Healing facial begins with crystals placed on and around the body for healing energy, and then utilizes a gem polish exfoliation and rose quartz gem clay mask. And at Côte's Los Angeles location, the Healing Crystal Pedicure, which features a rose quartz and essential oil soak, as well as a crystal massage using labradorite and blue calcite, has been so well received that the owners are considering offering it at their New York nail salon as well. "Customers have been over the moon enjoying this treatment," says Côte cofounder Leah Yari. "We've had bridal showers based on this service because it's such an amazing experience."

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"The basic laws of physics teach us that everything in the universe is made of energy, vibrating at different frequencies," explains certified crystal healer and celebrity manicurist Mazz Hanna. "Crystals vibrate at a very high frequency, and humans—for a variety of different reasons—vibrate at a much lower one. The way that energy works is that it naturally wants to entrain with whatever energy is vibrating at a higher frequency. When we bring crystals into our space, it elevates our frequency, allowing us to reap many different benefits, specifically to our health and well-being."

Hanna, a former creative director in advertising, left her career to follow her true passions, crystals and nails. Her trademarked Crystal Healing Manicure is now in high demand with her A-list clientele, including Julia Roberts, Emma Roberts and Selma Blair. "My mission from the very beginning was to make crystal healing practical, which is what led me to create the Crystal Healing Manicure," says Hanna. The service begins with a chakra analysis, which Hanna consults before creating custom-blended tinctures, sprays and oils using various essential oils and crystals tailored to her clients' individual energetic needs. "From there, I sage the space, create a crystal grid, give a CBD- and crystal-infused massage to the arms and hands, and then get to work putting crystals on their nails," she says. "Having crystals on your nails is a practical way to reap their energetic benefits."

Hanna has also recently launched a luxury line of crystal-infused skincare products. "As a certified crystal healer, it was very important to me to use crystals that help with whatever issue our product is trying to resolve," says Hanna. "For example, our cuticle oil has an amethyst roller ball; amethyst is the stone to call on if you are trying to break bad habits like biting and picking. All of our products are clean and natural, using organic ingredients whenever and wherever possible."

Côte has also launched a crystal healing nail care product for retail, the Treatment Traveler Set, which consists of six of the salon's popular offerings-



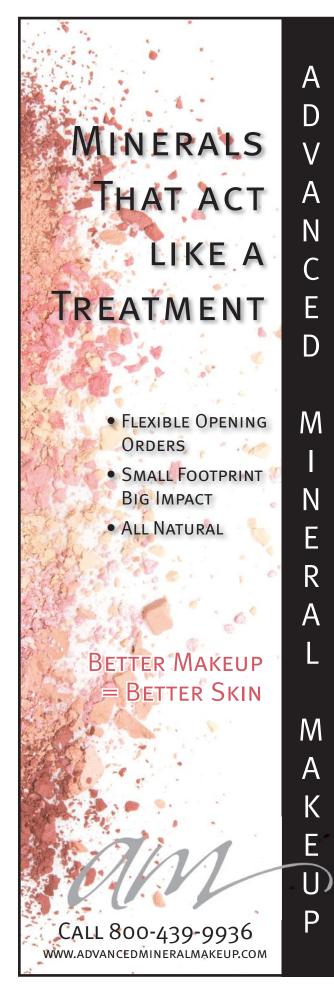


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ALTERNATIVE HEALTH



Sweet Treat

The perfect complement to crystal healing services, Los Angeles-based Good Vibes Cookie Co. (goodvibescookieco.com) Crystal Cookies come in a variety of designs inspired by different stones. Each cookie is handmade and hand-painted by founder Jodi Mannis. "My Crystal Cookies are replications of actual crystals made by Mother Earth with their healing properties," she says. "The sky's the limit since I'm a trained artist and graphic designer, so basically, if you dream it, I can create it!"

including Resurface & Repair Base Coat and Protecting Base & Top Coat—each infused with crystals. For spa owners who aren't ready to introduce healing crystal services, retail certainly provides an approachable means to tap into the trend. Namaste in Studio City, California, stocks crystal water bottles in its retail area, while other spas offer a curated selection of crystal jewelry and books about the practice of crystal healing.

While crystal-based treatments may not be the right fit for every client, their emerging presence in spa services is indicative of the increasing number of people gravitating toward them. "I think that wellness is going through a transition that extends beyond physical self-care into the mental, emotional and spiritual realms," says Hanna. "In the busy world in which we live, it's important to integrate this new type of wellness into our routines and rituals. Pairing crystal healing with spa services—a ritual many women prioritize—makes total sense."

In Fashion

The dynamic duo behind the Morgan Taylor brand, Morgan Haile and Taylor Daniel, shares their experience partnering with top designers on the runway.

For a long time, beauty on the runway was relegated to hair and makeup only. But as nails and nail art began to garner more attention, so too did fashion designers want to incorporate them into their runway looks. Today, nails are often an extension of the designers' seasonal looks. Taking part in the movement? Morgan Taylor. The brand has participated backstage at a number of notable Fashion Week shows from New York to London to Paris. Here, Morgan Haile and Taylor Daniel talk about how nails play a part.

What is the best part about partnering with designers for Fashion Week?

The best part by far is the collaboration, creating such great runway pieces together. The hair, makeup, nails and outfit might all look different, but when everything comes together it's magical. The little details—like nails!—really make the whole look complete.

Morgan Taylor has been working with Rodarte for a long time now, most recently for the Spring 2020 Look Book. How did that partnership come about?

It started about four or five years ago at New York Fashion Week. We were their nail sponsor, and we bonded over our similar businesses—Rodarte's Kate and Laura Mulleavy are sisters who run a fashion business, and we're also a family business. The Rodarte style is breathtaking, and Kate and Laura always consider how the nails fit into the complete look. We tried to create nails that really incorporated their style and inspiration to make something special. It's really important to work with a partner who understands this. That first show turned into a great partnership for years to come.

What were your favorite nail looks from the Spring 2020 Rodarte Look Book?

This is tough! Probably the iridescent look with the pearl detail. It's such a timely design that can be easily created. Layer Morgan Taylor Adorned in Diamonds and Izzy Wizzy Let's Get Busy, then add small-to medium-size pearls on top. It's a classic look for any occasion.

What other shows had standout nails?

A memorable show for us was The Blonds—the designers are so creative! For this show we created about five different futuristic styles, from multiple stones to geometric shapes to metallic fades. Each set of nails was matched with a different hairstyle, makeup look and outfit.











Safeguard Your Spa

Planning for disaster is essential for protecting your business. by Karie L. Frost

WE OFTEN PICTURE DISASTERS as they're portrayed in the movies: roiling cyclones or blazing fires. But the truth is, catastrophes come in major and minor forms, and if you don't have a backup plan in place, their negative impact could have a costly effect on your business. Even if you haven't experienced one or more of the following scenarios, you'll want to prepare for each situation—just in case.

NATURAL DISASTERS

Earthquakes, hurricanes, floods and fires can happen and along with them come property damage, disruption and possible injury. Unfortunately, more than 40 percent of businesses never reopen after a major disaster, according to the Federal Emergency Management Agency (FEMA). Even more shocking: Two years later, only 29 percent of those that reopen remain operational.

To avoid becoming a statistic, have an emergency

response plan in place. According to the Department of Homeland Security's Ready Campaign, you'll first need to conduct a risk assessment to identify potential emergency scenarios, allowing you to develop plans and procedures to prepare staff (think: fire drills, taking shelter for tornados, shelter-in-place for chemical clouds and lockdown for violence).

You'll want to have a first aid kit and fire extinguishers that employees can easily access and know how to use. Also, outline an evacuation strategy for staff, appoint an "evacuation leader," hold periodic practice drills and make the plan easily visible to everyone on the premises. Should you need guidance in drafting an evacuation plan and procedures, the U.S. Occupational Safety & Health Administration (OSHA) offers handy tools at osha. gov. You can also reach out to your local fire and police departments for know-how and to find out what their projected response time is for specific types of disasters.

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Be sure to have up-to-date emergency contact information, as well. Names, phone numbers and addresses for all staff and clients should be uploaded to a cloud service that you can access no matter where you're displaced. When Kingwood Nails & Spa in Kingwood, Texas, flooded in Hurricane Harvey, an emergency communications plan helped owner Vincent Nguyen remotely assess damage from people on site, as he was out of the state at the time. "Once we returned, we immediately had to clean out the salon and see what was salvageable so that we could contact local distributors and begin the rebuilding process," he says.

Delving into the aftermath of the disaster requires a plan, too. Set up protocols for assessing damage, salvaging items, protecting undamaged property and cleanup. If you need help for post-disaster site management, FEMA provides resources to guide you through the planning process at fema.gov. Although Nguyen didn't have flood insurance due to the spa location not being in a flood zone, he now believes talking through all possible scenarios with an insurance company is vital preparation for natural disasters. "That way, when the unexpected happens, you'll be in a better place," he says.

EMPLOYEE ILLNESS

A last-minute sick day request from a team member is preferred to employees spreading illness at work. Why? Sick employees are less productive, less attentive to safety and less likely to produce quality work, all of which can seriously impact your business, according to Commerce Clearing House (CCH), a provider of human resources and employment law services. In order to discourage "presenteeism" (i.e., employees showing up to work sick), develop a protocol that endorses staying

at home when ill and educate staff members about why this benefits the business. Then, make sure that you, as the owner or manager, lead by example.

Of course, when a team member is out sick, instituting client rescheduling procedures is imperative. This includes making these known in person and online during the booking process. "My staff notifies me right away if they're sick so we have time to call clients," says Somer Adams, owner of La Bella Salon in Glastonbury, Connecticut. "We give them the option to book with someone else or reschedule."

That said, when an illness is last minute (such as the burst appendix one of Adams' employees suffered), clients might not get the message before showing up. In these instances, says Adams, "Our plan is to always accommodate. We offer whatever we can do in the time allotted, and that keeps people happy."

CLIENT INJURY

A fall, an allergic reaction, a cut: Most client injuries can be prevented, but if they do happen, you'll want to be proactive. First, make sure you have general liability insurance. "It's not that expensive-especially for independent contractors, who should really have it, but tend not to invest in this coverage," says Adams. "It will save you should anything happen."

Ask first-time clients to provide emergency contacts and fill out a health history card that alerts you to allergies or medical issues that could be impacted by spa services. Again, make sure employees know where the first aid kit is located and how to use it, and that they can access emergency contact information in the event an owner or manager isn't there.

The Ready Campaign recommends having a CPR-trained employee (typically the manager) take





Award-Winning Equipment and Furniture

over in life-threatening incidents. And, although an opioid overdose might not be top of mind, Joanne Sorbello, owner of Stone Ridge Salon in Stone Ridge, New York, says she's currently mulling over Narcan training. "Due to a recent incident, I'm thinking we as business owners/professionals may need to take this type of training in case of an unexpected emergency," she laments.

EQUIPMENT FAILURE

Spas depend on a variety of tools, and when the power goes out-wham!-you're at a standstill. In such cases, it's good to have rechargeable, cordless equipment, as well as access to your clients' contact information via your cell phone (take a picture of a contact sheet, if need be) to reschedule anyone.

Burst pipes happen, too, and Sorbello says that you can mitigate the fallout by knowing where to turn off the water, ensuring employees know how to carefully evacuate clients so they don't slip and tasking staff with safely unplugging all electrical items. "Plus, it's extremely important to maintain relationships with plumbers and electricians; you never know when you'll need them," she notes.

As for a downed software scheduling system, instate a recovery plan for your data. Ask your software vendor whether it provides a "hot site" for IT disaster recovery, which notifies them of an outage and automatically stores your data until you can restore your system. Adams opted for web-based SalonTarget, which allows all employees to get their schedules on their smartphones. "Owners and receptionists can access the complete system from their phones, too, plus we have the main computer and three iPads. We also print a hard copy of the schedule every month just in case," she says. In addition, research payment systems that have an offline mode. For example, the Square system will automatically queue payments swiped offline and process them once your connection is restored.

But one of the biggest precautions you can take is backing up your spa's data daily, either to a cloud service or an external drive. "I have an automatic backup sent to an external hard drive every two hours," says Sorbello. "I also have an extra laptop that has a version of the scheduling software preloaded to it in case my main computer melts down. Computers will crash with zero warning; this should be expected." ♥



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Ahh-MBN!

Six spas discuss the services that appeal most to their male clientele. BY ALEXA JOY SHERMAN

True story: Over the past several years, men have proven to be almost as into the spa experience as women. In fact, guys now account for a full 49 percent of all guests, according to the most recent Consumer Snapshot released by the International SPA Association (ISPA). What's driving the demand? "Men are becoming increasingly aware of the health and wellness benefits that spa treatments offer," notes Daisy Tepper, spa director at The Post Oak Hotel in Houston. "In most cases, they're overworked, stressed and tired, so they're looking for a brief respite from the craziness of their jobs and family life, and appreciate the calming atmosphere that a spa provides."



Of course, men also want to look their best. As a June 2019 Research and Markets report found, global male grooming product sales are projected to jump to \$81.2 billion by 2024 (up from \$60.6 billion in 2018). The report goes on to say this has been catalyzed by men becoming more aware of personal wellness and appearance, a rising societal pressure to always look good and shifting attitudes towards traditional masculinity. Given all this, it should come as no surprise that spas are creating a

wide range of services specifically for guys. "The spa environment can often be intimidating to the male clientele-however, when they see offerings just for men, they feel more comfortable and book treatments," adds Kimberly Gagliardo, spa director at Spa at Norwich Inn in Norwich, Connecticut. If you're in need of some inspiration for your own male-focused menu, look no further than the six services that follow, all of which are attracting dudes in droves.

Men's Massage (80 min./\$260) The Ritz-Carlton Spa | Los Angeles

There's no question that men love a good rubdown, especially if they're athletically inclined. Dubbed "the ultimate male escape," this ultra-relaxing option is designed to melt away muscle tension with a fullbody massage using heated Basalt stones. "The stones target specific areas of concern, including the neck, lower back and/or shoulders," says Tyneese Thompson, director of spa. But the experience doesn't end there-it also includes a facial massage featuring a quick cleanse with Espa products, as well

as a scalp massage utilizing Espa scalp mud.

Getting the guy: Following the service, men report that they have a deeper understanding of self-care and how to get the most out of the spa experience, not to mention a clearer picture of what goes into a daily wellness routine and the benefits of the various skin, hair and body products. "We have a lot of male guests who not only return for this massage, but for our Men's Facial (50 min./\$185) as well. They appreciate the entire experience we provide," enthuses Thompson.







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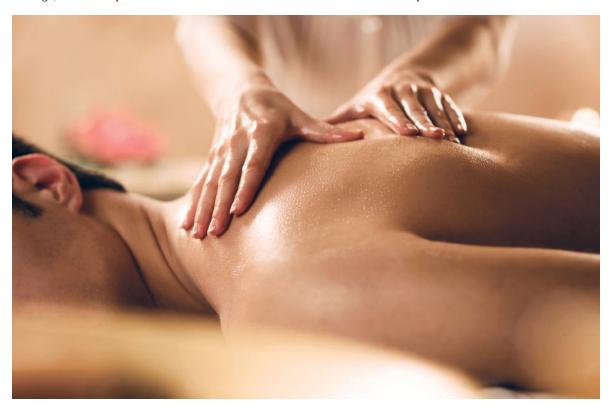
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Gentlemen's Back Treatment (50 min./starting at \$155) The Spa at Palms | Las Vegas, Nevada

Although men at The Spa at Palms mostly seek out massages, waxing services and pedicures, this targeted treatment is especially popular during warmer months, reports Brandy Ashford, director of spa & salon operations. It begins with a deep exfoliation using Omorovicza Gold Sugar Scrub, made with colloidal gold, fair trade cane sugar and vitamin C, followed by a warm thermal mud mask to draw out impurities. Next, a relaxing foot massage concentrates on nerve endings, and the experience concludes with a back

massage using an aromatic firming oil made with plum oil and vitamin E, leaving the guest feeling completely refreshed.

Getting the guy: Male clients are extremely grateful for the way this treatment eases any aches and pains while removing bacteria and/or blemishes. "Having a nice, clean back is a confidence-booster for men, and it's a great before-pool service," says Ashford, who adds that a lot of female guests come in and request the service for their partners.



Solid as a Rock (50 min./\$145) Rock Spa & Salon | Hard Rock Hotel and Casino | Atlantic City, New Jersey

The ultimate in muscle relief for athletic male clients, this deep tissue massage finds therapists using their hands, elbows and forearms to restore peak performance. "They target specific areas to best meet the needs of each guest, incorporating massage cream designed specifically for techniques including effleurage, deep palm kneading, trigger point release and gentle stretching to optimize relaxation, relieve pain, eliminate toxins and make the body more comfortable," says Ginger McLean, director of spa operations.

Getting the guy: Male spa guests tend to report higher levels of stress and physical activity, so they're beyond thankful for the way this service melts away tension and soothes sore muscles, notes McLean. "Deep tissue massage incorporates sustained pressure using slow, deep strokes, targeting the inner layers of the muscles and connective tissue, and guests say this service eliminates muscle pain and stiffness and reduces inflammation, resulting in a greater range of motion," she adds.

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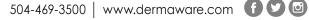
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Gentleman's Facial (50 min./\$120) Spa at Norwich Inn | Norwich, Connecticut

This fully-customized service begins with a consultation to determine which products will best address each male client's concerns. It includes a deep cleansing/ exfoliation, steam, extractions and a mask, and finishes with a luxurious face, scalp, neck and hand massage. "This facial is a wonderful choice for gentlemen concerned with signs of aging. It also provides relaxation for those with an overstressed lifestyle," says Gagliardo, who notes that guests are often inspired to take better care of their complexions

afterwards. "They appreciate the knowledge that our spa professionals can provide to them, and are motivated to take on a home regimen following their treatment," she explains.

Getting the guy: Men are blown away by the immediate results and can't stop raving about how great their skin looks, says Gagliardo. "Also, our facility allows them to enjoy a complete spa experience with sauna, steam room and Jacuzzi, optimizing these results," she adds.



Gentleman's Executive Facial (50 min./\$155) Griffin Gate Marriott Resort & Spa | Lexington, Kentucky

Perfect for sensitive and acne-prone skin types, this facial deeply purifies and decongests even the most problematic complexions so that male guests look immediately refreshed. That's largely thanks to the use of products containing a high level of propolis, which is derived from the honeybee in the Jura Mountains of France, and possesses potent healing and anti-viral properties. "The skin feels soft and soothed, and they have a brighter and more radiant-looking complexion," says Joshua McKnight, lead concierge, adding that it's great for guys suffering from razor burn.

Getting the guy: Although most of Griffin Gate's male guests typically visit the spa with a partner for a basic massage, they quickly realize they've been missing out on some much needed pampering, notes McKnight. "These gentlemen enjoy the massage so much that it piques their interest, so they explore other spa offerings like this facial," he continues. "Then, they discover the benefits of having extractions and deeply cleaned pores, and realize that taking care of their skin fits into their personal idea of having a healthy lifestyle."



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On the Rocks (No Time Limit/\$115) The Spa at The Post Oak Hotel | Houston

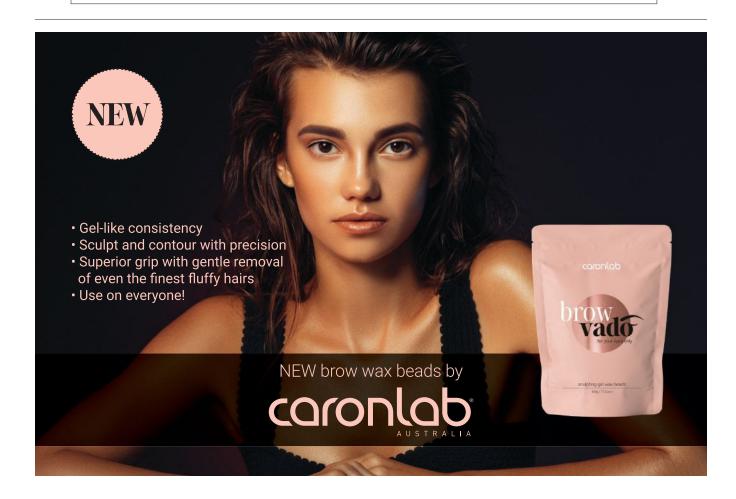
At long last, nails and males are going ... well, handin-hand—and liquor-loving lads are particularly big fans of this mani-pedi experience, which allows them to savor a scotch while getting impeccably groomed. The service begins with a gentle exfoliation of the hands and feet, along with an acupressure massage to alleviate tension. A nourishing foot wrap is next, and a trimming and buffing of the nails completes the treatment.

Getting the guy: Tepper notes that a large number of male guests schedule spa offerings like this one every couple of weeks. "We've seen more and more men requesting nail services," she enthuses. "It's become part of their weekly or monthly routine. In addition to appreciating the immediate improvement in their appearance, they've also reported long-term health benefits, including "better sleep, increased relaxation and an improved sense of overall well-being."

WHO'S THE MAN?

Check out some of the guy-centric statistics from ISPA's latest Consumer Snapshot.

- Men are most likely to book massage (64%), body services (30%) and fitness or sports services (29%).
- Men are most likely to visit a spa alone (51%) or with a partner (38%).
- Men are more likely than women to go to a spa with the intent of purchasing retail products (48% vs. 37%), as well as to make that retail purchase (68% vs. 61%).
- Most men have no preference as to the gender of their service provider (51%), while 36% prefer a female service provider and only 14% prefer a male service provider.





The Beauty of Technology

Voted #1 LED Bed Device in DaySpa's Professional Choice Awards



AWAR

Hundreds of spa professionals cast their votes to proclaim their favorite professional skincare and beauty products, both in and out of the treatment room. From antiaging and organic lines to cleansers and cosmetics, here are the DAYSPA 2020 Professionals Choice Awards winners!*

* Winners are listed in alphabetical order. In instances where more than three products are included, the votes were too close to call.



LASH SERUM/CONDITIONER



Grande Cosmetics GrandeLASH-MD Lash Enhancing Serum grandecosmetics.com

NovaLash Lash+doctor | novalash.com $\textbf{RapidLash Eyelash Enhancing Serum} \mid \textit{rapidlash.com}$ RevitaLash Advanced | revitalash.com

EYE MAKEUP





Elina Organics All Natural Mascara | elinaorganicsskincare.com Glo Skin Beauty Cream Stay Shadow Stick | gloskinbeauty.com Jane Iredale PurePressed Eye Shadow Triple | janeiredale.com



Bella Lash Classic | bellalash.com Glad Lash Signature Mink Lashes | eyelashextensions.com NovaLash London Volume | novalash.com

LIP MAKEUP





Colorlab Private Label Lipstick | colorlab private label.com Glo Skin Beauty Suede Matte Crayon | gloskinbeauty.com **Grande Cosmetics GrandeLIPS Hydrating Lip Plumper** grandecosmetics.com

BROW SERUM/CONDITIONER



LiBrow Purified Eyebrow Serum | lilashpros.com RapidBrow Eyebrow Enhancing Serum | rapidlash.com **RevitaBrow Advanced Eyebrow Conditioner & Serum** | revitalash.com



Advanced Mineral Makeup Pressed Powder

advancedmineralmakeup.com

Couleur Caramel Hydra Jeunesse Foundation | couleur-caramel.us Jane Iredale Amazing Base Loose Mineral Powder | janeiredale.com

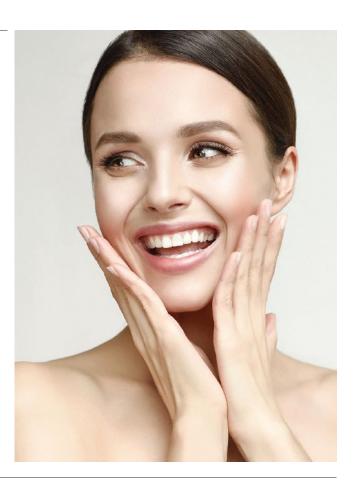


Dermalogica Intensive Eye Repair | dermalogica.com Glenna's CBD Best Oil Eye Cream | cbdbestoil.com Saian Clinical Strength Eye Serum | saian.net

SPF



COOLA Mineral Sun Silk Crème | coola.com Glo Skin Beauty Moisturizing Tint SPF 30+ | gloskinbeauty.com Seriously Fab Zinc It Over Sunscreen Facial Mist in Unscented seriouslyfab.com



ACNE LINE



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DermaSwiss Acne Essential Kit dermaswiss.com



Face Reality Skincare facerealityacneclinic.com

ANTIAGING LINE



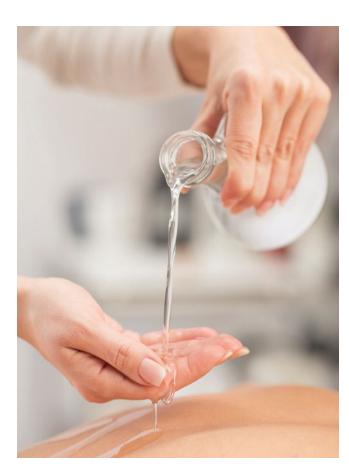
DermAware True Beauty dermaware.com



ExPürtise Effective Anti-Aging Collection expurtise.com



Guinot Age Logic guinotusa.com



BODY TREATMENT







Bioslimming Active Wrap | bioslimming.com M'ils Contour Body Wrap | mlis.com
Pevonia Crepe-No-More De-Aging Body Wrap | pevoniapro.com

MASSAGE OIL/CREAM







Biotone Pure Touch Organics Massage Crème | biotone.com Color Up Ease Pure CBD Massage Oil | coloruptherapeutics.com Earthlite Pro-Lite Massage Oil | earthlite.com
Pure Fiji Nourishing Exotic Oil | purefiji.com



G.M. Collin Hydramucine gmcollin.com



Ilike Organic Skin Care **Grape Stem Cell Solutions** | szepelet.com



Repêchage Hydra Blue repechage.com

MEN'S LINE



Pevonia Spa Care for Him pevoniapro.com



Sanitas Men sanitas-skincare.com



Yon-Ka Paris for Men shop.yonkausa.com







Elina Fedotova is the Founder and Chief Formulator for Elina Organics, President of the Association of Holistic Skin Care Practitioners, and an award winning esthetician. Elina Organics products are handmade by Elina and her team using the purest organic ingredients. Every product is bio-energized, seasonally adjusted, and provides deep delivery for immediate results.

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TONER



Color Up Mist Hydrating Tonic | coloruptherapeutics.com Ilike Organic Skin Care Rosehip Toner | szepelet.com Le Mieux Essence Toner | Iemieuxcosmetics.com

MASK







Bio France Lab Medi-Cold Cryo Healing Peel Off Mask biofrancelab.com

DermAware Aerobic Infusion Mask | dermaware.com Éminence Snow Mushroom & Reishi Masque | eminenceorganics.com

PEEL



DermAware A+ Smart Serum Peel | dermaware.com PCA Skin Sensi Peel | pcaskin.com Skin Script 30% Glycolic Peel | skinscriptrx.com

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BODY EQUIPMENT



LightStim LED Bed | lightstim.com Silhouet-Tone P.R. Cell 2G | silhouettone.us Zemits Abigon Cavitation Radiofrequency Slimming System | zemits.com

SCRUB

CELLULITE



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Biotone Micro-Buff Body Polish | biotone.com Color Up Refine Facial Scrub | coloruptherapeutics.com FarmHouse Fresh Triple Shot Caramel Coffee | farmhousefreshgoods.com

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IN THE NEWS



HOUR(S) OF POWER

Skincare company Repêchage hosted its annual business networking Power Lunch for spa and salon professionals on December 2, 2019, followed by a hands-on massage workshop led by company CEO and founder Lydia Sarfati. This year's event was moderated by Kristina Rodulfo, beauty birector of Women's Health magazine, and included a panel of leading female entrepreneurs in skin care, spa

Sarfati kicked off the event with her "How to Boost Your Retail Business" presentation, which offered strategies for retail success as part of a spa's company culture and profit driver. Key takeaways included how to assemble an educated sales team, how to properly merchandise, how to implement promotions, and best practices for selling to clients. Next was lunch and a champagne toast, then an interactive panel with three top spa pros from across the country who all shared their personal journeys to professional success and provided valuable advice to attendees. Finally, Sarfati hosted a one-day facial massage workshop at the Lydia Sarfati Postgraduate Skin Care Academy at Repêchage corporate headquarters in Secaucus, New Jersey.

The brand invites spa and salon professionals to join it for classes, webinars and other educational events in the coming year, including the Repêchage 40th Anniversary VIP Celebration and Master Class in July. To see the full schedule, visit edu.repechage.com.



GRAND OPENING

Dermalogica recently completed a new. expanded product development lab located at its global headquarters in Carson, California. On December 16, 2019. founder and chief visionary Jane Wurwand, CEO Aurelian Lis, and vice president of technology

and innovation Angela Murphy welcomed the brand's network of staff and professional skin therapists to a celebratory ribbon-cutting event, where they revealed the launch of the new BioLumin-C Eye Serum and lab facilities.



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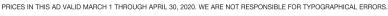
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Meditate for Fewer **Mistakes**

To err is human, but a new Michigan State University (MSU) study published in the journal Brain Sciences finds that meditation helps minimize mistakes.



Study participants, who had never meditated before, were taken through a 20-minute open monitoring meditation exercise (which focuses awareness on feelings, thoughts or sensations as they unfold in one's mind and body) while brain activity was measured through electroencephalography, or EEG. Then, they completed a computerized distraction test. "The EEG can measure brain activity at the millisecond level, so we got precise measures of neural activity right after mistakes compared to correct responses," says study co-author Jeff Lin, a psychology doctoral candidate at MSU. "A certain neural signal occurs about half a second after an error called the error positivity, which is linked to conscious error recognition. We found that the strength of this signal is increased in the meditators relative to controls." Next, the researchers plan to include a broader group of participants, test different forms of meditation and determine whether changes in brain activity can translate to behavioral changes with more long-term practice.



DATE BOOK

Make a note of these upcoming industry events!

MARCH 21-22

The Makeup Show Houston themakeupshow.com

MARCH 29-30

The International Congress of Esthetics and Spa (ICES) Philadelphia philadelphia.skincareshows.com

MARCH 29-30

World Spa & Wellness Convention London worldspawellness.com

APRIL 18-20

International Esthetics, Cosmetics & Spa Conference (IECSC) Chicago



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Caronlab After Wax Soothing Lotion clears away wax residue while preventing pustules and ingrown hairs, thanks to witch hazel and mango. cbongroup.com



Guinot Mirific Shower Gel uses passionflower's restorative oils to nourish the skin while orange blossom, vanilla and amber add a refreshing floral fragrance. guinotusa.com



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Nufree Finipil Lait 50 antibacterial and antiseptic cream kills 99 percent of bacteria to protect follicles from infection after hair removal services. nufree-professionals.com



Tend Skin Brightoner Serum is designed for use after hair removal in conjunction with the brand's signature isopropyl alcohol formula to help brighten skin while banishing ingrown hair. tendskin.com



Ráva Lemon Water Gel Cream brightens and refreshes the complexion with hyaluronic acid, ginseng and lemon. rayalab.com



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Stephanie Brennan

U.S. Brand Manager, Pure Fiji

PERSONAL MANTRA:

Never judge a book by its cover.

GUILTY PLEASURE:

"Below Deck" on Bravo

FAVORITE PLACE:

Paris (But I'm really looking forward to visiting Fiji, home of Pure Fiji, in a few weeks)

LAST GOOD BOOK YOU READ:

The Four Agreements by Don Miguel Ruiz

PET PEEVE:

People who don't understand the proper etiquette of getting off an airplane or getting on an elevator

WOULD MOST LIKE TO MEET:

Muhammad Ali

FAVORITE FOOD:

Coconut, of course

CAN'T LEAVE THE HOUSE WITHOUT:

Pure Fiji Lip Balm

What's the most fun part of your job?

Making people smile. You never know what others are going through, and if I can share a beautiful infusion that reminds them of a vacation or makes their skin feel better, then I have succeeded.

What is the brand's hero product and why?

Exotic Oil. We have a balanced blend that includes virgin coconut, dilo, macadamia nut and sikeci oils to moisturize, nourish and protect skin and hair.

What advice would you give your younger, juststarting-out self?

Find a mentor or strong, supportive leader to inspire you, and don't ever let anyone crush your spirit. We all fall, but it's how we pick ourselves up and move on that allows us to succeed.

How do you unwind?

When I'm not traveling for work, I make it a point to go for a run or hike near the water. It's all about getting out of my head, and the ocean truly feeds my soul.

Who inspires you?

My father. He is the strongest person I know and, after 22 years battling Parkinson's, he still wakes up every morning with a positive outlook on life.

What's on your bucket list?

Visiting the paper making village in Fiji where the women create the beautiful paper that wraps our soaps to help support their communities.

What's your favorite part of the day?

The morning. I wake up around 5:30 and it's so peaceful—it gives me a great opportunity to work or work out before the hustle of the day begins.

If you weren't in this industry what would you be doing?

I would definitely be a nurse. I'm very nurturing and love taking care of people. (However, I can't stand blood!)

If you could change one thing about yourself, what would it be?

I would probably be less bossy, even though I'm really just trying to get things done. Write that down! (Just kidding.) 🤝

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