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HEALING MAGIC

SPA AT FOUR SEASONS RESORT ORLANDO (FL)



Getting Clearance

Dark spots, pigmentation, and spider veins can all wreak havoc on the skin. Fortunately, spa-goers can clear up those imperfections with the Intense Pulsed Light (IPL)/Photofacial (starting at \$350, 60 minutes) at **Lucy Peters Aesthetic Center** (New York City). The treatment, which uses broad-spectrum light, draws discoloration to the surface rapidly. After a cooling gel is applied to the skin, the IPL is flooded over the treatment area using the Dye-PL from Alma Lasers. Within days, spa-goers are left with clearer and more even-toned complexions. "It's fast, painless, and non-invasive, treating skin problems like age spots, broken vessels, fine lines, and acne," says general manager Kinga Bagnowska. "It brings back a glowing and youthful appearance." For the Dye-PL from Alma Lasers: www.almalasers.com.—*H.M.*



The ingredients found in arnica flowers are known to reduce inflammation.

Just Breathe

Spa-goers suffering from seasonal allergies can find relief with the Herbal Apothecary Allergy Relief Massage (\$155, 50 minutes; \$205, 80 minutes) at **The Spa at Four Seasons Hotel Austin** (TX). The focused massage incorporates aromatherapy using Body Bliss products, such as the Inspired Organic Mint & Arnica Soothing Muscle Salve and Herbal Apothecary Massage Oil. "The wildflowers and trees that make Austin so beautiful can be a nightmare for someone with allergies, so this massage uses classic therapeutic elements to address discomfort," says spa director Mary Kate Piotrowski. "Therapists target the areas that naturally take on the most stress in the body, using marma point-inspired facial massage and a focus on the upper back and neck to bring palpable relief. Essential oils—chosen specifically for their aromatherapy benefits—and hot towel compresses further help open airways, breaking up even the most stubborn congestion." For Body Bliss products: www.bodybliss.com.—*H.M.*

ingredient to watch: micro silver

Copper and gold have long been touted for their skin benefits. Silver, however, is now getting its due with the launch of Repêchage's Hydra 4 Red-Out Facial with Micro Silver and Anti-Oxidants (\$140, 50 minutes) at **XSport Fitness Spa** (Downers Grove, IL). Ideal for hypersensitive skin and calming conditions such as rosacea, this soothing treatment incorporates micro silver, which is proving effective for its ability to eliminate a broad spectrum of bacteria on the skin. "Research has found that one possible cause of rosacea is skin microbes that thrive on the skin," says Lydia Sarfati, founder and CEO of Repêchage. "Micro silver has been proven to be antimicrobial, reducing the bacteria in which microbes thrive, and therefore, helping to soothe inflamed and irritated skin. Micronized silver has additionally been shown to be effective over a longer period of time than traditional silver powders." The company recently introduced a range of micro silver products, such as the Hydra 4 Red-Out Calming Cleanser and Hydra 4 Red-Out Serum, which are used in the calming facial. The treatment also involves the use of the Repêchage Silver Ball Massager, an ergonomically designed tool made of high-quality stainless steel. Remaining cool to the touch, it helps enhance the application of the serum. Micro silver can also be found in footcare and deodorant products, as it's also effective at preventing odors. For Repêchage products: www.repechage.com.—*H.M.*

