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# spas & treatments

Sure-fire ways to look great and feel fabulous.

## FEELING SOUL GOOD

Yoga has infiltrated our lives as much as step-aerobics and tight spandex dominated the '90s. So it's not that surprising that New York's Dream Hotel will open up a yoga-inspired spa by April 2005. What is surprising is that the new Chopra Center will be the first Ayurvedic spa in the Northeast. Dr. Deepak Chopra, who is responsible for creating a similar health center in La Jolla, California, has finally brought the ancient methods to the East Coast. Using Ayurvedic principles, which stress the importance of a sound mind and body, the new spa promises to offer its customers an "inner healing process." You can choose from six different types of massage depending on what your body needs. The Abhayanga friction massage is perfect for anyone who needs a little immunity boost and increased energy. Two therapists start off by rubbing warm massage oil over your body, which is then followed by a hot towel treatment to remove bad toxins. Or if you're in need of a more intense session and want to reconnect your mind, body and spirit, then you might want to try the Gandharva Therapy. Using energy forces, sound therapy and a crystal singing bowl, the relaxing technique is believed to rejuvenate and rebalance you completely. There are also less complicated massages like the Shirodhara, which involves a steady stream of warm, relaxing oil poured gently over your forehead. The soothing, slow process helps you unwind and calms your entire nervous system. The center will also offer hatha yoga classes where you can focus on meditation, chanting and sutras. Now, who says getting R&R doesn't have benefits for the soul? Visit [Dreamny.com](http://Dreamny.com) for more info. — Alice Suh

## STATE OF MANE

Turns out that a beautiful head of hair isn't completely due to genetics. The latest in hair trends is brought to you by Kerastase, who now offer revitalizing deep treatments. The Butterfly Studio in NYC has partnered with Kerastase to create a beautiful space unique to New York that provides the ultimate experience in hair luxury. Alirio Sanchez, the man behind the frosted glass walls, takes the time to talk to you about your hair and then figures out the perfect treatment for its needs. Just sit back, relax and enjoy. From the massaging hair wash to the massaging treatment application to the actual upper-body massage, you'll have a hard time keeping your eyes open. After the rinse, grab your glass of wine, head over to your blow dry and watch the transformation. Between treatments, Butterfly founder and hair mogul Kattia Solano recommends at-home maintenance. Try using Masque Intense Kerastase products such as the Age Recharge Masque for an at-home hair miracle. One important tip for keeping your mane healthy: Don't over-wash. According to Solano, over-washing is enemy number one. Butterfly Salon: 149 5<sup>th</sup> Avenue, 2<sup>nd</sup> Floor, New York City. *Also available at Fred Segal in Los Angeles.* — Denise Dandeneau

## ACID REIGN

Has winter left your skin looking sallow and dull? Well, ladies, it's time to wash that frown right off your face — literally! Or better yet, let someone else do it with a glycolic acid facial. But hang on, before you rush off to rid yourself of that extra layer of skin, take heed: These facials aren't for everyone. Efa of Just Calm Down spa in New York City says, "The glycolic acid concentration in a facial is about 40%, which will cause your face to become red and irritated. So plan to stay home for at least a day." For those of us trying to avoid that carpaccio look but wanting the same effect (think fresher, healthier-looking, more even-toned skin — fewer fine lines and smaller pores too!) why not try Mario Badescu's line of glycolic acid products which contain a much lower concentration? Some faves are Badescu's Glycolic Foaming Cleanser and Glycolic Gel. Don't forget to pick up some of the Hyaluronic Emulsion with Vitamin "C." It's not only going to protect your skin from the elements, but that damn radiator too. Log onto [MarioBadesco.com](http://MarioBadesco.com) and pick up some products of your own. — Casey Gillespie





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The Butterfly Studio