

BALANCE

RESTORE

SPA DAY

BEAT THE HEAT AND KEEP SKIN LOOKING LUMINOUS WITH THESE SUMMER FACIALS

BY JANE E. ENOS

FRESH FOCUSED

The Citrus Squeeze Summer Facial (\$149) at **Spavia** in Naples offers a breath of fresh air for the skin. Leveraging cruelty-free products from Farmhouse Fresh, the experience begins with a vitamin C-based cleanser containing glycolic acid and is designed to smooth, brighten, and awaken. Two different masks are applied, including a gentle tapioca pudding resurfacing mask that helps slough away dead skin cells and a chamomile-enriched mask containing organic oranges, retinol, brightening clays, fermented lemon peel extract, cucumber, and watercress extracts. This treatment pays special attention to the area around the eyes and the lips. Quite comprehensive, it targets well beyond the face. Hands and forearms are exfoliated, moisturized, and massaged, and a soothing face, neck, and scalp massage is also included. (spaviadayspa.com)

Summer skin tip from Spavia: Be sure to wash your glasses and sunglasses regularly to remove dirt and debris that can clog pores and cause acne on the nose and around the eyes.



GLOW GETTER

Add life and luster to tired-looking skin and reverse signs of aging with the DiamondGlow Facial (\$200), a popular summer treatment offered at **Naples Aesthetic Institute**. A proprietary form of microdermabrasion, DiamondGlow gets its name from the diamond-tip wand used to remove dead skin cells. The treatment includes three main aesthetic functions: exfoliation, extraction, and infusion. First, the tip of the wand is used to exfoliate the skin, removing dead skin cells and impurities. Next, suction is used to vacuum any debris or residue from the surface. Finally, tailored with the guidance of an aesthetics expert, skin serums from SkinMedica are applied, infusing nutrients, vitamins, and antioxidants. With immediate results and no downtime, this facial should keep you on the glow. (naplesaestheticinstitute.com)

Summer skin tip from Naples Aesthetic Institute:

During the summer especially, a preventive routine is critical. For optimal protection, layer morning skin-care products in this order: cleanser, vitamin C serum, moisturizer, eye cream, and sunblock.



COOL IT

Florida is hot, especially in the summer. When you're looking to cool off, the Cryo Queen Facial (\$75) from **Face Foundrié** in Naples should do the trick. Expect approximately 40 minutes of facial favorites, including a relaxing massage, cleansing

(done in part with Face Foundrié's branded Skin Scrubbers), toning, and the application of a clay-based mask, serums, and moisturizers. Extractions can also be incorporated. What sets this treatment apart is the cryo-formulated technology, which involves the application of extremely cold air on the skin. Stimulating but typically not uncomfortable, this air works to firm, lift, and tighten while boosting circulation and producing immediate results. After, relax under a restorative LED light, shown to stimulate collagen production and provide other skin-enhancing benefits. (facefoundrie.com)

Summer skin tip from Face Foundrié:

Don't underestimate the importance of exfoliating in the summer. This helps eliminate dirt, makeup, sunscreen, sweat, and excess sebum that could clog pores.

