

Supplement to ALLURE

THE BEAUTY EXPERT 2009

Ultimate Guide to Relaxation

- FIND THE BEST SPAS
- GET VIP TREATMENT
- LOSE WEIGHT
- SMOOTH YOUR SKIN

Fast Detox Diets

Do They Really Work?

THE TOP DAY SPAS, DESTINATIONS, AND RESORTS

In 56 Cities & on Five Continents

Rockin' Desert Quench, an exfoliation with warm agave nectar and crushed desert plants, followed by a hot basalt-stone massage and organic aloe body wrap, \$200.

**Top Pros:** Becca Olpin for face and body; Megan Lapham and Elena Beane for massage.

**Best Amenities:** Coed aromatherapy hammam; a hot pool with hydrotherapy beds and cool plunge pool.

Seattle

**Vida Spa at The Pan Pacific Hotel**  
9000 Lenora St.  
415-519-6870

**Most Relaxing Treatment:** Nidra Sleep Treatment, an hour-long aromatherapy massage with customized warm essential oils, \$130.

**Top Pro:** Briannne Cominski for body.

**Best Amenity:** The relaxation room with a sauna, fireplace, and organic snacks.

San Francisco

**The I-Spa at the Intercontinental Hotel**  
888 Howard St., 6th Floor  
415-616-6597

**Most Relaxing Treatment:** I-Spa Signature Customized Massage—during a footbath and warm-herb neck wrap, your therapist designs a rub-down that targets your specific needs, \$235.

**Top Pro:** Jesus Rivas for body.

**Best Amenities:** iPod hookups in every room, access to the hotel's pool and gym.

Los Angeles

**Le Spa at the Sofitel Hotel**  
8555 Beverly Blvd.  
310-228-6777

**Most Relaxing Treatment:** Pure Relaxation, with exfoliation and a warm clay-and-papaya body mask, \$165.

**Top Pros:** Tej Maafri for face; Elena Madrinan and Claire Sterrett for body.

**Best Amenity:** A footbath with sea salts and essential oils, followed by a foot massage.

Spa Montage at Montage Beverly Hills Hotel

225 N. Canon Dr.  
310-860-7840

**Most Relaxing Treatment:** Replenishing Stones, a hot-

To find the best spas in your area—and our favorite cheap mani-pedis—log on to [allure.com/directory](http://allure.com/directory).

(continued on page 62)

stone massage, salt scrub, and Vichy shower, \$255.

**Top Pro:** Cherie Rodriguez for body.

**Best Amenities:** Mineral pool, steam room, sauna, and whirlpool.

Ciel Spa at SLS Hotel Beverly Hills

465 S. La Cienega Blvd.  
310-246-5560

**Most Relaxing Treatment:** Balanced Body, a dry-brush exfoliation, warm mud wrap, scalp massage, and rubdown, \$185.

**Top Pros:** Yvette Toman and Nikki Rox for face; Dina Porter and Colleen Flaherty for body.

**Best Amenities:** Access to the gym and rooftop pool.

Great Jones Spa in New York City offers hot and cold plunge pools.

A hand massage at Spa Montage in Beverly Hills

THE PAGE, CLOCKWISE FROM LEFT: COURTESY OF THE STANDARD SPA; DSP; MICHAEL WESCHLER, OPPOSITE PAGE; COURTESY OF SENSE SPA AT THE CARLTON OTEL



# NOVEMBER 2007

# Directory

## Pure Luxury

The most pampering spa services from South Beach to Manhattan Beach.

**La Prairie Spa at the Ritz-Carlton**  
Stress Relieving  
Scalp & Foot Therapy  
50 Central Park South  
212-521-6135

We consider scalp massages and foot rubs to be two of life's great pleasures, so we had high expectations for this treatment. And for the most part, it delivered. After soaking our feet in a bubble bath, one aesthetician massaged our hands and feet (applying extra pressure to our heels and arches) and placed them in warm mitts and booties. Meanwhile, another therapist expertly massaged our scalp and upper back. The half-hour session was easy to wedge into our jam-packed day. But for \$135, we couldn't help but feel a little short-changed. 30 minutes, \$135.

**Great Jones Spa**  
Lemon Verbena Body Polish and Massage  
29 Great Jones St.  
212-505-3185

After we got past the utilitarian look of the treatment room, we settled in for what turned out to be a very relaxing head-to-toe scrub of jojoba, shea butter, and aloe vera that left us gleaming like sparkling china. But our pampering was temporarily interrupted when our therapist instructed us to put on our robe and follow her up two flights of stairs to the

massage room. As soon as she started the Swedish Massage with ginger and lemongrass oil, employing deep-tissue techniques for our sore legs, all was forgiven. Our advice: Skip the scrub and book a massage, 60 minutes, \$150.

Ole Henriksen Face/Body rollers on Rub N' Buff Salt Scrub.

**Lather Spa**  
Bamboo Indulgence  
127 E. 57th St.  
212-644-4449

As soon as our aesthetician led us through the peaceful spa and into a serene, tiled treatment room, it was obvious this was designed to pamper. After giving us a paper bra and underpants, she massaged a lemongrass-bamboo scrub onto our arms, legs, back, and stomach with long, swirling strokes that felt like a full-body back scratch. We were then rinsed by a warm, overhead Vichy shower (with our eyes closed, we could have sworn we were soaking in a hot tub). She swaddled our body in plush towels and, without asking us to move an inch, she slipped the waterproof layer out from under us, revealing a cozy bed where she massaged us from neck-to-toe with a lavender lotion that left our skin positively glowing. 45 minutes, \$85.

A therapist massages in a lavender-infused lotion at Lather Spa in New York City.

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## SPOTLIGHT

### Spotlight on New Esthetician Nicole Rox



It's been only two weeks since *The World*'s new esthetician, Nicole Rox, stepped aboard the ship and into her first shipboard job, yet she's quick to tell you how at home and welcome she already feels by Residents "who have been incredibly nice" and crew members who "always say hello and who dine together like a big family." Settling into her new digs at The Spa by Banyan Tree, the licensed esthetician is pleased to bring her experience and vast knowledge of the luxury destination spa industry and medical spas to Residents and Guests of *The World*.

"Nicole came highly recommended to us by executives at Natura Bisse, our new skincare line, and we can see

why," said Senior Vice President Hotel Operations Alain Gruber. "The response to her has been excellent. The strategy behind providing a professional esthetician and high quality skincare line came from Resident focus groups and is tied to a key 2010 company objective for the Spa – to at a minimum break even and increase satisfaction levels. With the combination of Nicole's talent and a world-renowned brand like Natura Bisse, we are definitely on track."

Before joining the Ship, Nicole trained at Natura Bisse's Dallas facility. She gives the Barcelona-based company high praise for having "the best products" and is using the bio-engineered line exclusively. The most popular treatments so far she says are those for hydrating the skin.

German-born Nicole has had as varied and successful career including volunteer work to help women undergoing chemotherapy. She stumbled into skincare when she turned a hobby into a career, no doubt with a little inspiration from her mother who owns a small spa on the North Sea. After moving to New York to work in finance, Nicole's esthetician career took off when she joined The Spa at Mandarin Oriental, New York. Please join us in welcoming Nicole to our team. For an appointment, please call the Spa at ext. 5300.

## WHAT'S NEW

### Fredy's Deli Continues to Go Green!

Continuing in the Ship's efforts to be environmentally conscious, Fredy's is now selling [Seventh Generation](#) products, a leading brand of environmentally friendly and non-toxic household and personal care products. Laundry items for sale include Chlorine-free Bleach, Natural Fabric Softener Sheets, Natural 2X Concentrated Laundry Liquid, Fabric Softener and Natural Laundry Powder. Dishwashing products include Natural Dish

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## Tours

 **9 Nov.: Rainforest (Night).** Riding a zip-line through a rainforest canopy is an experience during the day, but even more so with the nightfall.

 **9 Nov.: Salsa Beat.** An energetic, sensual salsa on this evening at *Café La Princesa* in Old San Juan. A sampling of dishes and a cool libation will set the mood.



 **10 Nov.: El Yunque Hike.** Discover Puerto Rico's pristine natural beauty through scenic and memorable hikes through El Yunque Rainforest.

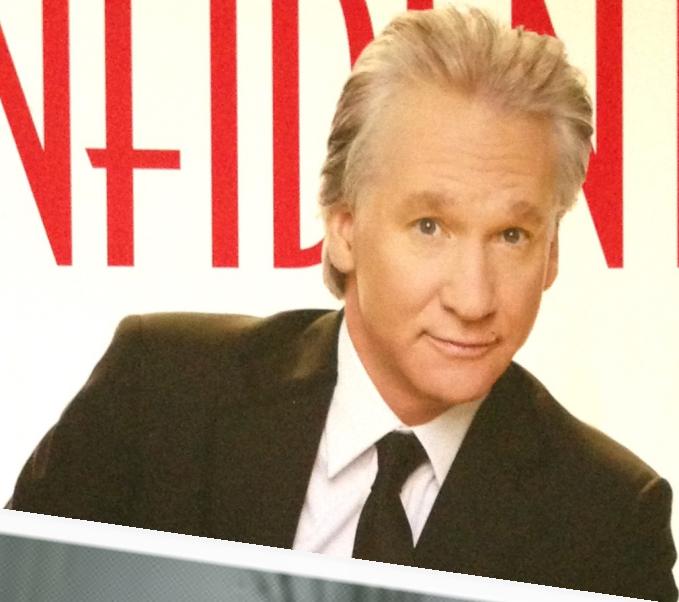
 **10 Nov.: Puerto Rican Cuisine.** Visit the nation's prominent art depository, the *Museo de Arte de Puerto Rico* (MAPR) and drive to Old San Juan where Chef Victor Williams prepares some of the finest dishes.

LOS ANGELES

# CONFIDENTIAL™

**EXCLUSIVE!**

**BILL  
MAHER**  
TALKS THE TALK



COME INSIDE  
DAVE NAVARRO'S  
SWANKY SANCTUARY

**RYAN SEACREST**  
Builds His Empire

STYLE MUSTS OF THE  
WELL-DRESSED MAN

**THE GUYS HAVE IT**

LUKE MACFARLANE  
HENRY CAVILL  
GORDON RAMSAY  
BRIAN AUSTIN GREEN  
SEBASTIAN STAN  
JOHN VARVATOS  
HOWIE MANDEL  
CHRISTOPHER BAILEY  
& MORE!





December 19, 2003

Now Rox

Nicole Conklin  
Spa Concierge  
The Spa at Mandarin Oriental, New York  
80 Columbus Circle at 60<sup>th</sup> Street  
New York, NY 10023  
USA

Dear Nicole,

Greetings from Hong Kong and congratulations to being a most respected member of the "Mandarin Oriental-New York Spa Opening Team".

Please accept this little token of appreciation mend to personally express our group's gratitude for your dedication and commitment to the success of our Spa.

Your contribution in form of your enthusiasm, hard work and long hours have allowed us to open this fabulous facility to great esteem.

I am confident that your commitment will be rewarded in many ways and trust that you are proud to be "the opening member", having given birth to the most sophisticated Spa in New York City.

Keep it up and we are looking forward to working with you.

Warmest Regards,

  
Ingo R. Schweder  
Group Director of Spa



Andrea Lomas  
Group Spa Manager, Operations



tastic thank you!

Dear Nicole,

Here is the coverage that resulted from the Japan press trip in March. Thank you again for your assistance with the shoot!

Best regards,

Mandarin Oriental, New York

