

A DAY IN  
THE LIFE OF  
A WRITER  
AT IDEAL IMAGE

Sarah Revilla  
puts her lines on  
the line for you.

BEAUTY  
IN A BOTTLE

Daily ways to love  
the years away.

the  
aging well issue

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time to stop

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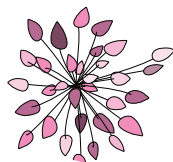


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# timetospa

VIRTUAL SPA. REAL INSPIRATION.



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Dear timetospa readers,

According to Spa Finder Research, the term anti-aging is passé. Instead, we are moving into an era when 'aging well' is our new vision for the man or woman moving into the fall and winter seasons of life. Realizing that a focus on 'anti-aging' implies that getting older is something we should defer at all costs may have a negative psychological impact on anyone (over the age of 12 or so!). Aging well instead supports the idea that there are ways to live and think that can enhance quality of life or diminish it. Beauty at any age takes much more than merely physical efforts. It also takes the nurturing of one's mind and the fulfilling of emotions.

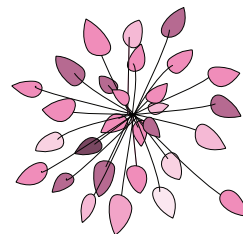
The aging well focus of this issue began with an opportunity we had of sending a writer to experience some of the latest non-invasive cosmetic medical services which offer ways to treat skincare issues often associated with getting older with advanced technology. Realizing the hesitancy of some of us to go beyond the concept of basic skincare – facials and daily skincare regimens - we sent beauty expert, Sarah Revilla, to Tampa to the Ideal Image Center, where she experienced laser hair removal, injectables and a new skin-firming treatment all performed by certified medical practitioners. Go to page 18 to get an honest, step by step description of Sarah's personal experience.

As always we have some great offers and new products by Elemis and bliss. So enjoy the reads and be good to your mind and body.

### Sarah Jacob

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## **What does it mean to age well and how do we do it?**

Is beauty merely skin deep, or is there more to beauty than meets the eye? Well maybe the ambiguous answer is, yes and no. Physical beauty, some argue, is mostly skin deep – that is, if you have a beautiful mind, it may not necessarily shine through to the surface. Similarly though, physical beauty may be half empty, like the glass is on a bad day. So at **timetospa**, we advocate a healthy dose of beauty obsession that is kept in check by other areas of self development in order to access the deeper beauty shining within at every age. Over the next few pages we address aging well through non-invasive cosmetic medical services, daily care and also through changing our attitude and perspective about getting older.





agingwell

# Beauty Is More Than Skin Deep

By Nikki Moustaki



**With maturity comes wisdom... and age spots.** Fortunately, we live in a time when correcting life's little wrinkles is easier than ever. Researchers have spent years bent over their microscopes to bring us the latest in anti-aging information and technology. We all have to age. But we don't have to age prematurely.

"Aging well is an art," says Marg Finn, a 68-year-old retiree from New York, NY. "How you paint your canvas – how you treat yourself – is the paintbrush."

Finn, now ending her sixth decade, says that she feels like she's in her 30s. How does she manifest the fountain of youth?

"Every day I wake with the joy of living," says Finn. "I survived my youth and carry those lessons with me into my daily life. Some lessons are simple—and some are as profound and important as getting a facial every month—a lady has to prioritize."

#### GENETICS AND AGING

Most experts agree that genetics are important, but they make up a small part of what causes us to look older before our time.

"There have been many reports of female twins who age differently because one might be a smoker, lives an unhealthy lifestyle, and spends lots of time in the sun, while the twin sister, who lives a more healthy, balanced lifestyle, looks much younger," says Susan Smith Jones, MS, Ph.D., from Los Angeles, CA, author of *Walking on Air: Your 30-Day Inside Out Rejuvenation Makeover*. "I often compare this to Russian roulette: the bullet in the gun represents the genetics; the trigger represents the lifestyle."

The fact that you can help your genes stay happy with a healthy lifestyle is hard science. In 2009, three scientists won the Nobel Prize for their discovery on how *telomeres* worked to protect our DNA. Telomeres are the caps at the end of each strand of DNA that protect it, like the plastic tips at the end of shoelaces. By protecting the DNA on our chromosomes, telomeres allow cells to function and reproduce properly.

"Telomeres act as clocks within our cells, responsible for cell aging and longevity," says Noel Thomas Patton, Founder and CEO of T.A. Sciences in New York, NY. "Telomeres get shorter as people get older. When they get too

short, they signal cells to age and die. Some cells, like those found in the skin, are most affected by telomere shortening because they reproduce most often. People's lifestyle choices can affect telomere length."

Patton says to reduce stress, stop smoking, lose weight, exercise more, and eat a healthier diet to encourage cells to function as though they were younger.

As we age, our skin becomes less efficient at making Vitamin D, as well. The skin of a fifty year old makes half the amount of Vitamin D as does the skin of a twenty year old, and that figure is halved again by age seventy, according to William F. Supple, Jr., Ph.D., of StarPower LifeSciences in Burlington, VT.

"Given the critical role of Vitamin D in regulating the immune system and how immune system function affects aging, the gradual degradation of the skin's ability to make vitamin D is a built in death mechanism, leading to eventual decline."

Hope is not lost, however, says Supple, who recommends a Vitamin D supplement to counteract the skin's unfortunate refusal to bend to our will.

#### BAD BEAUTY HABITS

It's no secret that smoking leads to premature aging, so think "wrinkles" before you light that Lucky Strike.

"Smoking accelerates aging of the skin by decreasing blood flow and damaging collagen and elastin," says Dr. Michael Shapiro, MD, board-certified dermatologist from New York, NY. "Numerous studies have shown smoking to increase premature skin wrinkling even more than sun exposure."

Speaking of sun exposure... Dr. Andrew Campbell, MD, Double Board Certified Facial Plastic Surgeon in Milwaukee, WI, says that he regularly sees young women in their twenties and thirties with unfortunate-looking skin due to the affects of the sun.





It's no secret that smoking leads to premature aging, so think *wrinkles* before you light that Lucky Strike.

"It was fun getting a tan with baby oil when you were in your teens, but it damages the skin, and that damage becomes visible down the road," says Campbell. "Fortunately, we can correct these problems with a variety of lights, lasers, and medical grade skin care products."

Surprisingly, blood sugar also has a damaging affect on the skin, says Dr. John La Puma, MD, from Santa Barbara, CA, New York Times Best-Selling Author of *ChefMD's Big Book of Culinary Medicine* and co-author *The RealAge Diet*.

"A high a blood-sugar level damages the protein components of skin, collagen, and elastin, which is the 'scaffolding' that holds up skin," says La Puma. "That can mean wrinkles, dullness and sagging."

With few vices left, it must be only those self-righteous goody-two-shoes who look prime into old age... but wait... those who don't get their beauty sleep are missing out on... well, *beauty*, too. Jones suggests that lack of sleep increases levels of the stress hormone, cortisol. Higher levels of cortisol lead to memory loss, an increase in fat storage, and a decrease in muscle: the perfect combination for lowering metabolism and gaining weight.

"Lack of sleep also slows the reactions in your brain and throughout your body," says Jones. "Too little sleep on a chronic basis also makes you hungry, especially for high caloric foods that are low in nutritional value. Constant lack of sleep also leads to toxic build-up and accelerated aging."

Now we're in bed before ten, we've put down the Virginia Slims, we've cancelled our vacation to Bermuda, and we shield our eyes when walking past a Dunkin' Donuts... and the experts have the nerve to want us to exercise, too.

"One of the worst habits that can cause your brain to age prematurely is lack of exercise," says Holly Parker, Ph.D., Lecturer in Department of Psychology at Harvard University in Cambridge, MA. "Research shows that the brains of active people in their seventies actually work less hard to solve the same problem compared to the brains of people who are sedentary."

Kimberly Friedmutter, Ch.t, a life management expert from Las Vegas NV, says that a brain at rest stays at rest.

"Simply walking around the block works your brain, not just your body," says Friedmutter. "Connectivity happens when we walk; the brain works along with the body in coordination."

Before you sign up for that triathlon, realize that moderate exercise is effective for maintaining youth, and that certain types of exercise can cause you to age faster.

"There is some discussion that running on hard pavement can decrease elastin and increase sagging and cause joint damage," says Dr. Saralyn Mark, MD, of Washington D.C., author of *Stellar Medicine: A Journey Through the Universe of Women's Health*, Associate Professor of Medicine and Ob/GYN at Yale and Georgetown University Schools of Medicine. "Lack of movement is equally as bad—our bodies lose muscle and bone in just a few days, an ideal model for accelerated aging."

While you're giving up all your vices, it'll help to take a soak in the tub with *Elemis Skin Nourishing Milk Bath* (400ml/\$74) and throw some *Elemis Frangipani Monoi Body Oil* (100ml/\$53) into your hair as a leave-in treatment—shiny hair equals youthfulness.

## LOOKING YOUNGER

"A young face is like an upside down triangle, with the eyes and the chin forming the corners," says Omar A. Ibrahim, MD PhD, a Harvard trained dermatologist, medical director of the Connecticut Skin Institute, and Visiting Scientist at Massachusetts General Hospital's Wellman Center for Photomedicine, from Stamford, CT. "The face is nice and inflated like a balloon full of air. With aging, the triangle inverts, the balloon full of air starts to lose volume, and the skin sags and forms jowls. Simple things early on can delay the development of wrinkles, such as botulinum toxin injections and fillers."

Dr. Jonathan Stegall, MD, in Atlanta, GA, the Founder and President of The Center for Advanced Medicine, says that topical facial treatments should be part of your daily regimen, including a mild cleanser twice daily, a facial scrub three to four times weekly, and a clay mask at least one night a week.

"Coconut oil can be applied topically on a regular basis, and this moisturizes and tones the skin in a wonderful way," says Stegall.

Interested in a disciplined skin care solution for a glowing epidermis and fewer wrinkles? Check out the *Elemis Pro-Collagen Super System* (30 day/\$294) and *Elemis Pro-Collagen Cleansing Balm* (105g/\$60), both of which can be used on the face, neck, and hands.

"There two areas of the body that are the true mirrors of our physical age if we don't take care of them: the neck and hands," says Dr. Mickey Barber, board-certified Physician and CEO of Cenegenics Carolina with offices in Charleston, SC and Charlotte, NC. "So many of us take great care of our faces with moisturizers, serums and sunscreens, but forget about our neck and hands."

Dr. Barry M. Weintraub, a board-certified plastic surgeon practicing in New York, NY, says that lasers can help treat age spots of the hands, stimulate collagen and elastin, as well as smooth the texture of the skin of our hands.

You've heard of taking aspirin for heart health. How about for skin health? La Puma suggests that aspirin slows down skin aging—and he has one more anti-aging tip that we can all thank him for: 95% dark chocolate. He says that dark chocolate protects your skin and lowers blood pressure by releasing nitric oxide on the inside of arteries.

Grade school teachers are always nagging kids to stand up straight. Too bad adults don't have posture taskmasters, because according to Lance A. Zimney, doctor of chiropractic and



owner of *Life In Motion Chiropractic and Wellness* in Loveland, CO, the biggest sign of premature aging is poor posture.

"Ideally, the hole in the ear should be centered over the middle of the shoulder," says Zimney. "Every inch the head goes forward adds an extra ten pounds of stress to the spine. This magnifies the gravitational forces acting on the spine and is the most common cause of early disc degeneration, arthritis, carpal tunnel, and osteoporosis."

## FEELING YOUNGER

"Worry, stress, depression: all those negative emotions and feelings can increase aging," says Barb Schmidt, international lecturer and author of *The Practice*. "They don't call them *worry lines* on our faces for no reason. An unhappy appearance, a negative attitude, and an environment that makes us feel useless and unloved all affects our physical appearance and ages our body mind and spirit. Studies have shown that a regular meditation practice reduces stress and contributes to the happiness of our lives; this make us feel younger from the inside out."

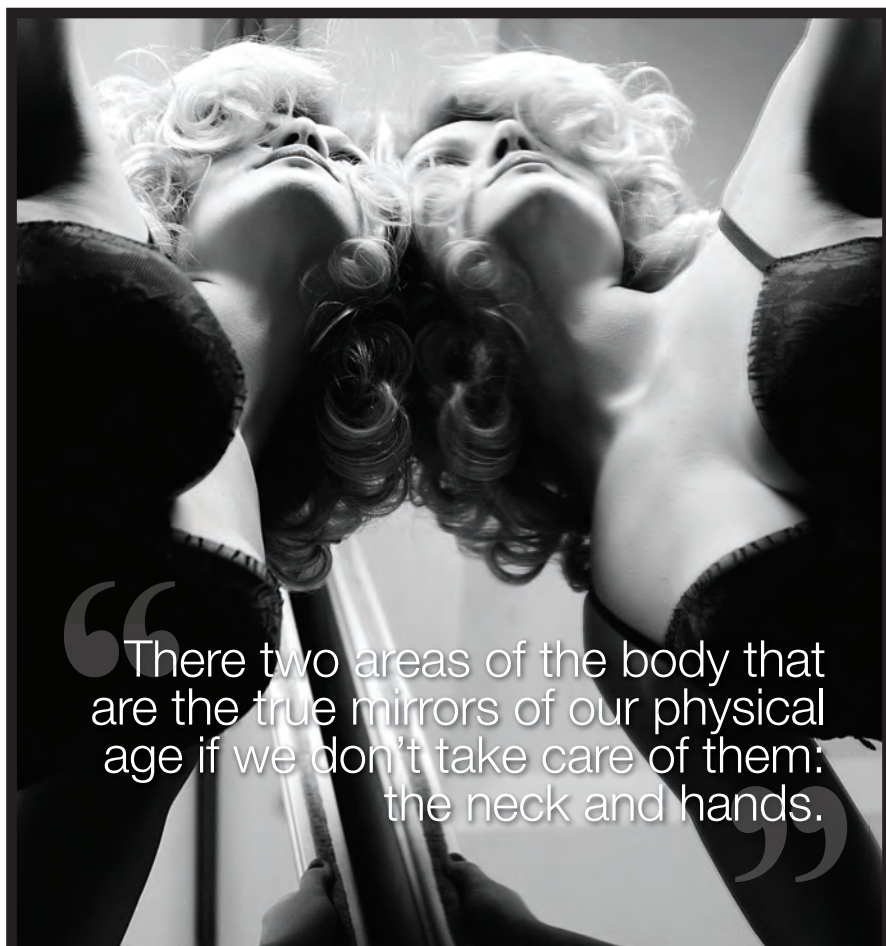
What would you rather have, laugh lines or worry lines? Laugh lines are certainly more fun (and can be treated with fillers, so guffaw away!)

"Laughter is the elixir to the soul," says Jones. "I've never seen anyone laughing who wasn't beautiful. According to researchers, laughter releases endorphins into the body that act as natural stress busters. A good belly laugh also gives your heart muscles a good workout, improves circulation, stimulates alertness hormones, fills your lungs with oxygen-rich air, cleans your respiratory passages, helps relieve pain, and counteracts fear, anger, and depression, all of which are linked to illness."

No one wants to look like an overripe banana among a fresh, sunny bunch—but maybe those yellow, unripe young-uns can help us speckled, soft 'naners become new again.

"The best way to think and feel younger is to relate to younger people," says Dr. Fran Walfish of Beverly Hills, CA, psychotherapist and author of *The Self-Aware Parent*. "Get inside their heads with genuine interest. Soon you'll begin to absorb some of that same young energy."

Finn gives this last bit of advice for aging well every day: "Youth is a state of mind that begins when you see your first wrinkle. Look in the mirror, love the person that you are, and acknowledge all the work it takes to keep yourself young. When all else fails, do an Internet search and look at celebrities online without their make up."



“There two areas of the body that are the true mirrors of our physical age if we don't take care of them: the neck and hands.”

## NEW! ELEMIS PRO-COLLAGEN HYDRA-GEL EYE MASKS



This intensely moisturizing hydra-gel peel off eye mask is a targeted treatment to help reduce the appearance of fine lines and wrinkles.

Eye Contours are left smoother, brighter and more youthful. Use once or twice a week and notice an immediate difference in the crows feet and fine lines around the eyes.

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# Beauty IN A BOTTLE

Whoever first said that money can't buy you love (the Beatles, perhaps?) didn't say anything about money buying beauty. That's because beauty comes in many forms – and many bottles – and you can have them all. You just have to pop the top and tell the genie inside what you want. Glowing skin? Fewer wrinkles? Bright eyes? Yes, yes, and yes.



**Aging happens to all of us.** The alternative is worse, so the best we can do is use Mother Nature's own assets to smooth out those years.

**THE SEA:** One study in the United Kingdom showed that people who lived within half a mile of the sea reported better health than those living thirty miles from it. But what if you live hundreds of miles from the sea? Or don't want sand in your shoes? You can bring a little piece of the sea home with the *Elemis Pro-Collagen Marine Cream* (50ml/\$128), the ultimate in anti-aging technology using the ocean's elements.

**Elemis Pro-Collagen Marine Cream** is clinically proven to reduce the appearance of wrinkle depth by up to 78% and increase hydration and moisture levels by up to 45%. How does that miracle happen? *Padina Pavonica*, otherwise known as algae. Yes, that stuff we avoid stepping on at the beach. Who knew that putting it on your face would deliver visible results in just fifteen days?

The deep blue sea also brings us the main ingredients in the **Elemis Pro-Collagen Eye Renewal Cream** (15ml/\$99), including *Chlorella*, another type of algae, as well as *Padina Pavonica*. This powerful anti-wrinkle cream dramatically increases cell renewal, dissolves fine lines in just 28 days, and delivers a smoother eye area.

**OXYGEN:** We can't live without oxygen. With no oxygen, we'd be stuck with just nitrogen to breathe and hydrogen to drink – disaster! Our faces love oxygen too, it seems, especially after dinner, based on the results of the **Elemis Oxygenating Night Cream** (50ml/\$173). The peak de-toxing times for the body are between 12am and 12pm. While you're dreaming, your skin is hard at work regenerating. *Elemis Pro-Collagen Oxygenating Night Cream* is designed to replenish oxygen lost during the day as a result of damaging environmental aggressors, such as Mother Nature's skin antagonists, the sun, the wind, and ozone. Formulated with a combination of *Padina Pavonica* algae and anti-aging Hexapeptide, this moisture-rich collagen cream gel stimulates collagen synthesis, increases oxygen levels by up to 41%, and provides anti-oxidant anti-aging protection.

**FLOWERS:** Blooms are one of our favorites of Mother Nature's inventions, especially on Valentine's Day – but every day can be Valentine's Day with **Elemis Frangipani Monoi Body Oil** (100ml/\$53). This exotic body oil is quickly absorbed into the skin to offer superior moisture for dry, parched or mature skin. Monoi Oil comes from the coral shores of the Polynesian Islands, and created by soaking Frangipani flowers in coconut oil – coconuts being another of Mother Nature's miracles. Without them, we'd have to put our little tropical drink umbrellas into a neat scotch instead of a frothy pina colada. You can also use *Elemis Frangipani Monoi Body Oil* on the hair, nails, and feet as a conditioning treatment.

Flowers and coconuts do us another favor in the **Elemis Frangipani Monoi Salt Glow** (480g/\$58), a gentle polishing scrub with natural hibiscus flower petals that gently exfoliate dead cells to help brighten skin. The mineral-rich salts purify, cleanse, and soften for intensive smoothing benefits.

Then there's the floral delight of the **Elemis Frangipani Monoi Shower Cream** (200ml/\$37.50), advanced body-care technology with Mother Nature's approval and a hint of Tiare Flowers soaked in Coprah Oil, and then fragranced with Frangipani. This shower cream, also used as a bath soak, provides the skin with a gentle, natural lather that cleanses without stripping the skin of protective surface oils, leaving it soft, supple, and delicately scented.







Roses lend their delicate beauty properties to **La Thérapie Serum Jeunesse D'Excellence** (30ml/\$135), an ultra concentrated, powerful anti-aging serum that uses advanced peptide technology to smooth fine lines, tone, energize, and help restore a more youthful appearance to tired, stressed or mature skin.

**FRUIT:** Second only to flowers, fruit might be one of Mother Nature's finest moments. The **Elemis Pro-Radiance Flash Balm** (50ml/\$60) uses noni and acai fruits help defend against the early signs of skin aging, and tosses in some exquisite purple orchid to make sure the job gets done right. This balm instantly brightens and tightens skin for a smooth, even and luminous complexion.

**LEAVES:** Leaves are like the middle child, vying for attention from Mother Nature between the fruit and flowers – but leaves pack a powerful punch, especially the aloe leaf, the main ingredient in **La Thérapie Gel Doux Démaquillant** (150ml/\$44.00), a cleansing wash that melts away impurities, pollution, and make-up, leaving skin clean, radiant and refreshed.

**La Thérapie Elixir Supreme Nourissante** (15ml/\$55) uses Lavender and Geranium leaves to intensely nourish skin, and includes Lingonberry Seed Oil, Babassu Oil, and Sweet Almond Oil to restore suppleness and vitality to dry, mature skin, as well as balance combination or oily skin.

**THE EARTH:** Yes, the earth itself can be bottled into a magical beauty elixir for the skin. **Bliss Micro-Magic** (85g/\$48) contains skin-smoothing volcanic pumice, conditioning Vitamin E, and aloe to treat the appearance of dullness and surface imperfections. No one knows surface imperfections better than a volcano. Bliss Micro-Magic cleans skin more thoroughly than a regular cleanser, and nearly 100% of users agree that it gives the skin a silky feel.

**THE ENTIRE KITCHEN SINK:** Put all of Mother Nature's beauties together and what have you got? **Elemis Enhancement Capsules** (3 months detox/\$320) – beauty from the inside-out. This 3-month body program cleanses the body of toxins and promotes weight loss and increased energy.

#### MONTH 1

**Elemis Deep Drainage Capsules** stimulates and help eliminate toxins and improve slow complexions with a stimulating synergy of Black Winter Radish, Peppermint, Plantain and Kelp to naturally cleanse the body, help relieve fluid retention and mildly satiate the appetite.

**Elemis Cal-Metab Capsules** help to increase the body's ability to burn calories by balancing metabolism. It cleanses the blood and supplies essential vitamins and minerals, including a high content of organic iodine that helps balance the thyroid.

#### MONTH 2

**Elemis Silhouette Capsules** help to purify the blood and increase the body's fat burning ability using Blue Green Algae, Minerals and Trace Elements. Centella Asiatica and Laminaria, both brimming with organic iodine, help to boost circulation and the body's natural fat-burning ability.

#### MONTH 3

**Elemis Vitality Capsules** improve energy levels, increase stamina, stimulate circulation, and combats tiredness using mineral-rich Spirulina Algae, Sarsaparilla Root, Siberian Ginseng and Gotu Kola to pack a potent punch against fatigue.





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### Hydra-Lift Supreme Night Cream

A velvety rich, power-boosting night cream that works at a cellular level using advanced peptide technology throughout the night to target the visible signs of aging. 50ml / \$174



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# RESURFACE AND RENEW WITH GLYCOLICS

## USING SUGARCANE TO REDISCOVER A NEW YOU

By Sarah Jacob

### Glycolic technology has vastly improved

since we first discovered that what is sweet can also be seriously effective skincare. Although sugar, especially the processed kind, has received a sour reputation associating its ingestion with obesity, hypoglycemia and diabetes, there is it seems, a beauty benefit when you use this culinary delight on your skin instead of in your tummy. Today glycolic skincare is at once sugar, spice and all things nice, as well as a powerful concoction that swiftly resurfaces the skin. According to *timetospa's* professional beauty therapist Nicky Calice, Intaglio's Glycolic skincare (sold online through *timetospa.com*) is superior to other brands found in stores, "For more mature skin or acne prone skin, this brand will efficiently resurface the skin with minimal irritation. Less than 1% of people using Intaglio Glycolic skincare have allergic reactions, although everyone will probably experience a little redness and skin peeling at the early stages of use." Nicky is perhaps walking proof of the youth enhancing benefits of using glycolic solutions to ward off the effects of time, "I have used glycolic products for years and I notice a huge difference if I stop using them entirely." Nicky, who is a mother of three and over forty years old can easily pass as a much younger 30-something. Admittedly it takes a lot more than a good skincare routine to look vibrant and healthy, (good genes, a good life and in Nicky's case, good children, are integral), but glycolics can help the skin perform its natural functions, something that it gets tired of doing in later years. Often when we think about getting older we think of it through

an emotional lens. Perhaps there is a sense of regret: of unfinished dreams; unexplored territories; unintended outcomes. But getting older is an unemotional reality. If it is anything at all, it is only proof that we are part of the natural world and its evolutionary cycles - a purely physical, material phenomenon that is bound to happen to us all whether kings or thieves, rich or poor. In today's high tech world, the solution to the problem of getting older is found in sci-fi style imaginings: some believe that one day we can download our consciousness onto a flash drive. We will be able to repair aging parts with genetic engineering. We will be able to live forever if we choose. But isn't this just a modern day version of that ancient quest to find the illusive fountain of youth, the nectar of immortality and the holy grail? Well, for those of us who don't want to count on any such discovery, perhaps Intaglio Glycolic skincare is solution enough to keep you smiling at your reflection for years to come.

### THE TIME MACHINE

Some basic facts: As we get older, the organs become less efficient and produce less hormones and the juicy stuff that keeps skin moist. The sebum and oils your body secretes in abundance during its younger days, are now on reserve. Hair becomes dry and loses that beautiful shine and movement. The skin becomes thicker as the top horny layer, known as the stratum corneum, doesn't slough away the dead skin cells quite as efficiently, dulling the skin and changing the contours of the face. The elasticity is reduced and your skin is

less likely to cling to your jaw line and instead will tend to sag slightly. Blemishes take longer to heal and the pores tend to become enlarged. The finer, more delicate skin around the neck and eyes begins to loosen and often, if the younger years were spent basking in the hot, summer sun, the skin on the décolleté area can look leathery and bumpy. "Intaglio glycolic skincare addresses all these concerns and more. We all have different symptoms when we get older. Some of us lose so much sebum that our skin becomes dry and wrinkled. Others get hyper-pigmentation due to hormonal changes, with darkness appearing on the cheeks and above the lip. Skin type plays an important role in how we age," Nicky explains, "For anyone who needs to use a glycolic program, I always recommend a full regimen for day and night for at least six months, otherwise the results won't be as good." After an initial regimen, Nicky then recommends combining certain glycolic products with your normal skincare routine. Finally, Intaglio Glycolic skincare can be used to reduce the scarring, skin thickening and enlarged pores caused by acne.

### INTAGLIO GLYCOLIC SKINCARE

Glycolic Acid is derived from sugar cane and helps to peel away the surface layer of the skin, revealing the younger skin underneath. While we recommend you call one of the *timetospa* consultants to tailor your regimen, the following page includes our most recommended products to combat signs of aging, acne scarring and sun damage.

Intaglio Glycolic skincare can make a world of difference to your skin.





### Intaglio Glycolic Cleanser for Face and Body

Yes – use this on your back and chest if you are prone to break out. This will help unblock the pores. 3% glycolic acid effectively resurfaces skin impurities, removing accumulation of dead skin cells. pH 3.9 - 4.0. \$37.50

- Intaglio 3% Glycolic Acid
- Gentle exfoliating cleanser for face and body
- Removes impurities and excess oils
- 100% fragrance free

**Great for:** diminishing the symptoms of aging and/or sun damage.



### Intaglio 8% Glycolic Astringent

Astringent that assists in the deep cleansing action for the removal of surface oils present on the skin. 8% glycolic acid which will enhance the penetration of topical products. Also assists in the prevention of occasional breakouts. pH 3.5 - 3.8 \$52.50

- Removes excess oils and impurities
- Enhances the penetration of topical products
- Combats oily skin & breakouts
- 100% Fragrance Free

**Great for:** diminishing the symptoms of aging, sun damage and acne.



### Intaglio 15% Glycolic Resurfacing Gel

An active resurfacing gel containing 15% glycolic acid to provide deep exfoliation for aging, sun damage, acne, and scarred skins. This intensive gel accelerates cell turnover cycle to improve dull, lifeless skins while providing instant smoothness and increased firmness. pH 3.7 - 3.8 \$55

**Great for:** diminishing the symptoms of aging, sun damage and/or acne.



### Intaglio 10% Glycolic Revitalizing Cream

A high performance resurfacing night cream containing 10% glycolic acid to provide deep exfoliation and hydration through the evening. This rich cream helps to reduce scars caused by acne, smooths rough, dry skin textures and visibly reduces the appearance of fine lines and wrinkles. pH 3.5 - 4.0 \$35

- Provides effective resurfacing
- Perfect evening moisturizer
- Reduces acne scarring, sun damage

- Helps with hyper-pigmentation
- Lifts dead skin cells
- Smooths out fine lines and wrinkles
- 100% fragrance free

**Great for:** diminishing the symptoms of aging, sun damage and/or acne.

### Intaglio 2% Glycolic Ultra Eye Moisturizer

A light textured moisturizer containing 2% glycolic acid for the delicate eye area. Formulated to prevent premature aging, while enhancing cell regeneration and a reduction in fine lines and wrinkles. pH 4.1 - 4.5 \$50

**Great for:** diminishing the symptoms of aging around the eyes.



### Intaglio Clarifying 2% Salicylic Cleanser

An antibacterial gel cleanser (2% Salicylic Acid) that assists penetration into the pores, reducing bacteria and excess oil. Effective in controlling blemishes and acne while improving the skins tone and texture. (pH 3.8 - 4.0) \$37.50

**Great for:** acne prone skin.



### Intaglio 1% Salicylic Purifying Mask

An antibacterial purifying clay mask for acne, oily and combination skin types. This clay based treatment mask contains 1% salicylic acid to help control blemishes and oil while reducing redness and inflammation from acne. pH 6.0 - 6.2 \$41.25

**Great for:** acne prone skin.



### Intaglio Lightening Gel

A lightweight gel formulated to reduce age spots, freckles & hyperpigmentation. Active ingredients inhibit key steps in the aging process that will promote a noticeably whiter and even skin tone without the use of hydroquinone, which is known to be damaging on the skin. pH 5.0 - 6.0 \$112.50

- Reduces pigmentation on skin
- Provides skin exfoliation
- Lightening of dark spots on skin
- Reduces pigmentation from acne
- Improves skin tone

**Great for:** acne scars, sun damage scars and hyperpigmentation caused by hormonal fluctuations.





agingwell

# CHANGING THE TIMELINE

Sarah Revilla, seeker of true beauty, travels to Ideal Image, Tampa, Florida to put her lines on the line for you.

*Above image photographed by Marilou Jaen, treatment images by Carlos Martinez.*

## My Ideal Renewal

With a resounding emphasis on staying tethered to youth, our individual approaches to aging are deeply personal and highly dependent on what inspires us to feel confident and fulfilled. We all chart different routes on our journey, and at this particular juncture, mine involves embarking on a safe exploration of cosmetic treatments, all for the purpose of research, of course! I undertook the assignment of spending the day in Tampa, Florida, at Ideal Image, a leading cosmetic treatment provider, to try some minimally-invasive procedures and provide a candid account of my experience. As a 37 year-old woman, my interest in this endeavor wasn't borne out of insecurity or displeasure with my appearance, but instead was viewed as a conduit for achieving a more refreshed, natural look without a drastic transformation.

For the sake of full disclosure, I've had minimally-invasive cosmetic procedures twice in the past, and I am not alone. According to the American Society of Plastic Surgeons (ASPS), over six million cosmetic minimally-invasive procedures, such as Botox® and Dysport®, were performed in 2013, a 3% increase from 2012. In fact, this category of injections, botulinum toxin type A, are up 700 percent since 2000. Hyaluronic acid fillers like Restylane® and Perlane® experienced an 18% increase from 2012 with approximately 1.7 million procedures performed last year. Since permeating the mainstream, demand for these treatments has exponentially surged, principally because they are effective, minimally-invasive, safe alternatives to surgery.



I ABSOLUTELY LOVE THE RESULTS – MY SKIN FEELS AND LOOKS NOTICEABLY REFRESHED AND SMOOTH.

*Sarah Revilla, 3 weeks after her cosmetic medical services.*

## The Ideal Difference

Since 2001, Ideal Image has been a market leader in the laser hair removal industry. With over 125 nationwide locations and growing more this year, they have performed approximately 3.5 million laser hair removal services and served more than 400,000 customers. Ideal Image's strong brand identity has cemented nationwide success through its differentiation strategy, customer-centric philosophy, and extensive employee training. According to Bruce Fabel, President of Ideal Image, the company has an enduring commitment to providing services for its customers that are as effective as they are rewarding. "We are the safest cosmetic medical company in North America that provides the utmost customer service and efficacy." Fabel identified some of the company's key success factors as using only first-rate lasers and having all treatments administered by qualified medical professionals that are either physicians assistants, registered nurses, or nurse practitioners. Laser hair removal and the company's other services are typically considered medical treatments, requiring the supervision of a licensed medical doctor in each location. Ideal Image also prides itself on accommodating its customers' divergent needs with economical payment plans and interest free financing for all services, nationwide locations that provide flexibility for customers who relocate or travel, and lifetime memberships that include laser hair removal touchups.

Ideal Image is synonymous with laser hair removal, but that perception recently broadened with the company's introduction of beauty enhancement treatments such as Dysport,® Restylane,® Perlane,® and Ultherapy, most of which I was slated to try. They also offer tattoo removal, a service that has swiftly generated a positive response among customers. The company anticipates that all locations will feature this new slew of services by May of this year, with additional new services to follow in the near future. An emphasized focus on research and development suggests the breadth of Ideal Image's offerings are on an innovative trajectory where new treatments are routinely being tried and tested.

## Ideally Altruistic

Ideal Image's philosophy also encompasses altruistic efforts that can help to improve the quality of life for individuals with unique circumstances. Certain medical conditions, such as Polycystic Ovary Syndrome (PCOS), cause hormone imbalances that produce excessive facial hair growth in women. This side effect can be traumatic, particularly for younger girls whose condition compounds the already delicate teenage years. Ideal Image has treated a segment of patients coping with excessive hair growth, with some being as young as 15 years old. To generate awareness that hair removal is a viable option for these conditions, Ideal Image is implementing a social media campaign that will give away 100 facial packages each year for those with specific medical needs.

## The Ideal Consultation

The first touchpoint of the day was a thorough consultation with Shannon, the lead consultant, to ensure that I was a candidate for both laser hair removal and other treatments on the agenda. We comprehensively reviewed my medical history and discussed my aspirations in great detail, along with an overview of each treatment. For my laser hair removal session, a first for me, an appraisal of my skin type and hair color was essential in determining that I qualified. Those with blonde, gray or even red body hair aren't always the best candidates, so a consultation is recommended to determine eligibility. I also learned that Ideal Image uses two types of FDA-approved lasers since one laser cannot accommodate all skin types and colors. For darker complexions, a YAG laser is used for the most effective results, whereas the Alexandrite laser, the reputed gold standard in laser hair removal, is used for lighter skin types, like mine. Laser hair removal efficacy is greatly impacted by the quality of the laser technology used. While there are enticing deals on the market, some providers use less effective hair removal technologies rather than high performance lasers. Ideal Image only uses Candela lasers that are often recognized as the best in the industry. That's why it's important to do your due diligence beforehand to receive the best outcome.



*Ideal Image treatment centers are conveniently located nationwide.*



*The Ideal Image experience begins with an in-depth consultation with an Ideal Image consultant.*

Once the sequence of my beauty itinerary was established, my first stop was laser hair removal to treat my bikini and underarm area. My next treatment would be Ultherapy, a revolutionary ultrasound therapy treatment that targets skin laxity to tighten and firm the face and or neck; I opted to treat my lower face and neck, as I was having other treatments around the forehead and eyes. My third treatment would include Dysport® injections in my forehead and the corners of my eyes to smooth lines and crow's feet. The fourth and final treatment entailed filling in one of my nasolabial folds where I wanted to even out a scar with a Restylane® injection.





*Laser hair removal session targeting the underarm area.*

## A Smooth Operator!

Laser hair removal is an advanced cosmetic skin care procedure designed to permanently reduce unwanted hair from the face and body. It's often referred to as a "lunchtime treatment" because sessions are quick and there's no downtime. In some cases a patient might experience swelling or redness, which quickly resolves. Treatments are highly customized and prices are quoted according to each customer's specific needs. In my case, to treat the bikini and underarm areas, Ideal Image's payment plan would have cost approximately \$150 per month for 36 months, without interest. The payment plan also includes a lifetime membership, should I require touchups in the future. The company offers several affordable options for financing and customers can also elect to pay in full for each treatment.

Like every other patient that comes through Ideal Image's door, I was encouraged to receive between 8-9 laser hair treatments, suggested at eight week intervals. Because hair grows in 6-8 week cycles, repeated treatments are necessary to completely destroy hair follicles. Each laser hair removal treatment eliminates a percentage of existing hair, but to achieve the intended result, which is removing the root, all sessions are compulsory. Following the fifth session, most patients will be approximately 80-85% hair-free, and results are so dramatic it can create the illusion that completing remaining sessions is unnecessary. However, Ideal Image cautions that abandoning ship without concluding all treatments could result in regrowth since all the hair follicles haven't likely been removed, even if your skin's appearance suggests otherwise. Once your individualized program is completed, you can confidently toss the razor and officially close the chapter on waxing. Since I'm only having one session, my results will be limited to approximately a 10%-15% of hair loss in both the underarm and bikini region. I'll still

have to shave until I undergo my next treatment in eight weeks. Waxing is not recommended during the treatment window as it pulls the hair root out.

Once I disrobed and cleansed the treatment areas, I draped myself in a sheet to maintain my modesty, even though my most intimate parts would soon be exposed. My practitioner, Marilena assessed my skin type and hair color in both treatment areas, as this can vary on different parts of the body. It's important that the laser is calibrated and customized to the skin and hair type on the treatment areas. Then we both donned our protective goggles and began with the underarm area. When the laser was applied, its energy passed through my skin and was absorbed by the pigment in the hair follicle. The laser energy was converted to heat, destroying the hair root to suspend growth. I was pleasantly surprised that I didn't experience any discomfort, only a mild pulse of heat in my underarm area. Then we moved to the bikini region, where I was a tad more sensitive and felt a tinge of momentary discomfort in one particular section, but it quickly abated. In just minutes, we were done. I didn't experience any side effects, such as redness, soreness or swelling, which can sometimes occur. I got dressed, felt great, and eagerly headed to my next treatment.

## Ultherapy is Uplifting

Although typically unaffected by hype, I must concede that the celebrity following and media attention surrounding Ultherapy piqued my interest. Ultherapy has only been on the market for a short time, but it's made quite an entrance. Its non-invasive technology provides many of the benefits of a mild facelift without the surgery and downtime. Ultherapy is an FDA approved, non-surgical treatment that uses ultrasound technology to lift and tighten

loose or sagging skin on the neck, under the chin, and above the eyebrow. It works by sending pulses to the deepest layers of skin, stimulating new collagen growth while supporting existing collagen fibers. This adds volume to the skin and gives a lifted look, providing lasting results that will gradually increase over the course of 3-6 months. Ultherapy prices are subject to the areas being targeted. Common side effects could include temporary soreness, tenderness, and swelling which only last 24 to 48 hours.

In my case, the skin around my neck and lower face is still relatively taut, so Ultherapy will improve any existing skin laxity and help reduce it in the future, giving me a considerable advantage in prevention. Once my provider, Ildiko, briefed me on the procedure, she first cleansed and marked the skin on the specific areas and then applied ultrasound gel. A smooth hand piece was then placed on my skin and the image of the tissue beneath my skin was projected on a screen, like any other ultrasound procedure.

The image functionality guided Ildiko, allowing her to identify where she would treat my skin. The hand piece she used was delivering focused ultrasound energy that was being delivered to depths within the tissue below the skin's surface to stimulate collagen growth. Once this begins, you will immediately feel the pulses of energy. It's a sensation that I liken to a needly, heated pulse. There were brief snippets of tolerable discomfort in certain areas where I was more sensitive, but the sensation was short-lived and I assured myself that it was efficacy at work. My comfort and relaxation were of paramount importance while Ildiko deftly navigated the deep layers of my skin. She also kept me informed of each step and its significance throughout the entirety of our session, a gesture that I value and one that Ideal Image consistently employs with all treatments.



*Ultherapy treatments begin by cleansing, marking and prepping the skin.*



*Ultherapy deposits focused ultrasound energy below the surface of the skin to stimulate collagen growth.*



## The Dysport® Difference

Similar to Botox®, Dysport® is an FDA approved injection containing botulinum toxin type A that blocks nerve activity in the muscles, to relax muscles that cause frown lines, crow's feet, and other active muscles in the face. Dysport® is a smaller-sized molecule so its unit measurement is different from Botox.® Treatments are brief in duration and results can be noticeable the next day, while the maximum benefit can take up to 10 days. Some of the more common side effects include injection site discomfort or irritation and minor swelling. Treatment prices are determined by the patient's requirements and start from \$250. To maintain results, Dysport® procedures are recommended every 3-6 months.

I've tried Dysport® once before and was extremely pleased with the outcome, so I approached this treatment with an enthusiastic mindset, despite my aversion to needles. If this is a concern, rest assured that the procedure is essentially a series of quick injections that feel like tiny, virtually painless pinches. After discussing my goals with Melissa, a nurse practitioner, she began marking the areas on the injection site. I would receive about eight injections in my forehead and a total of four for my crow's feet. Once the areas were prepped and cleansed, Melissa began with my forehead injections and requested that I make facial expressions to help her see my lines. Within minutes, but what felt like seconds, we were done. Then we moved to the crow's feet and two injections were made on each side, with a slightly stronger pinching sensation. I had very minor redness and swelling on my forehead and no swelling whatsoever around my crow's feet. Depending on your skin sensitivity, any swelling or redness usually disappears in less than an hour; mine was gone in about 20 minutes. I noticed subtle results in the hours following my Dysport® treatment and they gradually intensified over the next few days. By day three, my skin became visibly tighter and the lines and crow's feet vanished while my satisfaction with these results soared.

## Restylane® Treatment

My final treatment was Restylane®, an FDA approved, crystal clear injectable gel composed of hyaluronic acid, a natural substance that already exists in the body. Restylane® is injected into the skin to plump and smooth away wrinkles and folds, such as the lines from your nose to the corners of your mouth, nasolabial folds, or for lip enhancement. Perlane® is essentially a more concentrated version of Restylane® and is used for moderate to severe facial folds and wrinkles. These skin filler procedures



*Facial expressions help guide the practitioner before injecting Dysport into the treatment site.*



*Dysport is gently injected into the forehead to smooth away lines and wrinkles.*

start from \$500. Some potential side effects include bruising, swelling, and tenderness, which only last 24 to 48 hours.

The purpose of my Restylane® treatment was to fill in a scar along my left nasolabial fold, which I felt created a slight disparity with the right side that I wanted to even out. Unlike my Dysport® treatment, numbing cream was applied to injection site before my Restylane® procedure, mainly because it's a sensitive area. The treatment consisted of two injections into my nasolabial fold that yielded a more punctuated pinch than that of Dysport®, but I was a pro at this point. An ice pack was then applied to the area to keep swelling to a minimum. I was advised to apply an ice pack the next morning as well.

## My Results

I left Ideal Image that afternoon and headed straight for the airport, looking perfectly presentable and feeling relaxed, secretly amused that no one was the wiser. As I reflected on the day's events, I marveled at the level of efficiency and professionalism that made this experience possible. Regarding my treatment results, I've only had one laser hair removal treatment and additional sessions are required to get the full benefit. Results from my Ultherapy treatment are gradual and will progress over the next few months. In the days following my Ultherapy session, I was mildly swollen and

sore, mostly in the neck region where I was more sensitive during the actual treatment. The side effects were marginal and I immediately resumed my active lifestyle, unencumbered by the minor discomfort. The swelling lasted for two days and the mild soreness dissipated in about a week. I will continue to closely monitor and track my progress over the next few months.

## Was It Worth It?

I haven't overlooked the fact that some people will question my decision for having these cosmetic procedures. It's the same sentiment that I would have likely expressed a few years ago, before my perspective changed course. While my self-worth is not defined by beauty, it is one of many sources of fulfillment, so this undertaking was a quest for enlightenment and a personal choice that transcended vanity. The act of taking steps to address your concerns whether they be physical, emotional or otherwise is in itself inspiring and healthy. These procedures are minimally-invasive and provide remarkable results that are expressed not only in the way we look, but arguably also in confidence and self esteem. It is true that these treatments are as much a financial investment as they are an emotional reward. Yet when you consider that results last several months or longer, their cost often falls below what many of us spend on other enhancements, like shoes!

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by Sarah Jacob

# MIRROR

Earth  
Day  
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# ЯOЯЯIM

# IN THE WORLD

{ LEARNING TO SEE THE BEAUTY IN YOURSELF AND THE WORLD WITH NEW EYES }



## THERE IS UNDOUBTEDLY A LINK

between the desire to hold on to the carefree beauty of youth while simultaneously controlling and curtailing the diversity of the natural environment. But holding hands with the desire to be forever young is just one paradox out of a whole slew of them that makes humankind the most wonderfully interesting and yet (arguably) irrational species that has ever walked on this well trodden, somewhat wrinkled, under-valued planet. Clutching on to the coattails of youth is akin to trying to hold the whole world in the palm of your hand, as if either of these is the answer to personal freedom and happiness. Don't get me wrong, feeling and looking great, taking care of the skin, body and hair and maintaining this amazing contraption, 'the human body' through a healthy diet, exercise (and a little help from the local spa, medi spa, fitness center, hair salon and self improvement centers) are worthy desires to have and fulfill. But, let's keep it in perspective people: there is much more to you than meets the eye. At every age you are beautiful. And you above all others must realize this. We can't equate youth with looking young. We can't equate one set of vital statistics with the 'perfect' size. We can't equate blondes or red heads or brunettes as being the most attractive types. So let's do this. As well as asking how to maintain the sparkle and vigor of youth as we get older, and instead of trying to squash ourselves into the conventional beauty mold, let's ask this: what is it that creates a beautiful life at every age? What are the vital ingredients of a life so passionate at every age, that to do it over and over and over again in perpetuity, would be an absolute pleasure?

## BEAUTY IS 50% TRUE

For many different reasons, we have inherited a way of looking at the world (and the human body) with slightly distorted glasses. We tend to hide the ugly stuff and emphasize the beautiful, as if there is only one side of a coin. Well, coins have two sides and in order to be whole, free and fully living, you have to not only acknowledge both sides, you have to embrace them with open arms. Our obsession with the good and beautiful is also reflected in manicured lawns and lush managed parks that are displayed proudly, while the massive amounts of garbage that a community produces in a day, let alone a year, is hidden from sight like a forbidden sin. Similarly, the ocean is seen as a vast commons, a massive mystical expanse of salted liquidity filled with rainbow colored

aqua-beasts, great and small, obscure and strange, that need and eat each other in a never ending cycle of sustainable life. Yet concurrently, hidden in the ocean are garbage patches that are filled with plastic particles both great and small that postmortems reveal seabirds, turtles and fish mistake these particles for plankton and other gastronomic delicacies. Yet, the waste in our lives is hidden from our every day eyes. In a similar vein, we celebrate new life as a miracle, we validate youth, but deny getting older, as if it is a dirty secret that we will one day overcome. But maybe it's about time we shed some light on the dark.

## CHANGE THE MICROCOSM THE MACROCOSM WILL FOLLOW

This selective vision is arguably dangerous and is limiting in both microcosmic and macrocosmic ways. Firstly, because we come in all shapes, sizes, colors and ages, the image of 'beauty' that impresses itself upon society (wherever that society is) just cannot be achieved by everyone. It is a mythical ideal that can serve to reduce self-esteem in the non-conventional beauties that just don't have those predetermined vital statistics. Secondly, this selective vision permeates through to the way we view the natural world and blinds us to the consequences of our lifestyle choices, to species extinction and to the massive amounts of garbage and CO<sup>2</sup> our modern throw away lives are producing. It distracts us from the finite nature of the planet and its plethora of beautiful plant and animal species that are becoming vulnerable to changes in temperature. It is exacerbated by this human tendency to present the good, and hide both the bad and the ugly, which if applied to the classic film by that name starring Clint Eastwood, would be an absolute bore that no one would watch. There is, I suggest, a connection between the limited view we have of human beauty and freedom, and the limited view we have of the planet and the beauty inherent in vast open spaces that have so far escaped the manipulation of human and technological ingenuity. While the cure for this deficit must be multifaceted, perhaps one vital ingredient is adjusting our vision. We need to learn how to see again.



## IT TAKES A WOMAN

Our philosophical heritage - our way of viewing ourselves and the world - is one that has been borne out of what Simone De Beauvoir, a cold-war era French existential philosopher, calls 'the serious man.' The serious man looks to the universal principles for guidance and attempts to overcome the particular nuances of everyday realities and is only free when he overcomes human desires; when he becomes 'beyond' human. This universal 'freedom' is separate and individual; it is the mark of greatness, of one who commands respect and admiration wherever he or she goes. But this 'beyond' human is separate, elusive, untouchable and uncaring of the small things. In other words, the world of ideas becomes more important than the actuality of the results of those ideas.

## FEELING BEAUTIFUL THROUGH BEAUTIFUL RELATIONSHIPS

From Beauvoir's perspective, a more profound and perhaps healthier view of freedom which expands our ideas of beauty and ourselves is simply this: Freedom through relationship. Freedom through a recognition of interdependence. Freedom through transcending the individual self through another. After all, it is others that get us out of our own minds and help us go beyond our limited perspective; others that clarify our own thoughts; others that make us turn our heads to look at a subtle spectacle, one that we surely would have missed on our own. In other words, for Beauvoir, freedom is only accessed through authentic, non-dominating, non-oppressive, equal relationships. Transcendence, the wings of the mind, needs its ideas to resonate with others in order to take flight. This concept of freedom is community-based, and above all caring. It does not negate the here and now; does not try to become more than human, but instead embraces the fragility of our humanity and the changes that we all go through in life. We are not silos, not independent bundles of atoms and molecules roaming in solitude and creating things to pass the time away - our actions affect the all-inclusive other (humans, non-humans, non-animal alike).

When it comes to aging well, it is liberating to support the idea that there is an avenue for freedom and love of self that has nothing to do with trying to fit into a predetermined mold - one that hugs your body like a dress that is two sizes too small. Instead it is one that expands not diminishes the massive concept that beauty offers. And if we take seriously the idea that freedom is accessed through reaching out of ourselves towards understanding others, we can extend this idea to the natural world around us and all its variety of species. The obsession we have of creating 'monocultures' in the once natural, diverse landscape - of restricting wilderness and freedom - is mirrored in our mono-idealistic portrayal of conventional beauty and lifestyle - if taken seriously it is far too limiting and the most beautiful and most free cannot fit within its oppressive limits - they will become extinct. Arguably, the desire for youthful beauty is only this: the desire to unleash yourself from conventional standards that have you all tied up. Go ahead.

## PART OF NATURE

Supporting this idea, Karen Warren, an eco-feminist philosopher, would agree that there is a parallel between the limited and limiting view of human beauty, getting older and the marginalized way we eye the natural world. In an article, "The Power and the Promise of Ecological Feminism, Revisited" Warren explains how her relationship to a mountain that she was hiking determined her own sense of well-being and balance. On the first day of the hike, Warren says she focused all her energy on getting to the top - of overcoming the obstacle that the mountain represented. By midway she was exhausted, she couldn't think, she was anxious. She fell. She dangled on her rope. She knew she was safe, but she was almost paralyzed with fear. On the 2nd day Warren notes, " (I) rappelled down about 200 feet from the top of the Palisades at Lake Superior to just a few feet above the water level. ...I heard a cacophony of voices - birds, trickles of water on the rock before me, waves lapping against the rocks below." Warren continues to explain how she closed her eyes and began to feel the rocks, the places where she may place her

hands and feet as she climbed. Her sense of conquering the mountain was replaced by a sense of gratitude and of sheer unabashed serenity; (a sense of freedom replaced the anxiety she had the day before), a sensation that is totally denied when you approach something in order to overcome, possess or manipulate, "I came to know a sense of myself as being in relationship with the natural environment...I realized then I had come to care about this cliff which was so different from me...and seemingly indifferent to my presence."

## LEARNING TO SEE

Philosophers have long pondered the unanswerable: what is the meaning of life? What is it to be free? Are we free? And so on. While we don't have the capacity to answer these questions absolutely, we do answer them temporally by the values we represent and the way we live. Let's value the beauty inherent at every age. Let's expand it to include women and men of all ages, shapes, sizes, colors and cultures. Let's allow getting older to be a beauty so wild, rich and rare that it is an honor to represent and at the same time, let's love each other and this world so passionately, that our own beauty is just one of the many amazing gifts we have acquired, not our only cherished asset. And finally, let's establish authentic relationships that are not restricted to the human species, but includes the birds, bees, fish and wild beasts, all of which are being pushed toward extinction. Changing perspectives is often times difficult. It requires unlearning old ways of thinking that though habitual may not serve us or anyone in the world around us. But changing perspectives is also invigorating and liberating and proof of how our sense of newness is always accessible. As Gestalt Theory proves, it is not just the shape that makes an image, it is the negative space that allows the image to exist. More often than not, there is more than one way to see. Adjust your vision so that you can read between the lines of reality and find beauty where once there was none.





“...OUR OWN BEAUTY IS JUST ONE  
OF THE MANY AMAZING GIFTS  
WE HAVE ACQUIRED, NOT OUR  
ONLY CHERISHED ASSET.”





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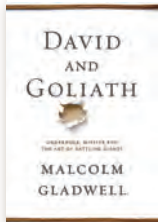
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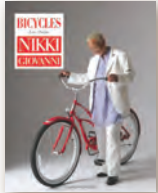
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## Read



**DAVID AND GOLIATH: UNDERDOGS, MISFITS, AND THE ART OF BATTLING GIANTS**  
by Malcolm Gladwell, Little, Brown and Company, 2013.

The Salon exhibition of the Académie des Beaux-Art was where the action was in the art world of nineteenth century Paris. Manet, Renoir, Cezanne, Pissarro all gained their first broad exposure at, well, someplace else. Just as he used the Beatles in his book *Outliers*, Malcolm Gladwell this time engages the Impressionists to illustrate that it's sometimes best to be a big fish in a small pond. Renoir et al shunned the famous Salon of the Goliath-like Académie. "Small ponds are welcoming places for those on the inside," he contends in stories of brainy students whose once-bright lights were snuffed out by the intense competition in the large pond of Ivy League schools. In another section, Gladwell examines California's three strikes law. Following a dramatic reduction in crime, the law made the state's prisons very full, while many neighborhoods emptied out their supply of fathers and wage earners. "If more than 2% of the neighborhood goes to prison the effect on crime starts to reverse," Gladwell is convinced, as he picks apart the limits of power.



**BICYCLES: LOVE POEMS** by Nikki Giovanni, HarperCollins, 2009.

In the poem "I Am A Mirror," Nikki Giovanni celebrates her family: "I reflect the grace/Of my mother/The tenacity/Of my grandmother" and basking in the strengths of her people she concludes "And for that alone/I am loved." Giovanni spends much lyrical time with food, with her mother, and with her community. The title relates to the book's inscription. *Bicycles*: because love requires trust and balance. She honors romance too, and even though Giovanni has written dozens of volumes of poetry she is still schoolgirl young, flirtatious and hopeful and bold in her poems about falling in love. "In order to properly care for things/They must be loved/And touched/Want to give it/A go?"

## See



**HER**, written and directed by Spike Jonze, Annapurna Pictures, 2013.

Theodore Twombly (Joaquin Phoenix) is a professional romantic. He ghost writes at a five minutes into the future website, penning personal letters for strangers, expressing the sensitive, heartfelt ache that otherwise remains unsaid. Samantha (the smoky voiced, disembodied Scarlett Johansson) is Theodore's new artificially intelligent operating system who learns Theodore's world through the lens of his smart-phone. As Theodore travels with his phone facing forward, he describes for Samantha what life is like with a body and breath. The deft genre melding in *Her* is intoxicating, science fiction but sexy, romantic comedy but presciently smart. Samantha the operating system learns the sensitivity of humans, and also their mortality. Samantha isn't encumbered by time, and doesn't live in any visible space. As Theodore struggles with the memories of failure in his long-cold marriage, Samantha comforts that "The past is just a story we tell ourselves." Is it crazy to have such intimacy with an operating system? Theodore's sympathetic neighbor Amy (Amy Adams) reassures Theodore that what's crazy is that we ever fall in love at all.



**SURVIVING PROGRESS**

written and directed by Mathieu Roy and Harold Crooks, executive producer Martin Scorsese, Cinémaginaire, 2010.

There's a hidden pitfall in the Industrial Revolution, and the documentary filmmakers here call it the "Progress Trap." So much stuff has been produced for such an unquenchable appetite to get ahead that the environment is running dry of resources. Like an overturned car on the freeway, the consequences of overdevelopment and deforestation are grim to look at, but it's impossible to turn away. In memorable nighttime cinematography, Brazilian traffic pours like lava through the densely inhabited cityscape. The film's fascinating images find ultimate hope in the emerging planetary brain, the interconnected social networks of the internet. Celebrity scientists Craig Venter and Stephen Hawking are among the voices warning of calamitous carelessness of the financial class with the planet's air, land and water; and pointing toward the most likely way out of the progress trap.

## Listen



**LUCIO RUBINO** by Lucio Rubino, The Fish Tank Recordings, 2012.

Something that perks up a long drive on a spring day is a plaintive love song playing loud, with the windows rolled down, and your hair getting blown back and messed up. All you really need next is some choice lyric to belt out, big and boisterous, over the wind in your face. Try these: "You act like you could care no less/You're killing me in that summer dress/But the hardest part/The hardest part is I've been falling from the start." There, now. That was tasty. Lu Rubino is a tunesmith, a singer/songwriter, and a studio musician if you need one. His voice has a crisp and controlled bounce, and there's a homespun pop rock punch in his tunes. This self-titled album is a passionate mix of heartache and craving. If you can, play it loud while driving near the water.



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April through July 2014

# spasscopes

By Jeff Jawer / provided by Tarot.com



**ARIES** March 21 - April 19 *Reducing your levels of intensity takes you further with less stress.* Staying cool, especially in relationships, continues to be a major theme through the end of July. Slowing down and taking deep breaths might seem passive, but taking more time to think before taking action produces smarter decisions and less stress. Gently start picking up the pace when your planet Mars resumes forward motion on May 19.



**TAURUS** April 20 - May 20 *Recognizing the assets you already have encourages gentle and steady self-improvement.* Tuning up your body and reconnecting with nature are perfect for the Sun's entry into your earthy sign on April 20. Simple healthy habits that you can maintain forever are better than pushing yourself too far too fast. Your senses awaken when Venus enters Taurus on May 28, increasing your capacity for pleasure and your appeal to others.



**GEMINI** May 21 - June 20 *Curiosity without commitment stimulates thinking without burdening you with excess obligations.* Your mind starts buzzing when brainy Mercury enters your ever-curious sign on May 7. A tendency to spread yourself too thin is increased with the solar shift into Gemini on May 20. Avoid taking on too many activities since Mercury's June 7-30 retrograde period is better used for review and reflection than making repairs.



**CANCER** June 21 - July 22 *Keeping your eye on the big picture produces the perspective you need to make effective plans.* An intense planetary pattern on April 20 could put you into crisis mode. Fortunately, if you have to make a radical decision, you'll be able to get a fresh start in late May. Visionary Jupiter in your sign forms a favorable alignment with strategic Saturn in Scorpio to show you how to maximize returns on your assets.



**LEO** July 23 - August 22 *Springtime scouting missions prepare you for more dramatic moves that start this summer.* Getting away from it all is extra thrilling as planets blaze through Aries and your 9th House of Travel. The Sun starts the show on March 20, followed by cerebral Mercury on April 7 and voluptuous Venus on May 2. The really big show, though, opens on July 16 when visionary and optimistic Jupiter begins a yearlong stay in your sign.



**VIRGO** August 23 - September 22 *Simplicity is your key to success at home or when you're exploring unfamiliar territory.* The sensual Taurus Sun's move into your 9th House of Faraway Places drums up a desire for travel on April 19 with another dose of wanderlust coming when alluring Venus does the same on May 28. It's best, though, to streamline your plans as complications, especially with groups, come with Mercury's June 7-30 retrograde.



**LIBRA** September 23 - October 22 *A project that couldn't get off the ground before may start gaining traction in late May.* Energetic Mars has been pushing you to make changes since entering your sign last December. But its backward turn on March 1 slowed your progress. Finally, on May 19, the warrior planet gets back into forward motion to provide you with more energy, passion and the will to take on physical as well as emotional challenges.



**SCORPIO** October 23 - November 21 *A long, slow period of preparation is the best way to reach your most desired goal.* The life-giving Sun and alluring Venus enter your 7th House of Partners on April 19 and May 28, providing you with plenty of opportunities to find more pleasure in a current relationship or to launch a new one. Patience is a key since your passionate planet Mars lingers in your shadowy 12th House until July 25.



**SAGITTARIUS** November 22 - December 21 *Adapting to surprises reduces shocks and multiplies your chances for exciting adventures.* Expect to encounter some wild times, particularly with partners, when your key planet Jupiter hits a cosmic storm on April 20. Be prepared to alter personal and professional plans, if necessary. Gentler times come in relationships starting on May 20 as easygoing individuals and flexible arrangements reduce pressure and increase opportunities.



**CAPRICORN** December 22 - January 19 *Meeting others halfway strengthens your authority even when it looks like your giving ground.* Romance, play and creativity come into the foreground when the Sun enters your expressive 5th House on April 20. Opening your heart adds pleasure to your life and allows you to impress others in a relatively low-key way. Sluggish career issues may finally start moving as of May 19 when assertive Mars returns to forward motion.



**AQUARIUS** January 20 - February 18 *Letting go of unsatisfying alliances that aren't able to grow makes room for finding stronger partnerships.* Cooperation could be hard to come by in April when stubborn people seem to be everywhere. It's tempting to explode, and maybe there are some relationships that need radical changes, but staying cool will help you make smarter decisions. Opportunities in personal and professional partnerships start to soar in late July.



**PISCES** February 19 - March 20 *You can't reason with unreasonable people. Seek the advice of objective individuals to clarify muddied situations.* April is electrifying and exciting but maybe a little scary. Distance yourself for folks whose unpredictable behavior undermines your confidence. Soothing words and caring comments come with Mercury's move into protective Cancer on May 29 with another wave of kindness coming when the Sun follows suit on June 21.



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