

THE PREMIER WELLNESS AND SPA MAGAZINE FOR ASIA PACIFIC

# Spa Asia

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brand  
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# unmasking beauty

Skin care experts from the  
aesthetician, aromatherapist,  
dermatologist to ayurvedic  
doctors have much to say about  
skin and beauty.

IMAGE FROM SERENO SPA, PARK HYATT GOA RESORT & SPA





# the aesthetician



**KIMBERLY SAYER: Aesthetician, Organic Chemist and founder of the Kimberly Sayer of London Product line**

Kimberly and her family used the vegetables, fruits, flowers and herbs from their organic gardens to create skin and body care products for their own use.

## *Define skin*

Skin is the largest organ of the body and has many functions:

1. It provides a protective barrier, defending the body from all exterior environmental influences, including extremes in temperature and exposure to disease, organisms such as harmful bacteria, infections, wind and ultraviolet rays.
2. It acts as a thermostat, retaining heat or cooling you down with sweat.
3. It acts as a waste disposal. Certain waste are expelled from your body 24-hours a day through your skin in the form of excess water, toxins and carbon dioxide.
4. It is important in body processes such as respiration and metabolism.
5. It provides you with a sense of touch to help you communicate with the outside world.
6. It responds to sudden changes in emotions.
7. The skin is the body's main organ of sexual attraction.

## *What are the three best/most nourishing things you can do for your skin each day?*

Drinks lots of water. Use a good moisturiser with sunblock. Get adequate rest including personal de-stress time

## *What are the worst?*

- Poor diet
- Not enough rest/stressfilled life
- Toxic chemicals in personal products

## *What diet and supplements do you feel benefit the skin?*

I believe in an Organic based diet that includes good vegetables, proteins and lots and lots of water. I think depending on a person's metabolism the choice of diet is very individual and can vary, however, I believe strongly in a holistic and Organic based diet for all types of metabolisms.

Supplements for the skin specifically: biotin, vitamin C, Omega 3 and 6 (from flaxseed or wild fish oil), zinc.

## *Why are we so obsessed with how we look and has it always been this way?*

I think down through the ages there has been an obsession with image and beauty i.e. Cleopatra and Helen of Troy. Beauty can be a powerful weapon especially for women and our society manufactures pretty people from movie stars to models as well as in the Corporate World.

People are rewarded for looking good. We all want to feel self-esteem and self-importance and in doing so, in this image driven society we strive to be perfect. There is nothing wrong with looking your best, but creating a perfect outside image can be a very empty experience. I think true beauty is only found on the inside and we must be comfortable in our own skin. There is nothing more beautiful than an experience with a person that has inner beauty where there is a sense of peace and great joy.

## *The future of skin care is?*

I feel there are two major trends in the industry. First is holistic, the second Medical. I think that people are becoming educated and much more knowledgeable about health, products and most importantly ingredients. As this progresses, we will see a larger demand for healthy products, and treatments especially in skin Care.

People are just beginning to see the link between ingredients and inner health. There is a lot of wonderful information regarding ingredients both holistic and chemical and the general public is waking up to the effects of chemicals in their skin care and how its ages and damages the skin and effects their immune system and health. I truly believe we are set for one of the greatest advances of Organic skin care where consumers will demand chemical free skin care and caring and ethical manufactures.

## *Your definition of beauty?*

Honest, pure & simple products, thoughts and attitudes wrapped in kindness and made from the heart.





# virgin

Immaculate, pure and pristine. These are the high street labels that are beyond reproach in its selection of ingredients that complement the virtues and vision of wellness and balance.

## AYOMA

Pitta Abhyanga Oil  
Oils of Coconut, Wheatgerm, Brahmi, Lemon, Sandalwood, Amla, Peppermint, Lemongrass, Neem

## SUNDARI

Omega 3+ And Amalaki Night Cream, All Skin Types  
A rich textured harvest of anti-aging ingredients to heighten the skin's renewal process.

## SUNDARI

Cornflower Oil-Free Hydrator For Kapha Skin.  
Oily Skin, Kapha= Earth, Refines and replenishes oily skins without clogging pores.

## SODASHI

Organic Green Tea & Dead Sea Salt Exfoliant  
Treat your skin to an exfoliating massage experience...

## SODASHI MAN

Skin Karma, Refreshing Aftershave Spray  
To cool and soothe the skin after shaving

## ARTHUR LAWRENCE

Nutritional Skin Care - Day Lotion

## DR. HAUSCHKA

Soins Naturels du Corps  
Rose Body Oil  
Harmonizes and calms

## KIMBERLY SAYER LONDON

Organic Lavender Toner  
Made with the purist ingredients from nature, to gently tone and balance dry, sensitive skin.

CLOCKWISE FROM LEFT TO RIGHT: SUNDARI OMEGA 3+, SODASHI MAN, AYOMA, KIMBERLY SAYER, SUNDARI CORNFLOWER HYDRATOR, SODASHI, DR. HAUSCHKA, ARTHUR LAWRENCE