

Beach Beauties
Great Men's Moisturizers
Spa News

beauty



Let It Go

The importance of gentle
exfoliation to keep skin soft
and supple

By Kristin Vukovic
Photography by Robin Jolin

Every day, we shed almost a million skin cells. According to the BBC, about once a month, our body produces a totally new epidermis. So why is it so important to exfoliate?

“As we age we lose the ability to slough off dull surface skin cells as effectively as in our youth,” says Charlene Florian, chief creative officer of Kerstin Florian International. “Gentle exfoliation helps to slough [dull cells] away and helps to reveal healthy, vibrant skin.”

When exfoliating delicate facial skin, it’s important to use gentle products that stimulate renewal—harsher scrubs may do more harm than good and can leave skin looking raw and blotchy. But exfoliating doesn’t just stop at scrubs: masks, peels and serums can help the skin’s ability to absorb other nourishing products and improve its overall health and appearance.

Here are some of our favorite natural exfoliants—none containing plastic microbeads, of course—that will leave you with smoother, more radiant skin.

Yum Gourmet Banana Leaf Enzyme Exfoliant Rich in exotic tropical ingredients, Yum Gourmet Banana Leaf Enzyme Exfoliant is as delicious to use as it is effective. Banana, rich in antioxidants and minerals, nourishes and softens the skin. Pineapple and papaya enzymes gently exfoliate. Perfect for all skin types, and especially those who are sensitive to manual scrubs or alpha-hydroxy acids. yumskincare.com

Fleur’s Gentle Scrub Perfect for sensitive and delicate skin, this eco-friendly organic exfoliant combines cherry

and Gascony plum powders to gently scrub away dead cells. Blueberry extracts decongest skin, while anti-inflammatory chamomile soothes. We love the creamy, light texture and soft, fruity fragrance. lespauusa.com

The Glacial Facial from Alaska Glacial Mud Co. This purifying mineral mask, made from sustainably harvested mud from the pristine Copper River Delta on Alaska’s Pacific coast, has micro-fine clay particles that absorb toxins and exfoliate dead skin. The mud, derived from mountains and glaciers, retains more than 60 trace elements that promote healthy cell regeneration. The lavender-peppermint version is both relaxing and invigorating. alaskaglacialmud.com

Mad Hippie Exfoliating Serum Leave behind damaged skin with this revitalizing serum, which contains white tea, goji berries and Swiss apple stem cells. Glycolic and lactic acids exfoliate and help reduce wrinkles and discoloration while moisturizing. It’s so gentle you can use it every night. madhippie.com

Astara Skin Care Exfoliating Marine Treatment If your skin feels parched and out of balance from the wicked winter, try this quick and effective at-home peel. Buffered glycolic and lactic acids gently exfoliate dead, dry skin and allow for better nutrient absorption. Red and brown seaweeds and marine extracts remineralize skin while hydrating glycerin and soy encourage renewal. astarskincare.com

Kerstin Florian Rejuvenating Spirulina Masque Give a boost to your skin with this nutrient-packed mask, newly reformulated with Chlorella—a super food—and Laminaria, which has powerful anti-aging properties and helps reduce inflammation. Get your greens and brighten your complexion for a fresh face forward. kerstinflorianusa.com

Neal’s Yard Remedies Rehydrating Rose Facial Polish Neal’s Yard Remedies began in a small depot in central London with the belief that health and beauty should be more natural. This 84 percent organic polish has a divine rose scent: it combines gently exfoliating wild rose seed powder with antioxidant milk thistle and aloe vera, leaving skin fortified and renewed. us.nyrganic.com

Clarisonic Mia 2 Sonic Facial Cleansing Brush The Mia 2’s gentle yet powerful oscillating cleansing technique works with the skin’s natural elasticity to remove impurities. The brush increases the efficacy of your favorite facial washes, and, thanks to the handy travel case, it’s easy to take Mia with you when you’re on the go. clarisonic.com



ULTRA ORGANIC WASHCLOTHS

Made by Tokyo artisans, these absorbent, eco-friendly Japanese cloths—great for gentle exfoliation and made with 100 percent organic cotton—just keep getting softer every time they are used. abchome.com



Renew...

your mind, body and spirit
with great peace and energy.

THE SPA'S INCLUDED

Book an elegant suite at published rates and receive one complimentary Aspira Spa service valued up to \$120 per night.

For available dates or to reserve
The Spa's Included, call 888.702.5862.

Aspira gift cards make a great gift for birthdays, anniversaries or any special occasion!

Elkhart Lake, WI • www.aspiraspa.com