

THE SPA & WELLNESS AUTHORITY

# american spa

MAY 2018

## PASSPORT TO *Bali*

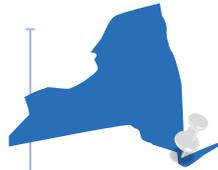
AARNA SPA AT PASÉA HOTEL  
& SPA (HUNTINGTON BEACH, CA)

[www.americanspa.com](http://www.americanspa.com)



# TRAVELOG

Discover the spas and destinations we've visited to bring you the latest happenings here and abroad.



## NEW YORK CITY

The International Esthetics, Cosmetics & Spa Conference (IECSC) in Manhattan

is one of my favorite annual events, most notably because it is one of the few events that the entire *American Spa* team attends.

This year was particularly noteworthy, because we had an exciting, expanded booth where we were able to share our March issue, host meetings and Facebook Live interviews, and debut the new *American Spa*'s Fresh Finds Beauty Box to attendees. Here, the editorial team shows off some of these fun offerings. It was also a standout year, because it marked the debut of *American Spa*'s Women in Wellness Leadership Conference, which was a smashing success. Turn to this month's News section, starting on page 106, to check out photos, news, and more from each event. And stay tuned! We will soon be announcing dates for the return of Women in Wellness in 2019. Hope to see you there!—*J.K.C.*



## HUNTINGTON BEACH, CA

Unlike my lucky colleague, Heather Mikesell, I've never had the chance to visit Bali in person. I did, however, get a chance

to check out **Aarna Spa** at Paséa Hotel & Spa, and it certainly seemed like the next best thing. While visiting the property, spa director Marissa Edwards (pictured) took me on a fabulous tour, and I was enchanted. From the gorgeous accents and furniture to the amazing menu to the stunning outdoor relaxation garden, it was a total Indonesian immersion. Turn to page 86 for details about this amazing retreat, and be sure to visit [www.americanspa.com](http://www.americanspa.com) for our Facebook Live tour of the space.

—*JULIE KELLER CALLAGHAN*



## CARMEL, CA

This past March, I attended my first Green Spa Network (GSN) Congress. Set at Carmel Valley Ranch (CA), it was an inspiring three days of learning and planning ways to incorporate more sustainability initiatives into the spa industry. (Here I am

with Franziska Haala, director of spa operations at **Spa Aiyana**.) Hailing from Flint, MI, where you can't (or shouldn't) drink the water, I'm especially interested in ways we can protect the world in which we live. In fact, just this past January, I finally started participating in my Brooklyn neighborhood's compost project. While I'm disappointed that the current administration is rolling back environmental initiatives that

are crucial to the health of the planet, I have hope that many, especially in our industry, remain committed to creating positive change, as evidenced by the many participating in the GSN Congress. At Carmel Valley Ranch, the Bee Experience, which allows guests to don bee suits and interact with these magical and endangered critters, is just one example of how some are working to create a better world. For more on Spa Aiyana's Franziska Haala, turn to page 24, and for more on GSN, turn to page 110.—*HEATHER MIKESSELL*

# WHAT'S IN YOUR *beauty bag?*



Franziska Haala, director of spa operations of **Spa Aiyaana** at Carmel Valley Ranch (CA), shares some of her personal faves.

really love sleeping masks, and this one is a staple in my beauty bag. The formula acts as a radiance-boosting hybrid hydrator with soothing amino-acid rich watermelon extract, hydrating hyaluronic acid, and pore-refining alpha-hydroxy acids that work while you sleep to gently exfoliate and clarify.”

### Hydropeptide Polypeptide Collagel+ Line Lifting Hydrogel Mask for Eye

(www.hydropeptide.com) “One of my hero products so far for 2018, this gel patch eye mask helps boost collagen in the skin for a plumper, firmer appearance and provides immediate hydration. I use the patches about two times per week, and I apply them before I’m headed to bed. They stay put until the next morning when I remove them.”

**Arcona Hydrating Serum** (www.arcona.com) “This super serum rescues dehydrated and depleted skin. I use it on top of my daily hydrator every morning for super dewy and hydrated skin.”

**Bite Beauty Agave Lip Mask Smashed** (www.bitebeauty.com) “A longtime favorite of mine that I also use during the day, it is infused with 15 mg of trans-resveratrol and vanilla extract. I use the Mask Natural and also the Mask Smashed if I want a bit of color during the day.”—H.M.

**Glow Recipe Watermelon Glow Sleeping Mask** (www.glowrecipe.com) “I

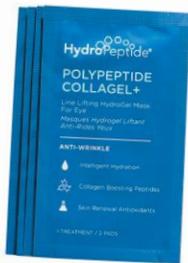


ILLUSTRATION: KLINT CALLAGHAN (COSMETIC BAG)

## girl on fire

Looking for a fun and relevant retail item to share with your clientele? Chick Lit (CL) candles feature cheeky messages that appeal to women wanting to embrace their inner voices. “I read years ago that women have success reducing anxiety levels just by venting to friends about their problems,” says founder Lisa Richmon. “I wanted Chick Lit to be like a lunch date with a friend who says, ‘hey girl, I totally get you.’ That’s why I came up with talking candles featuring the CL signature Rant + Chant.” Since then, Richmon has strived to make the messaging even more relatable with The Dog Champion, which celebrates the bond between pups and their people; The Heart Filler, which celebrates the moments and people that light you up; The Over Thinker, meant to serve as a braincation; and The Wedding Boss, which was created for the bride-to-be. “The Girls’ Girl is a shout-out to someone who has taken a baby step toward a bigger goal,” says Richmon. “It’s aspirational in its message to find your inner voice and use it for good, whatever that may be. It’s a concrete way to show support and celebrate an occasion.” The candles, which feature an 80-hour burn time, are hand-poured in small batches using domestically sourced vegan soybeans and a variety of fragrance oils. The CL candles are sure to light up the retail area of any spa with their smart and sassy messaging. [www.chicklitcandles.com](http://www.chicklitcandles.com)—H.M.



Chick Lit candles feature relatable messages.