

# Spa

Healthy Living,  
Travel and Renewal

GOOD FOR YOU  
Chocolate + Wine

Special  
Inside:  
Annual U.S.  
Day Spa Guide

## PURE BLISS NOW

**SOUL JOURNEY** South American  
Spas From Buenos Aires to Machu Picchu

**AUTHENTIC AYURVEDA** Finding  
Harmony Through Holistic Tradition

**RELAXING RITUALS** Cape Town  
and the Art of Unwinding

Celebrate Relaxation  
**GIFTS THAT  
SAY SPA**

### Aromatic Essence

Engaging our senses while performing everyday rituals can make the mundane memorable. That is what Rebecca Whitworth, a San Francisco-based esthetician, had in mind when she created l'Huile de Grace (beauty oil), an all-natural facial serum made from seven organic essential oils. This unique aromatherapeutic concoction simultaneously nourishes, repairs and protects all types of skin. An Amazonian tree sap known as *sangre de drago* adds rich amber color and potent antioxidants and nutrients that stimulate the regeneration of tissue and the production of collagen and elastin. Men, too, can benefit: It's great for irritated post-shave skin. GAIL BARAL