

american spa

FEBRUARY 2019

ALABAMA *bliss*



THE SPA AT
GRAND NATIONAL
(OPELIKA, AL)

WHAT'S IN YOUR *beauty bag?*



Allie Arguelles, spa and recreation manager at **Conrad Spa** at Conrad Fort Lauderdale Beach (FL), shares some of her personal faves.



lightly scented and soft. It also serves as the perfect base layer to add depth to a favorite perfume.”

Circadia Amandola Milk Cleanser (www.circadia.com) “I recently fell in love with this milk cleanser.

The product contains lactic and mandelic acids, which provide gentle exfoliation with brightening and hydrating benefits. It rinses the skin clean and leaves it feeling nourished.”

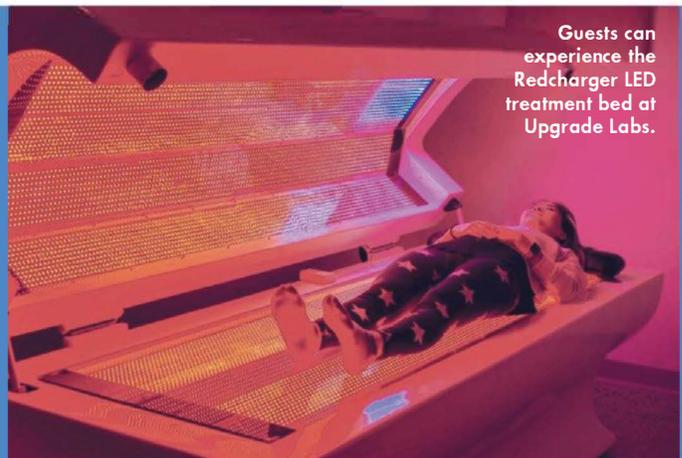
Becca Shimmering Skin Perfector Pressed Highlighter (www.beccacosmetics.com) “With good reason, this is a hot product right now. The finely milled pigments adapt to the skin’s natural notes, creating the perfect youthful glow. The line features a range of 10 shades for all skintones. I personally love the shade Moonstone for my fair skin.”—H.M.

Eau Thermale Avène Antirougeurs Day Redness Relief Soothing Cream SPF 25 (www.avenusa.com) “I’ve been searching for a product that keeps my rosacea at bay. Featuring a green tint to neutralize redness, this cream supports capillary health and prevents flare-ups. I don’t go anywhere without it.”

Isola Tobacco + Musk Body Oil (www.isolabody.com) “A South Florida-based line, Isola’s body oils are my go-to for fall and winter. We carry these products at our spa. At the moment, my favorite is Tobacco + Musk, as it leaves my skin

healthy hacks

Fitness enthusiasts won't want to miss a workout while on the road now that Upgrade Labs, the world's first biohacking health and fitness facility, has launched an outpost at The Beverly Hilton (Beverly Hills, CA). Created by the founder of Bulletproof, Upgrade Labs at The Beverly Hilton is situated next to the hotel's iconic Aqua Star pool. It features a host of services that help clients get better results while spending less time working out. For example, the Cheat Machine features adaptive resistance technology, and Cold Hiit combines compression and cooling technology to help clients gain strength and accelerate recovery. Timed to coincide with award season, the facility is offering the Red Carpet Radiance (\$150, 55 minutes) treatment, which relies on high-tech and science-driven technology to promote glowing and toned skin, boost energy, reduce stress, and increase mental clarity. The service pairs the Redcharger, an LED light therapy experience, with Breathe EZ, a technology designed



Guests can experience the Redcharger LED treatment bed at Upgrade Labs.

to strengthen the immune system by stimulating the body's own natural oxidative response mechanisms. The treatment also features The Big Squeeze, a full-body detox massage, and a cryotherapy facial to tighten and tone the skin. It's no surprise celebs like life coach Tony Robbins and musician Meghan Trainor are fans of the innovative brand.—H.M.