

american spa

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RED ROCK *renewal*

MIIAMO
(SEDONA, AZ)



WHAT'S IN YOUR *beauty bag?*



Daniella Testino-Lesina, spa director at **Reflections Spa** at Grand Cascades Lodge (Hamburg, NJ), shares some of her personal faves.

Caudalie Beauty Elixir (www.caudalie.com) "This beauty elixir is a cult favorite, and that is no surprise, given all that it does. It is as refreshing as a cool glass of water on a hot summer day. It revives the skin, tightens pores, and works beautifully to set a full face of makeup."

Caudalie Vinopperfect Radiance Serum Complexion Correcting

This serum is amazing in how lightweight it feels, yet how super-powered its results are. It brightens the complexion and reduces dark spots regardless of their origin and it is safe on even the most sensitive of skin types."

Epicuren Discovery Colostrum Luminous Glow Cream (www.epicurendiscovery.com)

"The colostrum leaves my skin feeling and looking dewy and hydrated. I love how lightweight it feels and I really love how well it works using its all-natural colostrum, aloe, and citrus peel oil. I always feel like a healthier and more beautiful version of myself when I use this."

Epicuren Discovery Defy Age

Corrective Facial Oil "This facial oil is aptly named. It works to hydrate, brighten, and smooth the appearance of skin while reducing the appearance of fine lines and wrinkles." —N.A.



PHOTOGRAPHY: GETTY IMAGES

Train Therapy

Royal Scotsman, A Belmond Train, Scotland announced a long-term partnership with Dior Beauty to create the **Dior Spa Royal Scotsman**, which is housed in one of the train's plush carriages. The spa boasts two lacquered treatment rooms and three treatments developed to cater to the specific needs of train travel and can be enjoyed before or after an outdoor excursion. The D-Elements full-body massage helps eliminate toxins, release tension, and relieve pain. It begins with the application of semi-precious hot stones on the back to create a sense of warmth, followed by massage strokes that simulate a cooling breeze. For the face, the D-Highlands treatment is a rejuvenating and anti-aging facial that helps improve the skin's appearance. —N.A.

