

# Beauty & Spa

Miscellaneous Spa & Beauty



## Resort and Medical Spa Expo Conference

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

by Ana Kaczmarek

People in LA like to look good. We're the celebrity-city, where those in the spotlight are often imitated to perfection. From clothes, to hair trends, to beauty secrets, those with a nose for what's hot set the trends, and we can't help but follow.

So it was not surprising to see the beautiful people out in full force at the LA Spa and Resort and Medical Spa Expo and Convention this past weekend. Held at the LA Convention Center, it is a platform for those with cutting edge technology, skin care, and make-up, to network with Spa owners and generate new business leads.

This means that you'll see pretty much anything out on the floor. From aromatherapy, to organic skin care, to LED light therapy, to lash extensions, to scar removal, to de-tox: all exhibited at over 255 booths. Till you want to fall over from exhaustion.



But before I did that, I spotted a couple booths that really stood out in the world of Spa and MedSpa innovation.

### Light Therapy

This is just plain weird, but if I hadn't tried it for myself and seen a slew of before and after pictures, I wouldn't have believed it. I was drawn to the Lumière booth by the sight of three ladies stretched out in spa chairs with something resembling a dentist's light shining red on their faces. I sat down with Tony



Case, the President of the company, to talk about how it was possible for light to benefit the face. He explained that the LED (Light Emitting Diode) light delivers pure, uniform, narrowband red light and stimulates the cells deep down in your face causing them to stimulate collagen production, promote firmness, and clear the skin. There are firming treatments for people over 50, and he stresses that saying that if I asked for one he would turn me down, acne calming for mild to moderate acne, balancing for blotchy or uneven skin.



After an explanation, I decided to try it. I washed my face with a pre-wash, then put on a special cream for the actual treatment, and then lay down underneath the light. Tony gave me a CD player that would explain the process, and then turned on the machine. At first the light was startling, but I remembered Tony promising that it couldn't hurt my eyes and that they would eventually adjust. Eventually, the sensation resembled that of lying in the sun with no sunglasses on, and I started to relax and almost fell asleep. After 20 min, the treatment ended and I put on my rejuvenation cream because my skin was dry and needed some TLC. Tony said that the biggest difference is felt later in the day and the next morning. Just to be sure, I peered at my forehead and around my eyes studying the lines to have something to compare it to later. And no kidding, when I looked for the same lines later, they were either gone or almost not there. Now, I'm only 24 and I only had one treatment, but I can definitely say that this must be way better than Botox. No needles, no frozen-face, and no side-effects sound like a great combo for everyone. To find a local spa that provides a Photo-Therapie treatment by Lumière, go to [www.pathwaytobeauty.com](http://www.pathwaytobeauty.com).

## Aromatherapy

The relaxing fragrance of a candle can really put people at ease, and that is why SoyLicious was created. They are Soy candles created to disperse fragrance as sweetly the last time as the first. These candles are perfect for those sensitive to smell because they are not overpowering, and also don't contain the lead or paraffin wax that many regular candles do. In fact, there was even a seminar going on upstairs at the Convention about how Aromatherapy can be used in hospitals to prevent infection from "superbugs," otherwise known as antibiotic-resistant microbes that are often found in hospital walls and carried by hospital workers, without their knowledge. Apparently essential oils have been proven in many studies to be powerful antimicrobial agents. I couldn't attend the lecture because it was restricted to Spa owners, but I know that I'm bringing some soy candles if I ever end up in the hospital. You can find SoyLicious Candles at <http://soyliciouscandles.com>.

## Hair Removal

Although hair removal is a spa specialty, on exhibit drew me in like a bee to honey. The Bare Desire Painless Hair Remover uses a silky thread to tweeze your hair quickly and effectively. It's based on the principle of threading, the kind they use in salons for eyebrows. After trying it, I wouldn't say it's painless, but I wasn't the one holding the tool. My skin was really smooth

afterwards and the hair hasn't started to come back, so as far as I'm concerned, it's better than shaving. You can find it at [www.unitechmedical.com](http://www.unitechmedical.com).

## De-tox and Weight Loss

I would have walked by the booth for M'LIS, except they had a diagram of the human digestive tract staring me in the face. M'LIS calls themselves a "wellness company" achieving results without drugs and supporting a balanced life of correct diet, exercise, and treatment. They opt to help their patients lose inches, overcome health conditions such as fibromyalgia, candida, and hormonal imbalance, as well as help scarring using natural methods. Many of their programs include a whole body de-tox that cleanses the skin, the liver, the pancreas and the colon. Their skin care is preventative as well as healing, boasting products that will not only make your skin baby-butt smooth, but also reduce scars significantly. Their goal is to help healthy people stay healthy by preventing toxic build-up in their bodies. They also have a cellulite kit, a god-send to the women of all ages, races, and sizes who struggle at keeping their thighs dimple-free. You can find a spa with M'LIS programs at [www.mliscompany.com](http://www.mliscompany.com).

## Skin Care

The face is a precious thing, and women all over the world spend money on those little bottles promising youth and beauty. We all have our problems. For dark circles under the eyes, and I mean the ones that never go away, HYLEXIN is purported to make those bags disappear. [www.hylexin.com](http://www.hylexin.com). For those of you who are in a perpetual fight with the sun, a new all-natural sun screen is here, available at Whole Foods, called UV Natural. It's an Australian product and boasts the highest SPF, and increased water time, anti-aging oils as well as UV A, B and C protection. This means no chemicals, no whitening of the skin, no grease. But the creator, Tony Kovacs, says that just a little bit goes a long way. [www.uvnaturalusa.com](http://www.uvnaturalusa.com). Then there is the Actifirm Skin Renovation System, designed for more mature women to exfoliate their skin after enzyme production slows down. These are medicated treatments and can only be found at your local SPA, but the home skin care regimen is uniquely packaged to look like syringes. This way, everything is delivered in the right medical amount, there is no contamination from dipping your finger in, and will turn you into an Actifirm ADDICT. [www.actifirm.com](http://www.actifirm.com).

So what if you can't find anything that will help? How about WuNDERCOVER™ Concealer: Designed to cover any face or body imperfection, its non-comedogenic, contains natural minerals, anti-oxidants and plant extracts. Its even safe enough for post-op, after Microdermabrasion and peels. Its also waterproof and lasts 24 hours. To take a peek go to [www.brushup.com](http://www.brushup.com), although the product is not yet on the market.

Of course, these are only a few of the booths at the convention. But these were the ones that stood out. If you want a more in depth look at the Convention, you can find it at [www.medicalspaexpola.com](http://www.medicalspaexpola.com)