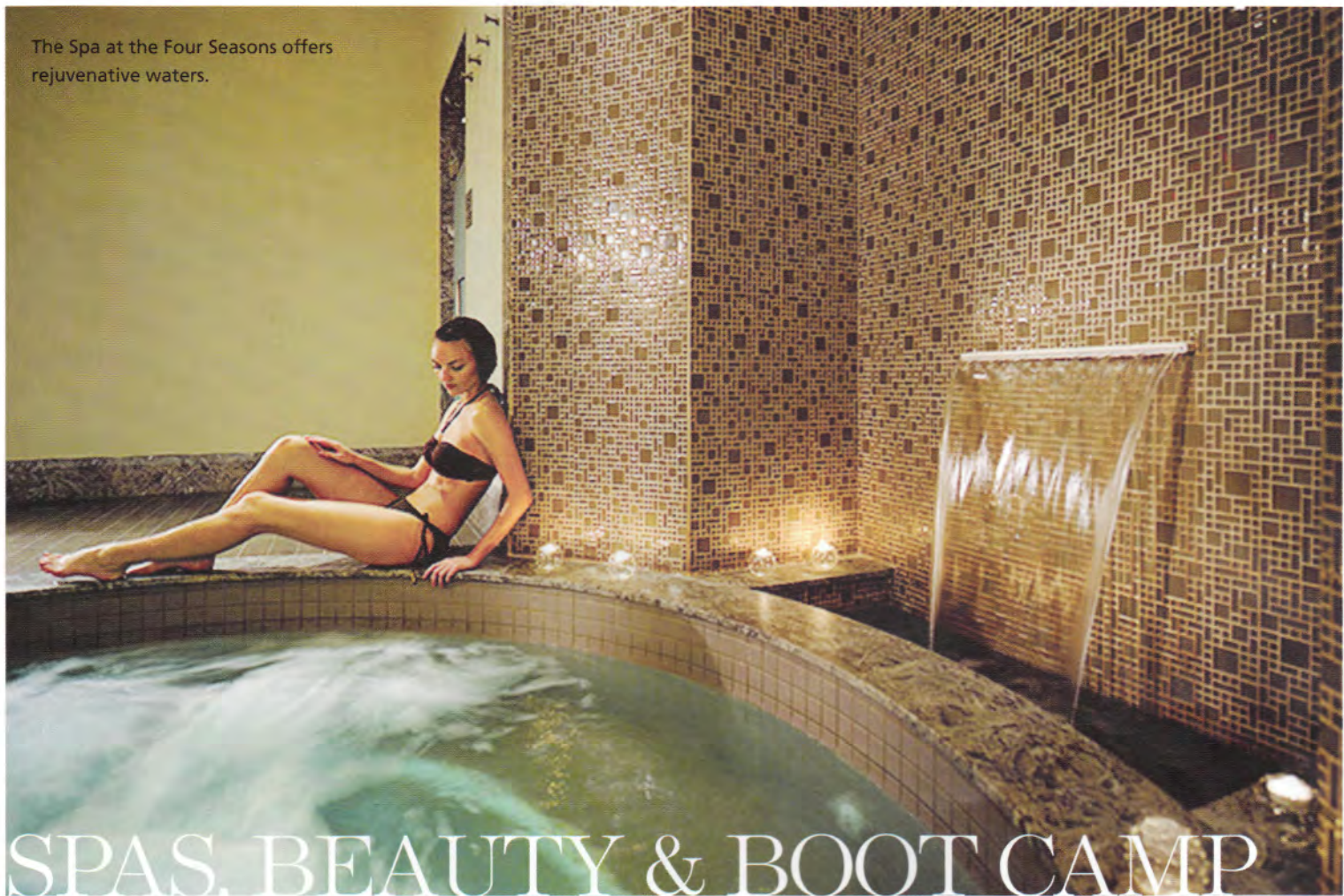


The Spa at the Four Seasons offers rejuvenative waters.



SPAS, BEAUTY & BOOT CAMP

There's no magic solution to looking great; even privileged Palm Beachers need some help when it comes to looking their best.

Spa Hopping

No town pampers quite like Palm Beach, which is the gold standard when it comes to spa treatments. Here are our favorite indulgences from the area's best spas.

BY MELISSA MALAMUT

KATE SOMERVILLE SIGNATURE FACIAL

WHERE: The Spa at Four Seasons Resort Palm Beach

THE SCOOP: It's everything you want a spa to be: clean, serene, relaxing and the ultimate in luxury without trying too hard. But the Four Seasons also has some of the most technologically advanced facials available. Kate Somerville, renowned dermatologist to the stars, created her own line of products and facials for the Four Seasons Spa. At first, the 90-minute Signature Facial starts like any other with a cleansing, exfoliation, mask and extractions (if needed). But then, a super-hydrating oxygen treatment is applied using Kate Somerville's powerful Dermal Boosters (looks/feels like an airbrush) to plump the skin with sodium hyaluronate and provide a more youthful skin appearance. The indulgent facial concludes with a foot massage and DermaLucent phototherapy that increases collagen production and even pigmentation.

COST: \$325

CONTACT: 2800 S. Ocean Blvd.; 561/582-2800

SEA SALT BODY POLISH

WHERE: Frédéric Fekkai Salon and Spa at The Brazilian Court

THE SCOOP: The Brazilian Court was named the 2011 best beach hotel in South Florida by *Travel + Leisure* magazine, so it's no surprise that the hotel would house the world's most renowned hair expert's salon and spa. While Fekkai is known as an innovator in the worlds of hair care and hair styling, his spa services are also second to none. After days of sun and sand, your skin could use some love. Try the Sea Salt Body Polish, a 30-minute treatment where sea salts and essential oils are massaged all over your body to exfoliate and rejuvenate.

COST: \$95

CONTACT: 301 Australian Ave.; 561/833-9930

The Scrub and Polish Bar



CRUSHED PEARL BODY SMOOTHER

WHERE: Eau Spa at The Ritz-Carlton, Palm Beach

THE SCOOP: Perfect for sensitive skin, the Body Smoother (60 minutes) starts with crushed pearls and minerals that gently polish and soften the skin. Then, Iridescent Pearl body oil is massaged from head to toe, leaving the skin with a silk-like sheen. Arrive at least 45 minutes early to enjoy the famous Bath Lounge, a veritable adult water wonderland, and the Self-Centered Garden, a relaxing place to unwind (both are included with your treatment). No stop at Eau Spa would be complete without visiting the Scrub and Polish Bar (\$30 with treatment), where guests can custom design a scrub couture kit—complete with a body scrub, body butter, loofah and mist.

COST: \$175

CONTACT: 100 S. Ocean Blvd.; 561/533-6000



ALFRESCO MASSAGE

WHERE: The Spa at The Breakers Palm Beach

THE SCOOP: The Personal Retreat massage (50, 80 or 110 minutes) is a customized massage that incorporates various therapeutic techniques tailored to your individual needs. Whatever your goal—to de-stress, detoxify or just to be pampered—your personal massage therapist will custom tailor the experience to your needs. The best part is having the massage done outside—either in an oceanfront bungalow or at the spa's private Oceanside Sanctuary, where the sounds of crashing waves enhance the experience. For a special treat, wait until the sun goes down and order the Moonlight Massage, which is performed under a canopy of stars.

COST: Prices vary

CONTACT: One S. County Road; 888/273-2537

DEEP FLOW MASSAGE

WHERE: Exhale Palm Beach at the Omphoy Ocean Resort

THE SCOOP: Organic, earth-friendly and Zen, the über-stylish Exhale spa is designed with an emphasis on the movement of water. The spa is infused with treasures from Asia, Thailand and the Middle East, but it has a distinctly minimalist, sophisticated vibe. The Deep Flow massage uses "deep-flowing technology" to open blocked muscles and free energy blockages—a perfect antidote to Exhale's Core Fusion class (page 42). Another popular spa treatment is the Glow treatment, a full-body exfoliation that starts with a dry brushing followed by a citrus sugar scrub and then a soothing white-tea moisturizer.

COST: \$150

CONTACT: 2842 S. Ocean Blvd.; exhalespa.com; 561/585-8116



HAUTE HAIR

There is a Palm Beach look—and a Palm Beach blonde. Here's how to make it work for you.

CASSI FRIELICH, color specialist and co-owner of Frank Cassi Beauty (125 Worth Ave.; 561/833-7883), stays on top of international trends because she knows that her Palm Beach clients are well-traveled. But Frielich says that it is more important to color hair according to hair types and location—because Palm Beach makes its own rules.

“One difference of working here rather than anywhere else is the way we color and style hair,” Frielich says. “We basically ‘maintain’ and color hair almost in reverse. We tone down here more than in other regions because the sun, salt, humidity and hard water all come into play and do enough lightening on their own.”

Frielich also says that it's important to work with the elements, and not against them.

“We also are able to offer many tips on how to make the best of your natural texture rather than perpetually battling it,” Frielich says. “Options are essential in the humidity.”

Trends at the moment are creative braid placements, Frielich says, like small bang-taming and crown braids, classic side braids and disheveled long fishtails worn over the front shoulder.

She also says that color is transitioning from sun-kissed blondes to less gold or darker, less-



Cassi Frielich

highlighted honey shades. Brunettes are deepening to more natural colors like robust chestnut browns. Reds are going browner or vibrant red to tone down the wattage of gold.



WINNING THE WEATHER WAR

[] Your tools can make a huge difference. Invest in good quality tools that are tailored to your hair. There are specialty brushes, blow dryers, curling/flat irons, etc. for different hair types.

[] Don't skimp on quality color. A great colorist will define realistic boundaries and find a happy medium for what is attainable for your natural color and desired frequency schedule. Color should be gorgeous for the duration between visits. The colorist should achieve these results with the gentlest products possible.

[] Use sulfate-free shampoos to give your color the extra mileage.

[] Never hit the pool or beach without an oil-based leave-in conditioner. Make your own by mixing a little sesame oil with your favorite hair mask and/or essential oil (for the scent). The sesame oil is a barrier to the metals and salts in our area, and it is rich in lipids to restore the hair. Sweet almond and walnut oils work well too, and they have the added benefits of protein.

GUIDE TO STYLIST SPEAK

No matter how many times we've sat in the chair, sometimes it is still difficult to communicate properly with our hair colorists. We asked our color expert Cassi Frielich to decipher between what we say and what they hear.

CLIENT SAYS

Darker
Chunkier highlights
Brighter
Brighter
Darker blonde

COLORIST HEARS

Richer
More contrast
Like snow
Like the sun
Less single-process looking

DECODING

Less faded/brassy looking
Brighter blonde; piece-y
Lighter level of highlights
Add pieces of gold
Add dark contrast or tone down



BEAUTY IS SKIN DEEP



DR. KENNETH BEER (1500 N. Dixie Highway; 561/655-9055) is a board-certified dermatologist and dermatopathologist (the study of the skin at the microscopic level) with more than 20 years experience. He also is the founder of Cosmetic Bootcamp, a cosmetic dermatology training program for doctors. Beer knows Palm Beach and his discerning clientele well. He answers our questions on skin-care tips and how to combat the aging effects of the Florida sun.

WHAT IS THE MOST COMMON SKIN ISSUE THAT YOU SEE HERE IN PALM BEACH—AND WHAT IS THE SOLUTION?

Lack of moderation and lack of knowledge. In this part of the world, people get injected, lasered or cut in ways that are not natural or realistic. I advocate looking one's best but looking like oneself. Because there are so many people treating cosmetic patients without formal training, the aesthetic has shifted. The solution is to look at the patient and treat them as an individual rather than a recipe.

HOW HIGH OF AN SPF DO YOU RECOMMEND GIVEN THE INTENSITY OF THE SUN IN SOUTH FLORIDA?

I like to see at least a SPF 30, but SPF 50 is better. Also, it should have UVA and UVB (SPF refers only to UVB). I'm not a fan of the makeup that puts it into the moisturizer. This doesn't provide optimal sun protection and increases the chances of irritation. There are great sunscreens available, and it's easy to find one that works for you.

WHAT, IF ANYTHING, CAN BE DONE TO HELP TURN BACK THE EFFECTS OF SUN DAMAGE?

Depending on the person, there are fillers and Botox to fill lines and ease wrinkles, lasers to renovate the collagen, Intense Pulsed light to help with color differences, chemical peels and more.

CAN ONE SUN-FILLED WEEK DO MAJOR DAMAGE?

One sun-filled week, particularly if there is a burn involved, can double the lifetime risk of skin cancer. In addition, you can trash a great deal of collagen and elastic fibers (think wrinkles) in that time.

WHAT ARE EASY WAYS TO PREVENT FUTURE DAMAGE?

If you smoke, stop today. If you get a lot of sun (more than 15 minutes a day) wear good sun protection. If you are not wearing polarized sunglasses get them so you avoid cataracts and other eye problems.

SCIENTIFIC APPROACH TO SKIN

KENNETH BEER creates his paraben- and fragrance-free skin-care line, Scientific, here in Palm Beach. Scientific treats each layer of the skin and is made with dermatologist tested and approved ingredients like Retinol, botanical extracts and hyaluronic acid that plump wrinkles and moisturizes the deepest layers of the skin. Try the Neck Sculpt (\$98), formulated to smooth and increase hydration for the neck, jaw line and décolleté. Another fan favorite is the White Bamboo Exfoliator (\$68), which warms on contact with your skin and water to gently but effectively polish away dead skin, revealing a brighter, more youthful appearance. (Available in-office at 1500 N. Dixie Highway or at scientificskin.com.)



Tammy Fender

MADE IN PALM BEACH

Everyone in Palm Beach knows the name **TAMMY FENDER**, aesthetician to the stars. Fender creates her skin-care line in Palm Beach in small batches, beginning with fresh herbal infusions. Herbs are steeped in water and prepared into a tea. Next, therapeutic-grade essential oils and organic and wild-crafted

herbs are blended into the mixture. The products are food-grade quality, natural and only made with the finest ingredients available. Celebrities including Gwyneth Paltrow rave about such Fender products as the Intensive Repair Balm (\$130), which was originally created as a moisturizer for post-op patients

but is now a must-have for the jet set because of its healing and hydrating properties. The Purifying Cleansing Gel (\$50), also a favorite, is made with spearmint (called a "master cleaner") and nutrient-rich alfalfa to detoxify and balance the skin. (Available at Saks Fifth Avenue, 172 Worth Ave.)

OPERATION FITNESS

There's no magic solution to looking great; even privileged Palm Beachers need some help when it comes to looking their best.



Island fitness picks

VICTORIOUS FITNESS

561/412-9379

Personal trainer Victor Perez-Ayala, a graduate of the U.S. Air Force Boot Camp, trains people of all ages in private groups or one-on-one sessions outdoors in a park, in the privacy of your own home or hotel, or at the location of your choice. Perez-Ayala brings the workout to you with little to no equipment necessary. His training formula is based on six core principles: core strength, balance, flexibility, agility, power and metaphysical awareness. So whether you want an entire fitness routine or you just want to maintain your beach body, Perez-Ayala will work you into shape.

CLEE PILATES

917/741-4752

Christine Lee is a certified Pilates instructor who trained directly with Romana Kryzanowska, the protégé of Joseph Pilates himself. With more than 10 years experience, Lee teaches private and duets (two people) by appointment only during the season in Palm Beach. She works with all ages, genders and fitness levels and creates a program tailored to the individual client. Pilates increases both physical and emotional strength, improves posture, helps prevent injuries, rehabilitates old injuries and increases flexibility. What's Lee's favorite part about Pilates? "The incredible way you feel after a session."

CORE FUSION AT EXHALE SPA

Omphoy Ocean Resort
2842 South Ocean Blvd.
exhalespa.com; 561/585-8116

Exhale's famous fitness classes are open to the public, and classes can be purchased individually or in a series or a monthly membership. Exhale is renowned for its Core Fusion classes, a combo of Pilates, yoga, the Lotte Berk Method and interval cardio training. The class is designed to tone you from the inside out. Don't let the spa environment and beautiful fitness room fool you, because this class works muscles that you didn't even know you had! Exhale Spa also offers a full array of spa services that will soothe any post-workout soreness.



Victor Perez-Ayala

FITNESS TIP

If you love running, walking or biking outdoors, try the scenic South Lake Trail along the Intracoastal (page 57). From the northern tip, it's an easy half-mile down to Worth Avenue. Continue further south along the Intracoastal, and you'll pass stunning mansions, tropical birds and luscious landscapes. For bike rentals contact **PALM BEACH BI-CYCLE TRAIL SHOP** (223 Sunrise Ave.; 561/659-4583). For a historic walking tour contact the **WORTH AVENUE ASSOCIATION** at 561/659-6909.