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SAND. SEA. SERENITY.

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THE ELEMENTS OF THE TURKS & CAICOS

SPAS BLUE WATER OFFSHORE INVESTING GOLF REAL ESTATE
BEACH BOOT CAMP EATING WELL + MORE

dive in

Best Face
Forward
Beach skincare
from expert
Susan Ciminelli

There are some people who, upon arriving in the Turks & Caicos from more northern climates, simply enjoy the sun and sea without taking their skin into consideration—renowned skincare expert Susan Ciminelli is not one of them.

Her first mandate: wear sunscreen, and the higher the SPF (at least 15) the better. "A waterproof sunscreen is best, especially on the beach or if you're active, but avoid those

products that have titanium as an ingredient," she says. "It's an effective protector, but terrible for the skin as it tends to be drying and irritating to most people."

Though necessary, waterproof sunscreens tend to clog pores, so in the mornings and evenings, be sure to use a deep cleanser and exfoliate using a product such as Algae Deep Cleanser, a product of Ciminelli's own design. Before bed, use a moisturizer. Though your skin may seem oilier in the Turks & Caicos heat, moisturizer will hydrate sun-stressed skin.

Once you've properly fortified yourself against the more hazardous elements, Ciminelli suggests you dive in and immerse yourself in one of the most healing seas—the ocean. "Stay in the water for 15 minutes and your body will continuously absorb the minerals it needs. The seawater pulls out toxins and deposits trace minerals back into the skin that are hard to get through your diet." After your swim, rinse off, as salt is dehydrating. To continue the positive seawater effects when you're far from the beach, Ciminelli

recommends her Marine Lotion, a delectable combination of oil of algae and other essential oils that replicate the sea's benefits. Marine Lotion is also a great layer to be worn beneath your sunscreen to keep your skin hydrated.

If you were remiss and forgot to use sun block but still want to enjoy one of the islands' fabulous spa services, a hydrating facial—without exfoliation—is recommended, as is a seaweed wrap for the body, which helps get rid of radiation poisoning.

And to keep your skin free from the itchy bites of mosquitoes, there's always Citrus, but Ciminelli recommends limiting your alcohol and sugar intake, as bugs are attracted to the acidity these products produce in your blood. The Susan Ciminelli Day Spa is located at Bergdorf Goodman in New York; for more information or to order products, call 212.872.6259.

BY TAYLOR CRISTMAN

Spa Tropique

Despite its multiple hotel locations, Spa Tropique is most notable for its mobile service. If you want a postdive massage at your villa or your entire household wants massages—there is a staff of six—this is the place to call. And the luxury and privacy granted by this service is hardly overrated. Armed with portable steamers, an at-home facial is also possible, as are a number of services, but a variation of the basic massage is probably best. The Detoxifying Seaweed Wrap, for example, gets messy.

The "variation" might be one of any number of 16 candle enhancement services that can be

added to a massage, or for that matter any other treatment. A full scalp massage, back scrub, or mini-facial, to name but a few, can be added to your body massage, creating an experience tailored to your specific needs. Once the masseuse is at your residence, be sure to ask for the enhancement list, as some treatment might unexpectedly strike your fancy.

Spa Tropique is currently developing its own signature product, a Turks Island Salt Glow made with locally mined salt, grape seed oil, coco butter, and apricot salt. For an appointment, call 649.941.5720.

LOCATIONS: OCEAN CLUB, OCEAN CLUB WEST, THE SANDS, AND REEF WEST MOYS.

Healing Hands
From poolside
massage to private
pedicures—
the spas that will
spoil you.