

CityLife

Special Green Issue



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WHAT makes a SPA Organic?

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Organic living has never been more popular than it is today, and people from all walks of life are educating themselves on healthier, cleaner lifestyles anywhere from skin care to food intake. All your girlfriends are eating organic fruits, using organic face creams, wearing organic clothing and now converting to organic spas? You desperately want to fit in, but how, where and what makes a spa truly “organic?”

For most of us, scanning every label of every product in our homes has become a routine, and now even organic spas are popping up across the city ensuring us that our manicures aren't surreptitiously pumping our veins with harsh chemicals. What's a girl to do?

This summer, I made it my mission to investigate what separates organic spas from the rest, and how they define themselves as “organic.” The investigation was fun and I'm happy to report that there are organic spas in your area with educated staff to ensure that you walk out polished head-to-toe with products and services that even Mother Nature would approve. The next time you visit an organic spa, here's what to look for...or look out for:

RUB-A-DUB-DUB

Ever heard the saying, “cleanliness is next to godliness?” Well it's true and it's the difference between walking out on cloud nine and going home with someone else's fungal issues. Not pretty. Although this is true of any spa, do ensure that the spa is using natural products to zap away bacteria on tools and tubs that aren't harmful to the environment or your skin. Don't see any cleaner lying around? Ask away, a chemical conscious company will always take the opportunity to brag about its products.

JUST SAY “NO” TO SYNTHETICS!

A truly organic spa will offer products and treatments that are 100 per cent synthetic free, with certified organic products. Most products that claim to be organic without certification only use about five per cent organic ingredients. In order for products to be certified and make an effective impact on the quality of your skin, companies need to study their products for many years without animal testing. Organic spas are equipped with products ranging anywhere from hand, face and body creams to nail polish, body scrubs and organic wax. My personal favourites include Éminence, Jurlique, Juice Beauty and La Bella Donna, which are all available in the GTA and surrounding areas. These products have celebrity followings such as Gwyneth Paltrow, Shania Twain and Nicole Kidman. Considering the amount of pollutants that enter our bodies through the air we breathe and prepared foods, it makes sense to ensure that we take the best care of our bodies in ways that we can control.

A COMMITMENT TO BEAUTY INSIDE AND OUT: In the words of Ayurveda, “You are what you eat.” Bad skin is usually a result of a poor diet and a lack of proper cleansing rituals. Did you know that your skin absorbs 60 per cent of everything that is put on it? That means that when your skin reacts in a rash, acne or pimples, it is your body

sending you a desperate S.O.S. for a change! Don't let acne, and dull skin get you down – an organic spa offers you a commitment to treating your body and skin to the finest that our earth can offer, which over time will allow your body to repair itself naturally.

OK, GREAT, SO WHERE DO I GO?

► **Jade Holistic Spa in Caledon**
www.jadeholisticspa.com



► **Elixir Spa in Toronto**
www.elixirspa.ca



► **Alviar Spa in Toronto**
www.alviarspa.com



REMEMBER

Ask, ask and then ask again. If you're not confident that the spa is using certified products, ask to see the product and read the label. There is no shortage of certified, even Canadian-made products to purify and beautify, and you deserve nothing less. Go out there and get glam ... the natural way! ☺