

spa

✿ travel
beauty
wellness

15 *trips* to take right now

where celebs go to unwind

the truth
about
FACIALS
What works for
your 20s, 30s, 40s
and beyond

PLUS

**WHY WE LOVE
NATIVE AMERICAN
THERAPIES**

**HOW TO USE
SPRING'S HOTTEST
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**AMP UP YOUR
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(AND HAVE FUN DOING IT)**

15 TRIPS FOR SPRING ✿ THE TRUTH ABOUT FACIALS ✿ CELEBRITY SPAS

SPRING 2011 U.S. \$4.99



practice perfect

Need another reason to get to yoga class? These eco-friendly mats are nonskid, phthalate-free and sure to brighten up any studio.



From top: Dragonfly Hydrangea, Zen Garden and Tree of Life yoga mats, \$21.98 each, gaiam.com



1



2



3



4



Chakra Chic

Jewelry that looks good *and* impacts your well-being? That's a win-win in our book — and why we love **Energy Muse Jewelry**. The Torrance, California-based company utilizes high-quality crystals, gemstones and components like centuries-old Chinese coins to create necklaces, bracelets, earrings and belts designed to enhance your personal energy. The Chakra Collection focuses on certain areas; for example, the 6th Chakra Brow necklace (above) incorporates amethyst for protection from negativity, lapis lazuli for expanded awareness and quartz crystal for clear thinking. The 4th Chakra Heart collection brings rose quartz for self-love, malachite to release energy blocks and jade to balance emotions. Or choose your item by specific intention, such as Health & Performance (seen on athlete Dwight Howard); Luck (worn by Train singer Pat Monahan) and Prosperity with Peridot (actress Hilary Duff). Each piece comes with a scroll explaining the item's design and spiritual properties, and an intention to keep in mind as you wear the piece. For best results, wear for 10 days straight. *Pieces start at \$25, chakra necklaces from \$164.99, energymuse.com — Susan Moynihan*

SWEET SOLES

These four companies prove that stylish, perfect-for-spring sandals — good for the earth and the animal kingdom — do in fact exist. — Amy Cassell

1 A former creative director at Tommy Hilfiger, **olsenHaus** founder Elizabeth Olsen has been vegan for more than 20 years. Every shoe she designs is 100 percent vegan, from the plant-based materials used in her boots, heels and sandals to the recycled boxes they come in. The bold "Mrs. Roper" style combines cotton, faux suede and a statement-making 4.5-inch cork wedge heel. \$265, olsenhaus.com

2 **Neuaura's** spring collection is full of earthy wedges, bright heels and comfortable flat sandals, like the "Sol," pictured here. Buy them online and owner Arti Upadhyay will donate 10 percent of the proceeds to animal-friendly foundations like Farm Sanctuary, a nonprofit that rescues abused animals from farm factories, stockyards and slaughterhouses. \$135, [neuaura shoes.com](http://neuaura.shoes.com)

3 **Naya Shoes'** aren't completely vegan, but the company's committed approach to sourcing only natural and eco-friendly materials (such as recycled and vegetable-tanned leather and natural-cork footbeds), keeps them on the front lines of sustainable footwear. The feminine designs for spring include this heeled "Tova" sandal, in a soft, naturally dyed shade they call Deep Sea Green. \$140, dillards.com

4 New York City-based design duo Gina Ferraraccio and Julie DiCterow of **Cri de Coeur** are aiming to change the face of fashion one vegan shoe (and purse) at a time. Their celebrity fan base includes style-setters such as Natalie Portman and Alicia Silverstone. We love these zip-front "Andrea" sandals, made with canvas and synthetic leather that feels as supple as the real thing. \$290, cri-de-coeur.com

Designer Profile: Seaton

WHEN EUROPEAN-INFLUENCED body confidence blends effortlessly with sun-drenched beach style, the result is the luxury resortwear line Seaton. Since its inception in 2005, designer Jill Roberts (left) has drawn inspiration from favorite travel destinations: “everything from the colors in nature to the local girls in their sarongs on the beach.” The brand pairs high-end fabrics (cashmere, silk, French terry) that drape well and feel whisper-soft on the skin, with versatile designs that go from beach to evening. The result: perfectly packable vacation clothes you’ll wear all the time at home too.

Roberts asked longtime friend and now business partner Sarah Emanuel (right) to join the Seaton team in January 2010. The goal: to grow the collection into a complete lifestyle brand that will include accessories and swimwear. We asked Roberts to pick a few favorites from their Spring 2011 collection, which takes inspiration from the vibrant sunsets of the French Riviera, pictured below. Seaton can be purchased at seatonsurf.com or in stores such as Bergdorf Goodman, Calypso, Bloomingdale’s and Jill’s eponymous Beverly Hills boutique. — *Veronica Sooley*



1 KISSING SEAHORSE HOODIE, \$138

“Perfect shade of pinky coral to contrast with tanned skin. Great worn with white shorts.”

2 SCUBA DRESS, \$195

“Signature Seaton dress – fold it in half lengthwise and roll up for wrinkle-free packing!”

3 PATIO DRESS, \$248

“Flattering, easy ‘throw on’ dress for all shapes.”

3 Ways to Spa Up Your Bath

Acclaimed designer Clodagh has been creating award-winning spa spaces for more than 25 years, from the Miraval Arizona Resort & Spa in Tucson to the Nemaocolin Woodlands Spa in Pennsylvania. Next up: a spa complex at the Menla Mountain Retreat & Conference Center in New York's Catskill Mountains, opening summer 2011. Here, she offers three easy ways to up the enjoyment factor in any bathroom. — *Jenny Andrews*

1 LOW LIGHTING

Clodagh insists on dimmers for all lighting fixtures, and loves to use high-quality LEDs that give the look of candles without the fire hazard or wax drippings. *Evolution LED flameless candle systems (includes candles, tray and power supply) from \$499, custom candle shells from \$23, smartcandle.com*

2 ELEMENT OF SURPRISE

Clodagh likes to include a touch of unpredictability in her designs, such as a bit of bling in an unexpected place. She's designing her own bathroom chandelier, due out in summer, but if you can't wait that long, she also likes this one from PaganiStudio. *Aquila Quartz Chandelier, price on request, paganistudio.com*

3 TOUCHABLE TEXTILES

Bathing is a sensory experience, so don't skimp on the finish. For snuggly throws, Clodagh adores the ones by Andrew Morgan Collection; made from eco-fiber, they're nonallergenic, stain-proof and super-soft. *Fur Decadence Spa Silky Boa blanket, \$374, morgancollection.com*



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