

ITALY: 9 TOP SPAS IN TUSCANY AND ELSEWHERE

LUXURY SPA FINDER

THE SPA LIFESTYLE AT ITS FINEST

BEAUTY BRAINS

THE THINKING WOMAN'S GUIDE TO SKIN CARE


BY MELISSE GELULA • PHOTOGRAPHY BY ELLEN McDERMOTT



Flower power

Why has the orchid suddenly blossomed as a skin-care ingredient?

 PRODUCTS



dark flowers and berries." Phytomer's Fleur's range uses an extract made from "antioxidant and moisturizing rhizomes" of the purple orchid (*bletilla striata*) from China in its new AromAqua Orchydra Collection. And Astara, an American spa line that favors natural ingredients, includes the Peruvian orchid (*epidendrum ibaguense*) in its reparative Activated Antioxidant Infusion cream. Astara founder Sunny Griffin likes this species because of its esoteric mythology. "It is revered as the orchid of eternal youth by villagers (most of whom are centenarians) who live close to where it is grown," reads the product information, describing the remote Andean setting where the orchid is sourced.