

aromatherapy oils that would be used during the massage. Soothing Catalan guitar music played in the background. I was led to the massage room, which resembled a luxurious monk's cell, with polished gray granite walls.

Before starting, Irene (the lead masseuse that day) inquired if I had any problem spots I wanted worked on, and if the room temperature was comfortable. Irene explained that she and Tony work as a team and tradeoff "ends," with the preferred end being the head. Tony worked on my legs, abdomen and feet and Irene the face, neck and arms. For my massage, they varied the routine a bit, and Tony massaged my incipient headache away. Tony turned out to be so low-key and thoroughly professional, that I completely forgot that Tony was a he. The pair favored lighter, calming Swedish massage type strokes over a more aggressive shiatsu or rolfing type of massage.

Most memorable were the final few minutes when Tony lightly massaged my abdomen and instructed me "to breathe out, making your stomach like Santa Claus." This proved to be remarkably relaxing and was a great take-home piece of information. Later on that week, I belly breathed my way to sleep using Tony's technique.

A FACIAL PEEL TO TREAT ROSACEA

Robert A. Guida, M.D., F.A.C.S., P.C. (Facial plastic and reconstructive surgery)
8 East 75th Street, NYC, 10021
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What it costs: In-office facial - \$75

Ever since I can remember, I have had a mild case of Rosacea,

a skin condition in which patches of the skin appear flushed. Rosacea is a hereditary condition. Janice Sergides, at Dr. Guida's office assured me that many fair skinned people such as myself suffer from Rosacea. It could, she said, be treated and improved but it cannot be eliminated forever. For my highly sensitive skin, Janice recommended the Oxygenating facial trio peel because of its healing properties. She applied the peels on my face with cotton balls, and sprayed my face at the end with chamomile and rosewater to calm my skin down. As the entire process takes under a half-hour, this is truly "a lunchtime peel". Most of the time I spent in the treatment room was before she administered the peel. Janice quizzed me about my skin, lifestyle and overall health before she touched my face. I left the office with, a red tingling face, which calmed down within 4 hours as promised. As instructed, I did not exercise for the next 48 hours, a precaution against the skin bubbling should I start sweating excessively and overheat my skin.

THE RESULTS

3-4 Days later: skin flaked very slightly. At home, I diligently followed-up the office visit with Dr. Guida's 4-step cleansing, toning and moisturizing creams specifically formulated for those with Rosacea.
2 weeks later: skin began looking significantly clearer
One month later: skin looked the best it has ever been.

How often you need to return: once a month for an in-office peel

Product Information:
The Creams: Physician's Choice
Travel kit: \$27 for a pack of

small sample sizes to try before you invest in the larger sizes
Facial wash: 6oz, \$18
Pumpkin Nutrient toner: 6oz, \$41
Rebalance cream (to calm down redness): 4-oz., \$21
Aprés peel cream: calms down the face after the peel and has hydrocortisone.
Hydrator plus with SPF 15 for normal to dry skin: 4-oz, \$35

Who to see: Licensed aesthetician Janice Sergides for peels. She is a 27-year veteran in the skincare arena. Her motto is "less is best".

Other services available at Dr. Guida's: The Doctor is a plastic surgeon who performs full face lifts, brow lifts, collagen and Botox injections. ■

Visit Dr. Guida's website at www.DrGuida.com

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