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T H E PALM BEACHER

A Gulfstream Media Group Publication



AQUALILLIES

Meet South Florida's most glamorous synchronized swim performers

CHARITY DATEBOOK

Guide To The 2019-2020 Season

UNSUNG HEROES

6 Local Professionals Making A Difference In The Community

THE ZIMMERMAN AGENCY

(continued)

RARE Beauty

DISCOVER SOUTH FLORIDA'S REVOLUTIONARY SPA TREATMENTS TO TRY NOW.

PURE Cell Facial

Stem cells are controversial in medicine, but not in beauty—at least not when it comes to the PURE Cell Facial available at the PURE Spa inside the Pelican Grand on Fort Lauderdale beach. The live roseroot stem cells used during this 80-minute service travel deep into the pores to regenerate skin and stimulate collagen. The spa is one of only two locations to offer the treatment, which uses products from Maria Åkerberg. Products are deepened into the skin using a mask that feels as thick as the molds orthodontists stick in your mouth to create retainers. The treatment makes the skin look tighter, and results can last four to six weeks. (2000 N. Ocean Blvd., Fort Lauderdale; 954.556.7600) - Alyssa Morlacci



Quartz Sand Bed

Forget everything you thought you knew about a relaxing massage and prepare yourself for ultimate bliss with the help of a quartz sand bed. Lucky for South Floridians, The Spa at Auberge Beach in Fort Lauderdale offers the award-winning, state-of-the-art Gharieni Quartz Treatment table (only one of two in South Florida) known to ionize the air, which supports the immune system and helps purify the body. During a massage, tight muscles are soothed with quartz sand poultices, targeting specific



areas of concern. Guests interested in trying the bed can do so when booking the Resort and Balance Massage, the Quartz Sand Sound and CBD Wrap, or the Quartz Massage with Amethyst Oil. (2200 N. Ocean Blvd., Fort Lauderdale; 754.900.4067) - Melissa Puppo

The Palm Beaches' Spa & Wellness Month

This month, relax and rejuvenate with a wealth of treatments and packages starting at \$99. Portions of proceeds benefit five local charities in support of Breast Cancer Awareness Month.



Four Seasons Resort Palm Beach

Take part in the 100-minute **Pink Oceana Experience Package**, which features a warm scalp treatment and massage and warmed application of a detoxifying ancient ocean clay wrap mixed with exfoliating Himalayan salt, all followed by a full-body Himalayan Salt Stone Massage. The treatment also includes your choice of sparkling rosé or antioxidant-infused hibiscus tea and a Himalayan Salt Detox Bath Soak to take home. Enjoy pool, beach and fitness room access, in addition to a voucher for breakfast or lunch, and a 10-percent discount on all spa retail. (2800 S. Ocean Blvd., Palm Beach; 561.582.2800; \$390)

Palm Beach Marriott Singer Island Beach Resort & Spa

For a facial that's ideal for all skin types, book the **Si-Rose Facial Treatment**. During the 50-minute treatment, rose extracts and rosehip oil help skin to restore vital hydration and balance. It's then followed by a warmed rose quartz massage to help increase circulation. (3800 N. Ocean Drive, Riviera Beach; 561.340.1755; \$99)

The Sanctuary Salon & Spa

Get the best of both worlds with the **Fire & Ice Sensation Package**. This treatment includes a harmonized, rhythmic massage utilizing hot and cold remedies designed to reduce stress, relax and detoxify the body. Organic oil blends are then warmed for a custom therapeutic conditioning treatment before finishing up with a designer blowout. (101 N. Clematis St., Ste.115, West Palm Beach; 561.721.9648; \$99)