



MIRROR, MIRROR

San Diego reflects international beauty trends.

By Jeanne Ferris

Once upon a time, an apothecary used to be the pharmacist or aesthetician from whom one would seek the handcrafted beauty elixir or a botanical prescription for pain or illness. These concoctions would be culled fresh from the garden and presented in whole organic form: seeds, pulp, stem and all.

The esoteric art of mixing serums, creams and oils with essences and extracts of herbs, flowers and minerals come from biblical traditions. In moving forward with new knowledge for managing sun damage, free radicals, stress and life-threatening maladies, the increased demand for remedies created with purity has become competitive.

Today's scientific research in sustainable health care has enabled parallel advancement in cosmetic chemistry through medical research and clinical trials. With the onset of technology, sometimes faster and cheaper mechanical processing isn't always the way. The beauty of technology is in the painstaking commitment to producing and buying organics for internal or external consumption.

MIRABELLA MANSORI

The organics offered on Mirabella Mansori's shelf read like an apothecaries' library in old world Europa. Proprietor and licensed aesthetician Bernadette Mansori lovingly cultivates

the Zen day spa in Solana Beach, which encourages one to linger at an oasis from worries for more than an hour. A childhood working in the family business of resort spas in upstate New York, coupled with 20 years experience in the skin and beauty industry, has imbued Mansori's complexion with the bloom of organic.

"We carry Yonka which is French, Ilike which is Hungarian and Phytobiodermie which is Swiss. Yonka is our top-selling European skin care line and for our clients who will only consider 100-percent organic, Ilike is the product of choice. Phytobiodermie has an eye cream containing karite shea nut butter and rosemary for microcirculation for the delicate eye area," Mansori said. "The most advanced trends in the industry are working with stem cells. We have recently discovered a local company (BioRegenerative Sciences), whose products restore human growth factor and the results are profound. It's made with a lot of integrity and super clean."

Most professional spa, salon and retail products commonly available contain a hidden ingredient, which is alcohol or a mix of alcohol and water. This is a common solvent used for herbal extraction (liquid solution) and its main purpose is shelf life and convenience.

Organic products like Ilike — which meets strictly enforced organic standards and is recognized internationally — contain



Yonka | European

A top-selling European skin care line for those who desire a 100-percent organic product.

Available at: Mirabella Mansori
 Web: mirbellamansori.com
 Phone: 858-720-1832



Clinica | South American

Great for all skin types, ages and genders, it works to help repair damage.

Available at: The Spa in The Grand Del Mar
 Web: thegranddelmar.com
 Phone: 858-314-2020



Marula Oil | South African

A highly prized anti-microbial oil that is extracted from the nuts of the Marula tree.

Available at: Nubonau
 Web: nubonau.com
 Phone: 855-682-6628

whole fruit and herb pulps as primary active ingredients, and are created with raw materials and with no synthetics. They are ecological and socially compatible, including Fair Trade but excluding genetic engineering and animal cruelty.

THE SPA AT THE GRAND DEL MAR

Transport yourself into a Renaissance “living” painting at The Spa at the Grand Del Mar resort by soaking in the hot mineral waters set in a Mediterranean palazzo. It claims the distinction of being awarded the Forbes Five Star. The spa’s organic product offered is PreVious, under the auspices of Beauty by Clinica, which was originally created for the Burn and Reconstructive Surgery Unit in Rio de Janeiro, Brazil by Dr. Ivo Pitanguy.

It touts four innovative peptides claiming collagen production, cell multiplication, wrinkle reduction and free-radical elimination. And as if this cup of youth didn’t already run over, key essential ingredients of Vitamin E for antioxidants, organic selicium for cell renewal and botanical extracts (geranium, sandalwood, neroli) are added for aromatherapy.

“I enjoy using Clinica Beauty because I find it healing for all skin types, all ages — for both men and women,” said Jen Woog, the spa’s lead esthetician. “The line’s main ingredient, centella asiatica, is a rainforest super plant that contains rare

cell regenerative properties, which help to repair skin damage and prevent future damage.”

Precious restoratives are transmuted into heavy glass bottles denoting food grade quality — and placing products from exotic regions at our fingertips.

NUBONAU

A unique online store called NuboNau is based in San Diego and dedicated to carrying organic and natural lines from Europe, Africa and the United States.

“The new cult product on the horizon is Pure Marula Oil ... it packs a powerful antioxidant, with anti-aging properties and has the same broad application benefits of Argan Oil (African Botantics),” says store founder Hazel Walker of Birmingham, England. This highly prized anti-microbial oil is extracted from the nuts of the Marula tree — used in the past by the Tsonga people of South Africa and Mozambique for cleansing instead of water.

NuboNau’s international offerings read like a delicious, healthy menu designed for the palate that craves farm-to-table cuisine. Some of the more than 30 labels available from NuboNau include:

- **TooFruit:** Specifically formulated for sensitive children, ages 7-14, skin care includes day cream, lip balm.



- **Absolution:** Certified organic by ECCO-Cert, gluten-free and dairy-free since 2008.
- **SheerinO'ho:** Richly formulated for environmental dehydration — or the jet-set travelers on the go.
- **Patyka:** Body care — eco-friendly packaging, Fair Trade practices and re-discovered organic botanical extractions. “Europe has the most stringent regulations for natural and organic skincare production and development,” Walker explained. “So, we tend to see a lot of great innovations from there, but the U.S. is hot on the heels with amazing brands like Intelligent Nutrients, Juice Beauty and Vapour Organic Beauty.”

Until then, locals can enjoy special benefits, as shipping to San Diegans is free.

SPA AT LA COSTA RESORT

Since 1965, well-heeled travelers and movie stars seeking sun, luxurious wellness and unencumbered repose have made the two-hour pilgrimage from Los Angeles to the Spa at La Costa Resort. One of its premier labels, Eminence Organic Skin Care, handmade in Hungary, has been a pioneer of organics since 1958. A self-proclaimed industry leader of high

standards, Eminence is a recipient of quality assurance awards from Biokontroll, USDA and Demeter International.

The latest Vitaskin Vitamin Solutions product is a complete daily skin regime for hyperpigmentation — or dark spots — aptly named “Bright Skin.” These products contain stone crop, licorice root, bearberry, Gigawhite and revolutionary Natural Hydroquinone Alternative Complex, a plant-derived solution. The development of melanocytes in the skin is inhibited without the side effects of the traditional compound.

The origin and longevity of fresh beauty requires vigilant quality assurance, especially for the sophisticated and discerning organic consumer. Many of the companies who choose to participate in organic best practices also donate to charity or have a cooperative philanthropy program. This is a reflection of beauty on a global scale.

A collective back-to-the-garden attitude embraces wholesome beauty habits, clean diet and daily fitness, leading to rejuvenation, renewal and restoration combined with dewy, plump skin and an internal balance. End product: true beauty is more than skin deep. ■