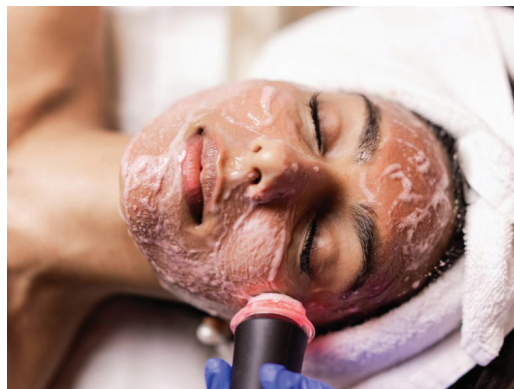


Lifestyle Guide



From top: The OxyGeneo facial at RSkinBar; swoonworthy products used during the Soveral Skin Regeneration Facial from the Four Seasons One Dalton Spa; a facial at The Spa at the Mandarin Oriental; the Great Room at Woodstock Inn & Resort.



BEAUTY & WELLNESS

8 FACIALS FOR WINTER SKIN

Ready, set, glow!

BY AUDREY JABER

1. Holiday Radiance Facial at Bella Sante Day Spa - Med Spa

By combining a customized enzyme peel with a vitamin C and oligomer-rich illumination sheet mask, after this facial your skin will be left more radiant than ever. For some extra R&R, treat yourself to the 80-minute version, where an anti-aging eye treatment will help those dark circles melt away. 38 Newbury St., second floor, 617.424.9930, bellasante.com

2. OxyGeneo at RSkinBar

This three-in-one facial exfoliates, oxygenates and infuses nutrients and vitamins into your skin—leaving you with a healthy and smooth complexion. By utilizing the Bohr Effect—a physiological response that oxygenates skin from within—the exfoliation first generates an abundance of CO₂ bubbles that permeate the upper skin layer. The body then sends O₂-rich blood to the skin to replace the CO₂, which results in optimal skin oxygenation and increased cellular activity. 24 North St., 857.265.3681, rskinbar.com

3. G2O Signature Facial at G2O

The G2O Signature Facial is the perfect remedy for New England's harsh winter, thanks to a special lineup of products curated to your skin needs. Think brands like Skinceuticals and Yon-Ka. At this time of the year, a mild exfoliation followed by rich, hydrating products is usually in order. 33 Exeter St., 617.262.2220, g2ospasalon.com

4. Dr. Dennis Gross LED+C Facial at Woodstock Inn & Resort

Escape body and mind by heading to Woodstock, Vt., for a treatment that pairs LED protocol with a C+Collagen brightening mask to bring intense hydration, blemish clearing and anti-aging benefits to your skin. And if that's not enough, it also includes a neck and decollete massage, an eco-fin hand treatment and peppermint foot massage. 14 The Green, Woodstock, Vt., 888.338.2745, woodstockinn.com

5. Soveral Skin Regeneration Facial at The Four Seasons One Dalton Spa

Do you know what propolis is?

For those who don't, it's a part of honey that protects the queen in the hive—and at Four Seasons One Dalton Spa, estheticians are using it to protect your skin. The honey helps to regenerate cells while simultaneously protecting the skin from the Northeastern chill. The facial also includes a deep cleanse that will encourage muscle-lifting and skin-firming, and a dry brushing technique that improves the lymphatic system. 1 Dalton St., 617.377.4888, fourseasons.com

6. The Couture Collagen Facial at The Spa at Mandarin Oriental

Bring some life to your skin with this highly individualized treatment. Upon beginning your treatment, your therapist assesses your skin and selects the perfect combination of Linda Meredith products for immediate improvement. The session ends with a regenerating collagen mask that both hydrates and protects skin from future aggressors, like the blistering New England winds and infrared radiation. 776 Boylston St., 617.535.8888, mandarinoriental.com

7. MASKne Treatment at The Spa at Spruce Peak

Whether we like it or not, masks are here to stay, and that means so is the unwanted acne that comes along with wearing one. Head to idyllic Stowe, Vt., and relax with the MASKne treatment, which features salicylic acid and deep hydration to purify and cleanse the skin, getting rid of any—and all—maskne. 7412 Mountain Road, Stowe, Vt., 888.478.6938, sprucepeak.com

8. Custom Luxe Micro Hydrating Facial at SkinHealth Centers

From microdermabrasion—using fine crystals to exfoliate the skin and improve tone and texture—to aromatherapy, this facial is designed to make your skin the best that it can be. End the treatment with an antioxidant-rich restorative mask (containing wild yam, acai and black currant seed oil) that is designed to restore skin's strength and elasticity and provide deep nourishment to remedy dry skin that comes with the changing of seasons. 37 Newbury St., 617.267.7546, skinhealthcenters.com

FROM TOP: PHOTOS: COURTESY OF RSKIN BAR; COURTESY OF SOVERAL; BY LINDA MEREDITH/THE SPA AT THE MANDARIN ORIENTAL, BOSTON; BY ROSEMARY TUANKIAN