

# MODERN SPA MAGAZINE

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## Hot New Trends

The most influential women in the spa industry

Hen Party Ideas – High Tech Treatments – Coppola's Yoga Retreat



## New yoga retreat alert

A new five-day **'Yoga, Snow and 5 Star Hotel Spa Retreat'** in the world-famous alpine resort of Gstaad, with the world-class yoga teacher, **Jon Lyngja** launches from 14-18 March 2015. [www.formerheroyoga.com](http://www.formerheroyoga.com)

## Ultimate stress relief

In an **Aveda** UK nationwide survey, 63% of women said that their sleep is affected by stress on a day-to-day basis. The new **Stress Fix: Stress-Fix™ Crème Cleansing Oil and Stress-Fix Composition Oil™** by **Aveda** – featuring the signature crème of Lavender, Lavandin and Clary Sage, is proven to reduce feelings of stress, and helps you and your clients wash away stress and sleep easy. [www.aveda.co.uk](http://www.aveda.co.uk)



## Super serum

**Environ's** new **Apris-CIT – Cosmetic Intensive Treatment** – has been formulated to augment existing treatments to give even faster and more profound results. The formula is a water-based serum that contains a synergistic blend of three super powerful peptide complexes to restore, lift and replenish. [www.iloa.eu](http://www.iloa.eu)

## Sunny delights

**Sunescapes**, distributed by **Dermapure** is the latest tanning range to hit our shores. It's a 100% natural (COCCERT DHA, derived from beetroot), and are also hydrating, anti-ageing, long-wearing, highly natural and non-streaking. [www.sunescapes.co.uk](http://www.sunescapes.co.uk)

