

intra**ceuticals**
it's in the skin

OCCMETRO

DECEMBER 2011 OCCMETRO.COM

Business. People. Life.

2011 best

life

by Kimberly A. Porrazzo



What: Spa Nordstrom
Where: South Coast Plaza
3333 Bristol St.
Costa Mesa
Phone: 714.890.2170

Breathe easy

Oxygen-infusion facials are all the rage among celebrities, particularly in advance of red carpet events in which the paparazzi are out in force with those huge zoom lenses. With the promise of stimulating cell renewal, strengthened collagen and improved hydration, the oxygen-infusion process is said to produce results after just one treatment. The Botox-like benefits can last up to five days.

Thanks to Spa Nordstrom at South Coast Plaza, which offers the in-demand facial, you don't have to be a Hollywood celeb to look just as good as one.

How does it work? Developed by Melbourne, Australia-based IntraCeuticals, the treatment involves therapeutic-grade oxygen and specially formulated

serums being delivered deep into the skin via a pressurized device. Couple the treatment with benefit-extending at-home professional-grade products (Rejuvenate and Atoxelene daily serums, each \$189 for 1 ounce), and your lips will be fuller and lines less noticeable. Repeated treatments are recommended for longer-lasting benefits.

My treatment began with a soothing cleanser applied with rhythmic strokes by my esthetician. Next came the pineapple exfoliating enzyme peel, paired with a steam mist spray to open my pores. Every facial at Spa Nordstrom also includes a hand-and-foot massage while the peel or mask does its work.

A turned-my-face-to-jelly facial

massage preceded the big moment: the infusion of oxygen. Eyes tightly closed, I felt as if a spray of very cold air was being applied in strokes to my entire face, with special attention paid to the areas around my eyes and mouth. I will admit, it did feel as if my lips plumped a bit.

Spa Nordstrom is open seven days a week and is located on the fourth floor of Nordstrom South Coast Plaza. (It's the only Nordstrom in O.C. with a spa). Though not an expansive facility, the staff displays that storied Nordstrom service we've all come to expect.

The holidays are coming, and I'm hoping to find a Spa Nordstrom gift card in my Christmas stocking.

HOLIDAY
ESCAPE
AT THE
GRAND
DEL MAR
PAGE 58

LESSON
TECH
STEVE