



## The Grapes of Bath

**I**F WINE IS THE NECTAR OF THE GODS, then vinotherapy could be the spa treatment of choice on Mt. Olympus. Vinotherapy, or *vinothérapie*, was developed in the 1990s in Bordeaux after Joseph Vercauteren, a pharmacologist working on the use of grape seed oil in skin care products, visited Château Smith Haut Lafitte. Pointing out that tons of seeds and skins from grape crushings were going to waste, he inspired the château's owners to build the Caudalie Vinothérapie Spa. Leave it to the French to discover that what's good for the inside of the body might be good for the outside too.

Scientific research has found that the seeds, skins, and juice of all grapes have high levels of polyphenols, resveratrol, and other antioxidants with the ability

High levels of antioxidants in grape seeds make them ideal for skin care and spa products.

FROM LEFT TO RIGHT:

**The Grapeseed Company**

([www.thegrapeseedcompany.com](http://www.thegrapeseedcompany.com))

Bath and massage oil (\$4.50).

In spoon: Grapeseed body scrub (\$9).

**Appellation** ([www.californianorth.com](http://www.californianorth.com))

Grapeseed face and body wash (\$24.50).

**Caudalie** ([www.caudalie.com](http://www.caudalie.com))

Cleansing water (\$22).

**Alchimie Forever**

([www.alchimie-forever.com](http://www.alchimie-forever.com))

Luxuriously nourishing cream (\$75).

**Dermalogica** ([www.dermalogica.com](http://www.dermalogica.com))

Skin smoothing cream (\$50).



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## SPAS

Such treatments as the Crushed Cabernet Scrub, the Wine Barrel Bath, the Sauvignon Massage, and the Merlot Wrap, are offered in spa packages.



to fight free radicals, heal skin damage, and improve small blood vessel circulation. Grape seed oil nourishes, softens, and restores moisture balance in the skin, while improving texture and slowing the aging process. It is also used for healing sunburn, restoring dry hair, and as a lubricant in men's shaving creams. Women have even looked to vinotherapy as an alternative to cosmetic surgery, thus the "vino-lift anti-aging treatment."

Since 1999, vinotherapy has spread from France to other wine regions of the world, where spa goers are experiencing the bliss of soaking in a bubbling bath filled with grapeseed extract, discovering the pleasures of babylike skin after an exfoliating scrub with crushed grape seeds, and enjoying the balm of a grape seed oil massage, or a luxurious wrap of honey, oil, and wine yeast.

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Sauvignon Massage, and the Merlot Wrap are offered in spa packages with names like the Vineyard Experience or Harvest Bliss. They may as well add: "Warning—these treatments may lead to greater well-being."

If you prefer to rejuvenate at home, put a grape seed spin on your routine. Body and facial scrubs that contain crushed grape seeds take advantage of pulp friction to exfoliate the skin and restore its glow. Moisturizers with grape seed oil will help offset the effects of sun and aging while restoring suppleness and tone to the skin. The oil is known to be especially effective for repair of the skin around the eyes. Finally, let your tensions fall away in a tub infused with grape seed extract. Pour a glass of your favorite wine, or brew a cup of red vine-leaf tea, lie back, relax, and contemplate the possibility that beauty may be, after all, skin deep. ☞ DEJA HSU

### *Champagne Manicure & Pedicure*

Escape to peaceful calm as warm paraffin seals in nutrients from pinot noir grapes for ultimate softness.

Enjoy a reflexology massage, while sipping champagne or sparkling water.

### *Pinot Noir Facial*

A revolutionary facial that includes a rare yeast also used in exquisite wines. Highly concentrated ingredients stimulate regeneration & boost natural defenses.

### *Wrapped in Clouds of Champagne*

Feel the sensation of this unique leave-on foam mask.

Your entire body will be indulged in luxurious pinot noir grape extract. Anti-aging, antioxidant & hydrating!

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