

Riverside's Doty-Trust Murders – 30 Years Later

INLAND EMPIRE

THE REGION'S PREMIER MONTHLY

MAY | 2011

**The Hot
100
Restaurants**
(Actually It's 165)

**From Chiles
To Chorizo**
The Ultimate Guide
To Mexican Food
In The I.E.

**Hack Proof
Your Life**

**5 Moms
Remember
Mother's
Day**

Plus
Senior Strategies

**New Trends
In Back Care**

**Schools and
Colleges Guide**

**Eye Care
Breakthroughs**

**And
98
Great Things
To Do This
Month**

BEAUTY SECRETS
7 LOCAL TRENDS

KATE WINSLET

HOW THIS BRITISH
BEAUTY CREATES HER
OWN SENSE OF STYLE

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SCOOP/ *Beauty*

When Halle Berry got a Brazilian Blowout, everyone else wanted one, too. "It got a big boost from Hollywood," says Samantha Murguia, owner of Lavish Hair Salon & Day Spa in Riverside. Jennifer Aniston, Salma Hayek, Nicole Richie, and Ashley Tisdale are among the celebrities who have reportedly tried the \$300 leave-in treatment that smoothes away frizz and protects your locks from 450°F flat irons, fire-breathing blow dryers, and other damaging tools that can make your hair a brittle mess.

"We've all had the Blowout and it's amazing. It makes your hair soft and manageable," Murguia says. But it's not without controversy. Some agencies, including the California attorney general's office, are checking into the



SAMANTHA MURGUIA
owner of Lavish Hair
Salon and Day Spa,
Riverside

PHOTOGRAPHY: AUBREY NOELLE

07 LOCAL BEAUTY TRENDS

product's formaldehyde levels, though the manufacturer says it's safe. Murguia isn't worried. "It's been tested and it's cleared the hurdles," she says. And it's a great supporting player to the current "in" look—shabby chic. At least that's what it would be called if hair were furniture.

"The look is nicely casual, not so groomed, not too polished or overly done," Murguia says.

For those who want to go green while going chic, Cherie Savoie, owner of Hair Stream Salon in Claremont, has several lines of organic products, including hair color, which is trending red this year.

"Copper-golds and stronger reds. You can break it up with lowlights or highlights," she adds, adding that warmer shades are in—golds, earth tones.

The pixie crop, low pony tails and fringe (bangs) that cover the brow are among the trends Savoie sees locally.

The organic movement is another trend that is moving from salons to the masses. In-Kind products, for the body, hair, and face, contain

no parabens, sulfates, or pesticides. Introduced by Safeway and carried at Vons stores, the company says the goal is to take "aspirational products" and make them widely available at affordable prices.

With your exterior polished, salons and spas also offer a range of products and services that generate feel-good results that translate to outer beauty.

"If you're into the long-term, you've got to have an end plan. You've got to maintain your stress levels, manage your health and your lifestyle," says Kate Santarsieri, director of the GrapeSeed Spa at South Coast Winery Resort & Spa in Temecula.

People are realizing that "a day at the spa isn't just a day at the spa; it's a lifestyle," she says. "They say, 'I need to have a massage, de-stress, and give myself down time' because it's part of an overall plan for good health."

Surrounded by vineyards, the GrapeSeed offers a full range of spa services including skin care treatments, massage, body treatments, pedicures, manicures, cuisine, and a fitness studio with a saltwater swimming pool and yoga classes.

From Blowouts to rejuvenating scrubs and discreet man-scaping, Inland Empire beauty experts have what it takes to keep you up to date and trending gorgeous.



01

Feet first

Reflexology: For centuries, practitioners of health turned to the feet, believing that certain areas of the foot correspond with vital organs in the body. Applying pressure with skill, proper energy flows are restored, bringing harmony to the body and relaxation to the mind. All that aside, who doesn't love a foot massage?

→ **KELLY'S SPA AT THE MISSION INN, RIVERSIDE**

A 25-minute reflexology session at Kelly's Spa will refresh you in no time.

MURRIETA DAY SPA, MURRIETA

A deluxe pedicure includes a good soak in a sea salt foot bath while your feet are massaged, followed by a hydrating paraffin treatment and a nail shape and polish.

For Your Eyes Only

ALLURE IMAGE ENHANCEMENT, UPLAND
Latisse solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker. Hypotrichosis is another name for having inadequate or not enough eyelashes.

ESTEE LAUDER, AT FINE DEPARTMENT STORES
Wild Violet Palette with the limited edition shade eye pencil color, Untamed Violet.

02



THREE

SKIN DEEP

GLEN IVY SPA

The Club Mud Mask lets you recreate your experience at Glen Ivy Hot Springs with the spa's signature red clay "Club Mud." All natural ingredients, including mineral water, provide an excellent body exfoliator for all types of skin.

BELLA SOL MEDSPA, CHINO

The European Facial uses Eminence Organic Skin Care products to deeply cleanse the pores. A steaming to cleanse the skin, a face and neck massage, a mask that suits your skin type, and a warming hand treatment are included.

SPA PECHANGA, PECHANGA RESORT & CASINO, TEMECULA

Organic Enzyme Epicuren Facial. Utilizes a unique protein enzyme to stimulate cell metabolism and dramatically improve the skin's appearance by lifting, tightening and firming.

CRABTREE & EVELYN, CARRIED IN MULTIPLE LOCATIONS

Citrus Body Scrub. A clean, fresh scent permeates the senses as you exfoliate and refresh.



SCOOP / *Beauty*

4. Full Immersion

INTERNATIONAL DAY SPA, REDLANDS

Orange Blossom Body Wash. Highly concentrated and filled with **skin-soothing extracts** of aloe, chamomile, rosemary, and nettle, and a nail shape and polish.

YEH CENTER, UPLAND

Essential oils. As third and fourth generation successors of the Royal

Yeh Natural Perfume and Cosmetic Industry, Drs. **Timothy and Pearl Yeh** use the perfected formulas of **essential oils** handed down for generations. Extracted from nature, essential oils act on the **olfactory** nerves which lead from the nose directly to the brain. They contain numerous **therapeutic** properties and are organic.

GRAPSEED SPA, TEMECULA

Full Day of Bliss. A full day spa experience that includes a **signature massage**, GrapeSeed Scrub, the spa's signature facial, and 50-minute South Coast Manicure and Pedicure. Special spa cuisine is served between treatments.

HEADS UP

5

KAREN ALLEN SALON, RIVERSIDE

Rosemary Mint Shampoo from Aveda. A daily **shampoo** that adds body to fine hair without stripping, build-up or static electricity.

VICTORIAN DAY SPA, RIVERSIDE

Redken Color Extend Sun protects highlights, **safeguards color** and replenishes sun-stressed strands.

MAN-SCAPING

Most salons and spas offer a full range of treatments and products for men.

BELLISIMA AVEDA DAY SPA, REDLANDS Services range from taming the **uni-brow** to trimming and **waxing** just about everything.

ESSENTIALS DAY SPA, CLAREMONT

Executive facial. A therapeutic facial designed **exclusively for men** focuses on cleansing, exfoliation, and extraction. Face, neck, and **shoulder massage** is followed by a custom revitalizing mask.



SIX

THERAPY SESSIONS

TREVI SPA AND SALON, TEMECULA
Rejuvenate with a one-hour **Swedish massage**, spa facial, spa manicure, spa pedicure, shampoo, scalp massage, cut and style, makeup application and lunch.

MURRIETA DAY SPA, MURRIETA
Hot Stone Therapy Massage: Engage your spirit and indulge your senses with the ancient tradition of Hot Basalt Stone Massage. Known for their healing energies, the basalt stones induce deep relaxation while melting away stress.

KELLY'S SPA AT THE MISSION INN
Rose Essence, hydrating body milk. Refreshes your skin with natural ingredients.