



PHOTO MIKE WAREFIELD

Seaweed is the superfood of our coastal waters. Low in fat and packed with vitamins and minerals, these leafy greens from the ocean garden are a nutrient-rich staple at the sushi bar. As a skin-care ingredient, seaweed nourishes from head to toe. Seaweed treatments can help soothe skin concerns like eczema, reduce inflammation, clear up acne and replenish skin's nutrients, says Sherina Jamal, creator of Beauty Through Balance, a natural spa product line.

The North Vancouverite uses Pacific organic seaweed, along with green tea, Canadian glacial clay and other pure ingredients, to create masks, scrubs and lotions used at Vancouver Island's Tighna-Mara and other luxury spa resorts. Seaweed is an elixir for winter-weary skin, says Jamal, who recommends it "to rejuvenate, detoxify and renew skin that has been exposed to the dry, cold winter season."

The ultimate indulgence: Spa Utopia's West Coast Seaweed Journey (\$259), a 100-minute treatment that begins with a dry sisal exfoliation followed by a nourishing seaweed body wrap and a

soothing soak in the hydrotherapy tub and finishes with relaxing massage.

Or recreate the spa experience at home with Beauty Through Balance products. Start in the bath or shower with Glacial Purifying Cleanser for Face & Body. Rinse well, then massage Green Tea Pacific Seaweed Salt Exfoliation into wet skin, using circular motions with a body glove or bare hands, starting with the feet and working upward, to gently remove dry skin cells and rejuvenate circulation. Leave on for about a minute before thoroughly rinsing. After bathing, spritz with Glacial Revitalizing Mist and follow with a generous dollop of Seaweed Body Butter. Massage both into the skin to leave it completely nourished. Shrug on a robe and slippers, then pour yourself a cup of herbal tea and relax.

A detoxifying soak is a component of Spa Utopia's West Coast Seaweed Journey hydrotherapy treatment pictured that incorporates nourishing products from Beauty Through Balance.

Visit beautythroughbalance.ca for a list of North Shore day spas that sell the locally made bath, face and body products.

