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A Passionate Affair

Although the name “passion fruit” seems to indicate a fruit that can induce an aphrodisiac response through its consumption, the name actually has religious connotations.

Acquiring its moniker from Spanish missionaries who believed that the plant's flower resembled different religious symbols, passion fruit is a native of the rain forest margins in the Amazon region of Brazil.¹ There are many species of the fruit grown worldwide, with New Zealand passion fruit being purple and the Hawaiian variety yellow.²

In the kitchen

This egg-shaped tropical fruit has a brittle, wrinkled, inedible rind that encloses flesh-covered seeds, similar to a pomegranate. The seeds are edible, so the pulp can be eaten straight from the shell. It also can be sieved, with the pulp and juice used as flavoring for sauces and beverages. An excellent source of vitamins A and C, the fruit has an intense, aromatic flavor and the pulp has a jellylike watery texture. To eat, cut the fruit in half and scoop out the fleshy pulp.²

Spa cuisine chefs have been mining the riches of this tropical treat for years, with or without the seeds, using it to add a special zest to a variety of dressings, sauces and desserts, including the following:

Carrot Energizer and Green Energy smoothies—Novo Spa, Toronto, Ontario, Canada;

Passion Fruit Soufflé—Breeze Spa at The Wakaya Club & Spa, Suva, Fiji Islands;

Passion Fruit Cheesecake—Hyatt Regency Tamaya Resort & Spa, Santa Ana Pueblo, New Mexico;

Yellowtail Snapper Ceviche with Passion Fruit and Coconut Gelée—Little Palm Island Resort & Spa, Little Torch Key, Florida;

Paradise Salad with Grilled Chicken and Passion Fruit Vinaigrette—Spa Gregorie's Day Spa & Salon, Del Mar, California; and

Exotic Martini—See this recipe from Pastry Chef Nathaniel Reid, St. Regis Monarch Beach Resort, Dana Point, California.

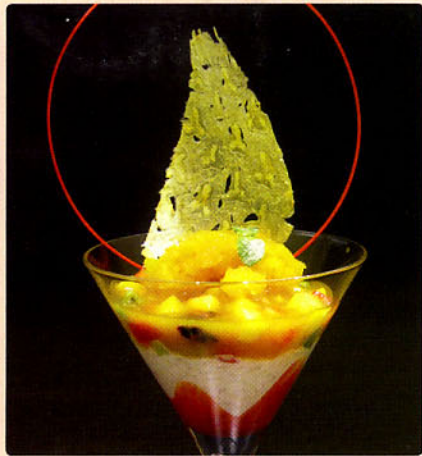
In the spa

The merits of the passion fruit in skin care and wellness don't stop at its aromatherapeutic benefits. The crushed passion fruit seeds often are used as an exfoliator, helping to cleanse and smooth skin, and beyond that, the seeds have also shown evidence of improving skin health by inhibiting melanogenesis in melanoma cells.³

Another wellness benefit that can be enjoyed courtesy of the passion fruit is a better night's sleep because it contains harman and harmine, phytochemicals that are slightly sedative.⁴

Quick Facts

- The leaves of many of the species of *Passiflora*, the flowers on passion fruit vines, have been used for centuries by indigenous tribes as sedatives or calming tonics.¹
- Passion fruit is still used today in South American traditional medicine techniques.¹
- Passion fruit is also known as a purple granadilla, which means “little pomegranate” in Spanish.²
- Botanically, the passion fruit is a berry and grows on a vine.⁵
- To select the best-tasting passion fruit, choose those that are heavy with slightly wrinkled skin.⁵



N. Reid

Exotic Martini

From Pastry Chef Nathaniel Reid,
St. Regis Monarch Beach Resort,
Dana Point, California

Makes 6 servings, 250 calories,
1.9 grams of fat

Ingredients for passion fruit mint granite:

- ¾ cup passion fruit juice
- ¾ cup red guava juice
- 15 mint leaves
- ½ cup sugar

Preparation for passion fruit mint granite:

1. Simmer the passion fruit juice, mint and sugar in a large saucepan for 10 minutes, then remove from heat.
2. Combine passion fruit mixture with guava juice and freeze.
3. When frozen, scrape the mixture with a fork to make large flaked ice.

Ingredients for soy milk rice pudding:

- ½ cup arborio rice
- 1 cup soy milk
- ½ Tahitian vanilla bean
- 3 strips orange peel
- 2 tablespoons sugar

Preparation for soy milk rice pudding:

4. Wash the arborio rice in cold water and drain.
5. Add all the remaining rice pudding ingredients to a large saucepan and simmer until rice is tender.

Ingredients for tropical fruit soup:

- ¾ cup passion fruit juice
- ¾ cup mango juice
- ¾ cup red guava juice
- 4-inch piece fresh lemongrass
- ½ Tahitian vanilla bean
- 1 pod star anise
- ½ cup sugar

Preparation for tropical fruit soup:

6. Bring passion fruit juice, lemongrass, vanilla bean and star anise to a light boil for 60 minutes, and then remove the spices.

7. Combine the passion fruit mixture with mango juice and guava juice.
8. Refrigerate until well chilled.

Ingredients for fruit salad:

- 1 piece kiwi
- ¼ piece pineapple
- ½ piece mango
- 6 strawberries
- 10 blackberries
- Crystallized mint leaf
- Oven-dried pineapple slice

Preparation for Exotic Martini:

9. Wash, peel and dice the fruit for the fruit salad, and mix it together.
10. Place three spoonfuls of rice pudding in the bottom of a martini glass.
11. Place three spoonfuls of fruit salad on the rice pudding.
12. Place two spoonfuls of tropical fruit soup on top of fruit salad.
13. Place one large spoonful of passion fruit mint granite on top.
14. Garnish with a crystallized mint leaf and oven-dried pineapple.

Some spa treatments capitalizing on passion fruit include:

- Lilikoi Fruit Melody, featuring a body exfoliation using Hawaiian passion fruit and island sugarcane—Spa Helani at the Westin Ka'anapali Ocean Resort Villas, Maui, Hawaii;
- The Quintessential, a package that begins with a passion fruit, mango and pineapple fruit scrub—Oasis Day Spa, Columbia, Maryland;
- 15% Organic Passion Fruit Peptide Peel—Dermagenix Medical Spa, Houston, Texas;
- Passion Fruit Citrus Body Treatment, which is uplifting, refreshing and

- stimulating—Kahana Bay Day Spa, Troy, Missouri;
- Organic Passion Fruit Peel, blending passion fruit, papaya and pineapple for hydration and exfoliation—Body and Soul Spa, Scottsdale, Arizona;
- Gentlemen's Hydrating Facial, combining passion fruit, papaya and peptides to moisturize and decrease redness in male skin—Professional Skin Aesthetics, Danville, California; and
- Sweet Passion Peel**, which rejuvenates overworked skin with a passion fruit peptide peel—See step-by-step how-to from Sweet Skin Spa in Seattle.

Professional skin care product manufacturers are also passionate about this multitalented fruit, and include it in a variety of products.

- Fake Bake's Passion Fruit Body Polish helps restore skin's moisture balance while natural exfoliators slough away dead skin cells.
- Image Skincare's I Peel 15% Organic Passion Fruit/Peptide Resurfacing Solution helps hydrate and rejuvenate skin.
- BABOR's HSR 28 Perfect Effect helps prevent elasticity loss using pro-elastin, as well as passion fruit, black currant and vine leaf extracts.
- Issimo International's Relax! Refining