

WIN A SPA TRIP TO MANDARIN ORIENTAL MIAMI (PAGE 12)

spa

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BEAUTY
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A skincare guru's travel beauty secrets

HAVING WORKED FOR YEARS helping Hollywood stars like Debra Messing and Felicity Huffman get red-carpet ready, medical skincare entrepreneur Kate Somerville knows how to bring out the best in skin. On the road, Somerville keeps herself glowing by removing her makeup and moisturizing her face before boarding a flight. "I put a **thin dab of Vaseline** on the inside of my nose to ward off germs, and I carry my own **healthy snacks** plus **lemon slices for my water** to stay hydrated and puffy-free," she says. Since quality sleep affects radiance, she assures it while traveling by wearing her **husband's T-shirt** to bed, keeping a picture of her son nearby, and lighting her favorite **candle**. "I also brew **green tea bags** and place them lukewarm on my eyes for five minutes whenever I need to freshen up," she notes. "Green tea contains caffeine, so it constricts and depuffs." Armed with a few of Somerville's tricks, you'll be stepping off your next flight ready for your close-up. SHARI MYCEK



The Mediterranean style of the St. Regis Resort brings a touch of the Spanish coast to Dana Point, California.

nouveau
mediterranean

Named after a small Spanish village, Spa Gaucin at the **St. Regis Resort Monarch Beach** takes its moniker seriously. So much so that the spa menu is filled with Mediterranean-inspired experiences: wine-infused body oils and scrubs by Le Vin and Olavie, organic olive oil treatments from California locals Innovative Body Science, and grapeseed oils and wraps from Napa Valley Spa Products. The healthy offerings continue outside the spa, too. You can start your day with an easy walk to the beach **SOUTHERN CALIFORNIA** (packed by sunrise with surfers riding the waves), and then continue strolling if you like—a six-mile pathway overlooking the sea and rolling golf course leads to a nature preserve. The Mediterranean feel also carries through to the resort's restaurant, Michael Mina's Stonehill Tavern, and its well-stocked wine cellar filled with organic wines that are featured in the spa's wine tastings. From the olive oil and wine to the ocean views and warm, dry climate, Spain never felt so close. *S.M. Spa Gaucin, St. Regis Resort, Monarch Beach, Dana Point, California, (800) 325-3589, stregismb.com; from \$405 per night*