

# Geomare Puts Your Best Face Forward

BY STEPHANIE DE TROY

I've never booked a morning facial before, for fear of exposing newly exfoliated skin to the elements and, well, because I'd have to face the day (heaven forbid) sans makeup. After my visit to Geomare Wellness Center earlier this week, I've both lost those apprehensions and found myself a new esthetician who I hope will never, ever, leave Southampton. Geomare Avilés, President, Founder and Director of the center, gave me the best facial treatment I have ever experienced.

On the hottest summer day we've had yet, I pulled into the gravel driveway on the sunny hill on White Street. Mistakenly thinking I knew where everything was in Southampton Village, I was not aware of this beautiful area just behind Tate's Bake Shop. (Convenient, I noted.) Greeted by the radiant Avilés

Rolls Royce of microdermabrasion.

Using a sterile diamond head to peel and rub off the dead cells at the top skin layer, followed by something that feels like a miniature vacuum or suction cup that lifts up the removed skin, the process addresses fine lines, enlarged pores, blemishes, hyperpigmentation and acne. Cell activity is restored and products applied afterwards reach the dermis level, replenishing nutrients and resulting in healthy, beautiful skin.

Avilés followed the microdermabrasion with a few careful extractions, a few other steps that involved a warm towel and lastly a very soothing pumpkin mask. By the time I left, I was so incredibly relaxed that I was tempted to drive home and climb back into bed. I couldn't believe the immediate results—my skin looked toned and glowing, the thin "fatigue"

lines around my eyes were gone and best of all I felt amazing. My woes, over a crazy full-moon induced weekend, had vanished and I was ready to start a new, without a stitch of makeup.

*Geomare Avilés, a New York State Licensed Esthetician and LMT, is certified in Reconnective Healing by Dr. Eric Pearl, Cerebro Spinal Fluid Technique (CSFT) by Dr. Don Glassey, Make-Up Artist, and by The International Dermal Institute in Spa Therapy, and Ohashi - Touch for the Face.*

*Geomare Wellness Center is located at 80 White Street in Southampton Village. For Ciel Acupuncture, Body Massage Therapy, Rejuvenating Facials, Nutritional Counseling and Aqua Max Inc., visit [geomarewellnesscenter.com](http://geomarewellnesscenter.com) or call 631-287-9352.*



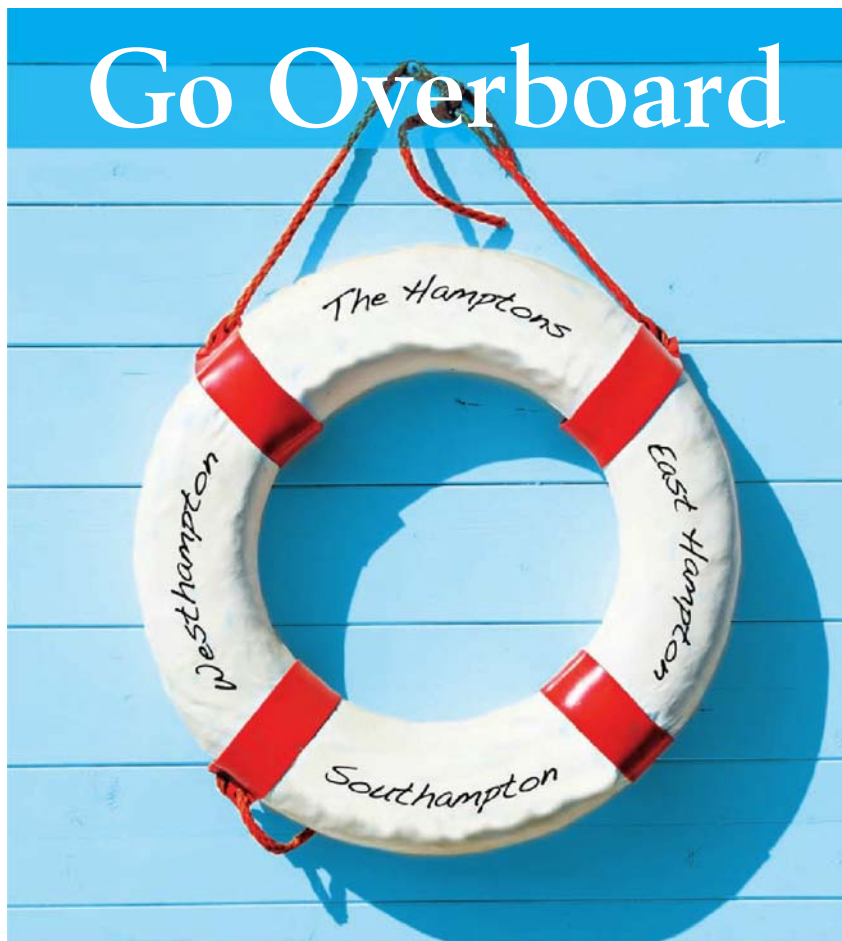
The amazing Geomare Avilés

Courtesy Geomare Wellness

herself, I was led through the tranquil waiting area to the back where there were a few small rooms—designated for acupuncture, massage, body scrubs and more—joined together by a larger room where, from the corner of my eye, I spotted a selection of products, including the coveted skin care line, Ayur-Medic, developed by Dr. Raj Konadia, a plastic surgeon, and Dr. Ezra Kest, a dermatologist, and a team of experts who fused advanced dermatological research with traditional Indian medicine of Ayurveda. In one of the treatment rooms, graced with blue walls, high ceilings and a very inviting bed, I succumbed to serenity.

Avilés spoke briefly about the Diamond Microdermabrasion Facial, which I was about to indulge in, but then suggested that we save all other chatting until afterwards so as to fully enjoy a deep level of relaxation. Within moments, Avilés's magical massaging hands had my head sinking into the pillow and my tensions out the window. She began with a gentle cleansing milk, then a steam, then an exfoliant, and perhaps another exfoliant. Details, at this point, become hazy as I'm drifting farther and farther away. Every inch of face, eye-area, neck and décolleté was tended to and during each "waiting period," when most often the facialist tiptoes out of the room, there was an incredible head and shoulder massage. When anything was applied, it was done so ever so thoroughly and carefully, and pressed into my skin with motions that felt deliberate and highly-skilled.

After a little while came the microdermabrasion. Now, don't fret over the word—this incredibly treatment is painless, safe and gentle. Having had these before with excellent results, at Sothys Spa on 57th Street, I was excited to try the Diamond, the



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