

TREND WATCH | Seashells by the Seashore



Seashells have always made charming decorations, but recently they've taken a leap from table art to therapeutic novelties. Spa owners are discovering that shells normally relegated to the water's edge can now be adapted to treatment menus in need of a summer infusion.

Cliff House Resort & Spa

(www.cliffhousemaine.com) overlooking the Atlantic Ocean in Ogunquit, Maine, offers its guests a three-part seashell body treatment designed to improve circulation and lymphatic function. SeaShell Therapy begins with a dry brush exfoliation and a seaweed and mud application. A massage using warmed cone-, scallop- and fan-shaped seashells follows with the guest's choice of rosemary, citrus or lavender oil. The final step is a slathering of shea butter mixed with herbal extracts.

For a twist on the everyday manicure or pedicure, **Spa at The Del** inside the Hotel del Coronado (www.hoteldel.com) in San Diego lures clients with its Shell Therapy Manicure and Pedicure that involves

a massage of the hands and feet using large and small shells. Clients liken it to walking on the beach without moving a muscle.

Since seashell massages are based on ancient Hawaiian traditions, the **Spa Grande at Grande Wailea Resort & Spa** (www.grandwailea.com) on Maui saw fit to add a Seashell Massage to its service offerings. During the treatment, small tiger cowry shells are placed between the toes, in the hands and on the third-eye chakra. Larger shells are cupped over the body to draw out unwanted energy and are then filled with scented oil and used to massage the client with lomi lomi techniques.

The Signature Hot Sea Shell Massage at **Pure Blu** inside the Newport

Beach Marriott Hotel & Spa (www.newportstay.com) in Newport Beach, California, uses heated, smooth conch shells to drizzle massage oil over clients. Therapists say that the heated oil picks up the calcium and minerals from inside the shells and transfers it to clients' skin. The slick shells are then used to massage in the warmed oil before continuing with a deeper massage.

Inside **Sbarra Spa** at the Casa Ybel Resort (www.casaybelresort.com) on Florida's Sanibel Island, the Sea Shell Facial incorporates cool seashells into a European facial. Shells are placed on the eyelids and body points for balance while skin is cleansed with milk and honey and then lightly massaged with a seaweed serum. A final seaweed mask soothes skin while imparting skin-renewing minerals.

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