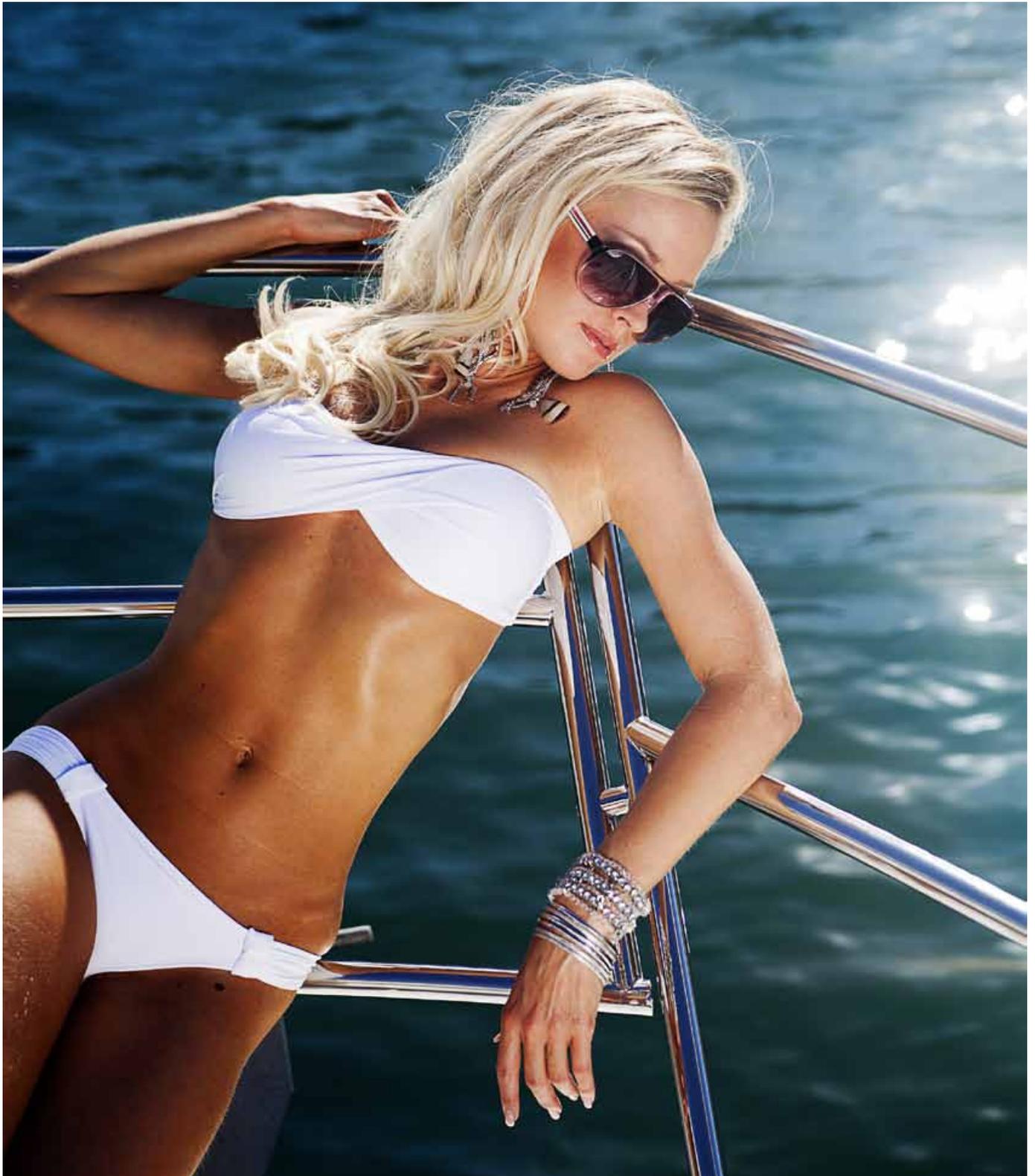


Bikinis & Martinis

THAILAND'S BEACH LIFESTYLE MAGAZINE

JULY-DECEMBER 2013



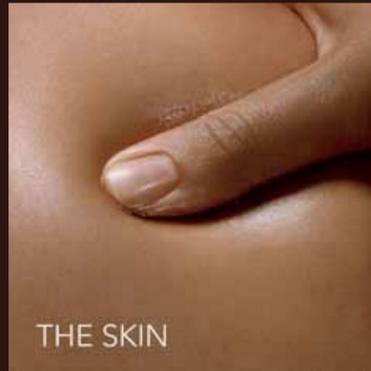
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WATER



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THE SKIN

Unique treatments adapted to the needs of the skin regularly exposed to tropical weather conditions. Prevent skin conditions like micro scarring, photo sensitivity and pigmentation irregularities due to sun exposure.

With symbiotic, proactive ingredients that not only respect the skin's ecosystem but also allow the skin to react on its own providing immediate, visible effects that lead to long lasting deep results.

Cellular water facials, sun treatments, full day tailored tanning programs and more... Spa yourself to a new level. For holiday makers & residents. **Visit Sun Spa Esthederm at Twinpalms Phuket.** www.twinpalms-phuket.com

Brought to you by the legendary high-tech cosmetic innovator and skin & sun care expert from France

INSTITUT ESTHEDERM

SKIN DEEP: FINDING BEAUTY AND HEALTH IN THE TROPICAL SUN



DAVID MARTIN

For more than 15 years, I have been traveling around the tropical regions of the planet working in the hotel industry and teaching holidaymakers about the underwater environment.



In many hotels in the tropics – the Maldives, Thailand, the Caribbean, etc – guests will be taught about the environment, the reefs, scuba diving and snorkeling, but rarely does a hotel take the time or interest in educating its guests about the sun.

People will choose a tropical destination for a holiday for many reasons. Perhaps because of the landscape, the activities or the hotel name, but if you really think about this, the main reason why someone will choose to escape to a tropical destination is its warm tropical climate, therefore the SUN.

But the sun doesn't always bring joy to those on a tropical holiday.

Why would someone sunburn even using an SPF 50 sunscreen? Why does the skin have an allergic reaction or spots from the sun's rays?



All these questions are legitimate and would make a difference to your holiday experience. In the Maldives for example, at the main hospital in Male, the most common injury treated for tourists is sunburn.

How to achieve a safe and glowing tan while on vacation under the tropical sun?

First, it's essential to understand how the skin stays healthy within its environment. Like coral reefs, which are the largest living structure on earth, the skin is the largest organ of the human body.

Both coral reefs and body skin are in direct contact with the environment and they have the natural ability to adapt themselves to different external conditions in order to keep their ecosystem balanced and healthy. However, sometimes they need a little help from us. This is valid for both the reef and the skin.



The sun is the source of life for every living organism. Yes, too much sun exposure is dangerous but the lack of it is as well.

In order to get only the benefits from the sun, and minimize its harmful effects, you need to help your skin produce its natural protection (tanning) with the adequate sun protection according to the sun intensity your skin will be exposed to, and your skin photo type.

In partnership with Institut Esthederm, the world's most recognized brand in sun care innovations, we have created the Sun Spa Esthederm concept to help hotels and resorts provide their most demanding clients with a dazzling tan, offering an increasingly personalized and complete range of services.

We have developed customized tanning programs with products applied directly to customer's skin by Esthederm hostesses all day long at the pool or beach. All programs begin with a diagnostic to identify your skin photo type and sun potential.

Thanks to Esthederm's products range going beyond SPF and its triple biological cell protection with no filters or screens, we are able to offer sun tanning programs with the most complete protection for safe sun exposure, to all skin photo types, even skin prone to suffer from sun allergies, brown spots or sunburn.



Sun Spa Esthederm will help you to treat your skin with respect under the tropical sun!

www.sunspa-esthederm.com