

THE SKIN THE RITUAL THE RENEWAL

SUMMER 2026

SPA CULTURE

A MAGAZINE FOR NATURAL BEAUTY & WELLNESS

BEYOND THE FACIAL

Why true skin health starts with balance.

ROOTED IN NATURE

Holistic skincare for real skin and real life.

SELF CARE IS SKIN CARE

FINDING YOUR SPA CULTURE

What new rituals will transform your skin and your life.

THE POWER OF ORGANIC

Slow down. Breathe deep. You deserve this.

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THE GLOW ISSUE

SUMMER 2026

ORGANIC SKINCARE REAL RESULTS

BEYOND THE FACIAL

Why true skin health starts with balance inside and out.

SELF CARE ISNT SELFISH

The power of taking time for you.

SKIN IS PERSONAL. YOUR FACIAL SHOULD BE TOO.

The Hottest Trends:

What's In and What's Out

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Editor's Welcome

Welcome to the summer issue of Spa Culture.

At Spa Culture, we believe healthy, radiant skin starts with thoughtful care, quality ingredients, and a holistic approach to wellness. As an esthetician and creator of Spa Culture, I'm passionate about helping you care for your skin with confidence through professional treatments, education, and nature-inspired products.

This magazine is an extension of that commitment. Inside, you'll find expert skincare advice, seasonal beauty tips, wellness inspiration, and practical guidance to support your skin journey and encourage moments of self-care.

Thank you for being part of the Spa Culture community. I hope these pages inspire you to nurture your skin, embrace simple rituals, and discover the beauty of caring for yourself—naturally.

M Sutton





With every act of self-care your authentic self gets stronger... Every act of self-care is a powerful declaration: 'I am on my side'

-Susan Berry (Author: Moments of the Heart series)



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Improve your results, save your money, and make your products last longer.

Hottest Trends in skincare



The skincare world is constantly evolving, but today's biggest trend isn't about complicated routines—it's about healthier, smarter skincare. Consumers are moving away from harsh treatments and embracing products that support long-term skin health with proven ingredients and simplified routines.

Barrier Repair Takes the Spotlight

A healthy skin barrier is now considered the foundation of good skincare. Ingredients like ceramides, squalane, panthenol, and colloidal oatmeal help lock in moisture, reduce irritation, and keep skin looking smooth and healthy.

The Rise of Skinimalism

Lengthy skincare routines are being replaced by a more minimalist approach. Many people are choosing just a few effective essentials—a gentle cleanser, hydrating serum, moisturizer, and daily sunscreen—to achieve better results with less effort.



Peptides Continue to Shine
Peptides remain one of the most popular anti-aging ingredients thanks to their ability to support collagen production and improve skin firmness. They're often combined with hydrating ingredients like hyaluronic acid for a well-rounded skincare boost.

Sunscreen Becomes an Everyday Essential
Daily SPF is no longer optional for many skincare enthusiasts. Modern sunscreens are lightweight, comfortable to wear, and help protect against premature aging and sun damage, making them an essential step in any routine.

Personalized Skincare and At-Home Technology
Customized skincare is becoming more accessible, with brands offering routines tailored to individual skin types and concerns. At the same time, at-home LED light therapy devices are growing in popularity as a gentle way to support collagen production and improve overall skin health.

A Smarter Approach to Skincare
The biggest trend of all is simplicity. Rather than chasing every viral product, consumers are focusing on consistent routines, effective ingredients, and long-term skin health. The result is skincare that's less complicated, more personalized, and built to deliver lasting results.



Let's Dive into the world of Organic Skincare

With countless skincare products lining store shelves, choosing the right routine can feel overwhelming. From organic and natural brands to medical-grade formulas and department store favourites, each category offers unique benefits. The best choice ultimately depends on your skin type, concerns, and personal preferences.

Organic skincare is formulated with ingredients derived from plants and other natural sources, often grown without synthetic pesticides or fertilizers. Many people are drawn to these products because they contain fewer artificial fragrances, dyes, and preservatives, making them an attractive option for those who prefer a more natural less toxic approach to skincare.

Organic products often feature nourishing ingredients like aloe vera, rosehip oil, shea butter, chamomile, and botanical extracts that help hydrate and soothe the skin. They can be an excellent choice for maintaining healthy skin and supporting the skin's natural barrier.

A well-rounded skincare routine doesn't have to fit into just one category. Many people successfully combine products—for example, using an organic cleanser and moisturizer alongside a medical-grade serum or a trusted department store sunscreen.

The most effective skincare routine is one that suits your skin, addresses your concerns and values and is used consistently. Whether you prefer natural botanicals, clinically formulated actives, or a combination of both, healthy skin comes from choosing quality products that work for you rather than following trends alone.





Do you know what you're using?

With so many skincare products on the market, it's easy to get caught up in the latest trends or marketing claims. Before filling your bathroom cabinet, take a moment to ask yourself a few important questions.

What do I want from my skincare?

If your goal is healthy, radiant skin without irritation or harsh ingredients, naturally based skincare may be the right fit. Many organic and natural products focus on supporting the skin's natural functions rather than aggressively stripping or resurfacing it, making them a great option for those seeking long-term skin health.

How are my products made, and where do they come from?

Do you want products manufactured in a large facility where the same base formula may be sold under multiple brand names? Or would you rather choose skincare made in small batches with locally sourced or traceable ingredients?

Many companies don't disclose exactly where their ingredients come from or how they're processed, particularly when synthetic ingredients are involved. Organic skincare, on the other hand, often provides greater transparency, allowing you to trace many of the botanical ingredients from cultivation to finished product.

How much am I willing to invest?

Skincare should be an investment in yourself—not a choice between buying groceries and buying moisturizer.

Finding products that fit your budget is important. While professional or spa-quality skincare isn't always inexpensive, a little often goes a long way when products are used as directed. In many cases, a quality serum or moisturizer can last longer than a less expensive alternative that requires heavier application. Spa-grade skincare can range anywhere from $50 to several hundred dollars per product, but many organic and naturally based brands offer high-quality options at more accessible price points.

Do I align with the company's values?

This question is becoming increasingly important to many consumers.

Does the company test on animals? Are its ingredients ethically sourced? Is the packaging environmentally responsible? Are unnecessary artificial dyes, fragrances, or preservatives being used simply to extend shelf life?

Supporting a brand also means supporting its business practices. Knowing that your hard-earned money aligns with companies whose values reflect your own can make your skincare purchases feel even more worthwhile.

> "Skincare is like a garden. Nurture it with natural ingredients, and watch it bloom with beauty."
>
> -Sunday Riley

The bottom line is these questions may not always lead you to organic skincare, but they can help you become a more informed consumer. Looking beyond the label and understanding how products are made, where ingredients come from, and what a company stands for can make all the difference.

For many people, organic skincare offers more than just naturally derived ingredients—it provides transparency, thoughtfully crafted formulations, and a gentler approach to caring for the skin. While medical-grade products have their place for treating specific concerns, organic skincare is often an excellent choice for maintaining healthy, balanced skin every day.

Just as we pay attention to the quality of the food we eat, we should consider what we put on our skin. Choosing organic skincare is an investment in your skin's long-term health and in supporting brands that value quality, sustainability, and ingredients you can trust.





When's the last time you stopped to smell the roses?

Let's be honest—life is busy, and sometimes it's downright chaotic. If you're anything like me, you've got 15 things on the go at once. The kids need to get to practice, the dog needs to be fed, the laundry is still sitting in the dryer and did I remember to pay the hydro bill? There are a dozen unread emails from work, you're wondering if you've eaten enough protein today, and you're probably running low on gas—both literally and figuratively.

By the time you finally crawl into bed, washing your face and applying your skincare routine can feel like just another chore on an endless to-do list.

But what if you looked at it differently?

Instead of seeing your evening skincare routine as one more task, think of it as five uninterrupted minutes that belong entirely to you. Close the bathroom door, put your phone down, take a few slow, deep breaths, and simply be present. Let those few moments become a small act of self-care rather than another obligation.

There's a quote I try to live by: "You can't pour from an empty cup." As women, we often spend our days filling everyone else's cup first—our children, our partners, our friends, our coworkers. By the end of the day, there's often very little left for ourselves.

Your skincare routine is an opportunity to refill your own cup. Beyond caring for your skin, it's a chance to quiet your mind, slow your breathing, and signal to your body that it's time to rest. Even five mindful minutes before bed can help you unwind after a busy day.

Like any healthy habit, consistency is key. It may take a few weeks for your routine to feel automatic, but once it becomes part of your evening ritual, you'll begin to look forward to it. You'll not only notice the difference in your skin—you may find yourself feeling calmer, more rested, and better equipped to show up for the people who depend on you.

Because taking care of yourself isn't selfish—it's essential.



Beautiful skin requires commitment, not a miracle.

-Dr. Erno Laszlo (Dermatologist)

spa culture

Finding your Spa Culture

The tradition of visiting a spa dates back thousands of years. In ancient Roman times, public bathhouses were far more than places to bathe—they were centres of health, relaxation, and community. Romans believed that bathing in warm mineral waters, steam rooms, and thermal pools could restore both the body and mind. These rituals became an important part of everyday life, laying the foundation for the spa experiences we know today.

While spas have evolved over the centuries, their purpose has remained remarkably similar: to provide a place where people can slow down, recharge, and care for their overall well-being.

When I first opened Spa Culture, my vision was simple—to create a space where people could step away from the demands of everyday life and leave feeling better than when they arrived. What began as a passion for skincare has grown into something much more: a place where self-care isn't viewed as a luxury, but as an essential part of living well.

But what exactly is *your* spa culture?

It's more than booking the occasional facial or massage. It's creating rituals that help you reconnect with yourself, whether that's spending five mindful minutes on your skincare routine, scheduling regular facials, soaking in a warm bath, or simply giving yourself permission to slow down. Your spa culture is the collection of habits that help you feel rested, confident, and cared for.

At Spa Culture, we believe every treatment should be as unique as the person receiving it. That's why every facial is customized, every recommendation is personalized, and every visit is designed to meet you where you are on your wellness journey.

Our hope is that every time you walk through our doors, you leave with more than glowing skin. We hope you leave feeling relaxed, renewed, and inspired to create your own spa culture—one that fits your lifestyle, supports your well-being, and reminds you that taking care of yourself is never a luxury. It's a necessity.



Healthy skin starts from within.

We often spend hundreds of dollars searching for the perfect serum or moisturizer, hoping for glowing, youthful skin. While a good skincare routine is important, the truth is that healthy skin starts long before you reach for a cleanser or face cream. Your daily habits play a significant role in how your skin looks and feels.

Feed Your Skin

The saying "you are what you eat" couldn't be more true when it comes to your complexion. A diet rich in colourful fruits and vegetables provides essential vitamins, minerals, and antioxidants that help protect skin from environmental damage while supporting collagen production and repair. Healthy fats from foods like avocados, nuts, seeds, and oily fish also help maintain the skin's moisture barrier, leaving it softer and more resilient.

Hydration Is Key

Water is one of the simplest yet most overlooked beauty tools. Staying well hydrated supports your body's natural functions and helps your skin maintain its elasticity and healthy appearance. While drinking more water won't erase wrinkles overnight, dehydration can leave your skin looking dull, dry, and tired.

Get Moving

Regular exercise does more than strengthen your body—it benefits your skin, too. Physical activity increases blood circulation, delivering oxygen and nutrients to skin cells while helping support the body's natural repair processes. Exercise can also reduce stress, which may help minimize stress-related skin flare-ups for some people. And while sweating itself isn't how your body "detoxes," cleansing your skin after a workout helps remove sweat, oil, and bacteria that can contribute to clogged pores.

Don't Underestimate Sleep

Beauty sleep isn't just a saying—it's backed by science. While you sleep, your body shifts into repair mode, helping renew skin cells and recover from daily stressors. Consistently getting seven to nine hours of quality sleep can leave your skin looking brighter, healthier, and more refreshed.

Healthy Habits, Healthy Skin

No cream or facial can replace the foundation of a healthy lifestyle. Nourishing your body with wholesome foods, staying hydrated, exercising regularly, getting enough sleep, and managing stress all work together to support healthy, glowing skin.

Think of skincare as a partnership. The products you apply on the outside can enhance and protect your skin, but the habits you practice every day provide the foundation for lasting results. When you care for your body from the inside out, your skin has every opportunity to reflect it.



Stop wasting your products!

There's a reason your eye cream seems to disappear so quickly—you might be using too much! When it comes to skincare, more isn't always better. Using excess product can lead to waste, pilling, or even irritation without improving your results.

Most professional skincare products include recommended amounts, but if they don't, here's a simple rule of thumb.

For cleansers, exfoliants, and masks, about one teaspoon is enough. Serums, facial oils, and concentrates typically require just two pumps or three to four drops. A moisturizer should need no more than half a teaspoon, while a pinhead-sized amount of eye cream is enough for both eyes. For sunscreen, aim for two to three finger lengths to properly protect your face and neck.

Every skincare line is formulated differently, so if you're unsure how much product to use or the correct order of application, ask your esthetician. Using the right amount helps you get the best results while making your products last longer.



Why Customized Facials Matter.

No two people have the same skin, so why settle for a one-size-fits-all facial? Your skin is constantly changing due to age, hormones, stress, the seasons, medications, and lifestyle. That's why a customized facial is designed around your skin's unique needs on the day of your appointment, ensuring you receive the most effective treatment and products for your complexion.

At **Spa Culture**, you'll never get the same facial twice. Every treatment begins with a thorough skin analysis, allowing your esthetician to adjust the products, techniques, and focus of your facial based on what your skin needs that day. Whether you're experiencing dehydration, acne, sensitivity, pigmentation, or simply need a boost of hydration and relaxation, your facial is completely personalized—because your skin is always changing, and your skincare should too.

ÉMINENCE
ORGANIC SKIN CARE
HUNGARY · SINCE 1958



Why we chose Eminence Organics as our top product line.

People often ask why we chose Eminence Organics as our signature skincare line. The answer is simple—I believed in the products long before I ever carried them professionally.

For nearly eight years, I used Eminence on my own skin while also working with it in the treatment room. At the time, I struggled with hormonal acne, sensitivity, and constant irritation. I had tried countless products, but nothing seemed to restore my skin without causing more inflammation. When I discovered Eminence, everything changed. My skin became calmer, healthier, deeply hydrated, and more balanced. It was the first skincare line that truly transformed my complexion, and I haven't looked back since.

As my business grew, I knew I wanted to partner with a company whose values aligned with my own. Using natural, organic ingredients was important, but so were cruelty-free practices, sustainability, and transparency. I wanted to offer products that cared for the skin while also being mindful of the environment.

Beyond the formulations themselves, I appreciate that Eminence continues to invest in eco-conscious initiatives. Their packaging is recyclable, and their products are thoughtfully designed with sustainability in mind. Through their Forests for the Future™ program, a tree is planted for every retail product sold, and more recently they've expanded their environmental efforts by supporting coral reef restoration projects that help protect marine ecosystems.

Another reason this brand resonates with me is its commitment to giving back. Through the Eminence Kids Foundation, the company helps provide nutritious meals to seriously ill children and their families.

That mission became even more meaningful to me after learning the story behind the brand... As a child, Founder and President Boldijarre Koronczay was diagnosed with leukaemia. His parents and grandparents relied on generations of knowledge about the nourishing benefits of natural, organic, and Biodynamic foods to support his recovery. That experience shaped his lifelong belief that true wellness begins by nourishing the body from the inside out—a philosophy that remains at the heart of Eminence Organics today.

The story is also deeply personal for me as a close family member was diagnosed with leukaemia many years ago. Knowing that the company was built from such a heartfelt experience makes it more than just another skincare brand—it reflects resilience, compassion, and a genuine desire to help others.



At the end of the day, I don't recommend Eminence simply because it delivers beautiful results—although it certainly does. I recommend it because it's a company whose products, values, and purpose align with what I believe skincare should be: effective, ethical, and rooted in caring for both people and the planet.





> **Mother Nature knows best when it comes to skincare. She provides us with everything we need for healthy, luminous skin.**
>
> -Dr. Barbara Strum



Block, Dont BURN

Sun Protection: The Best Anti-Aging Product You'll Ever Own

If there was one skincare product I could recommend to everyone, regardless of age or skin type, it would be sunscreen.

Serums and moisturizers can certainly improve your skin, but if you're skipping daily sun protection, you're undoing much of their hard work. Up to 80% of visible skin aging—including fine lines, wrinkles, pigmentation, and loss of elasticity—is caused by cumulative sun exposure. Protecting your skin today means preserving its health and appearance for years to come.

Mineral vs. Chemical Sunscreen: What's the Difference?

When shopping for sunscreen, you'll typically find two types: mineral and chemical.



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Mineral SPF

Mineral sunscreens use ingredients like zinc oxide and titanium dioxide to create a protective barrier on the skin that reflects and scatters UV rays before they penetrate the skin. They begin working immediately after application and are often recommended for sensitive skin because they're less likely to cause irritation.



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Chemical SPF

Chemical sunscreens work differently. They absorb UV rays and convert that energy into heat, which is then released from the body. These formulas tend to feel lighter and blend more easily, but they should be applied 20–40 minutes before sun exposure to be fully effective.

In recent years, some chemical UV filters—including oxybenzone and octinoxate—have come under increased scrutiny. Research has raised questions about their potential effects on marine ecosystems, and ongoing studies continue to investigate their possible impact on human health. While these ingredients remain approved for use in many countries, many consumers are choosing mineral sunscreens as a precaution and for their simpler, naturally derived formulations.

There's No Such Thing as a "Healthy Tan"

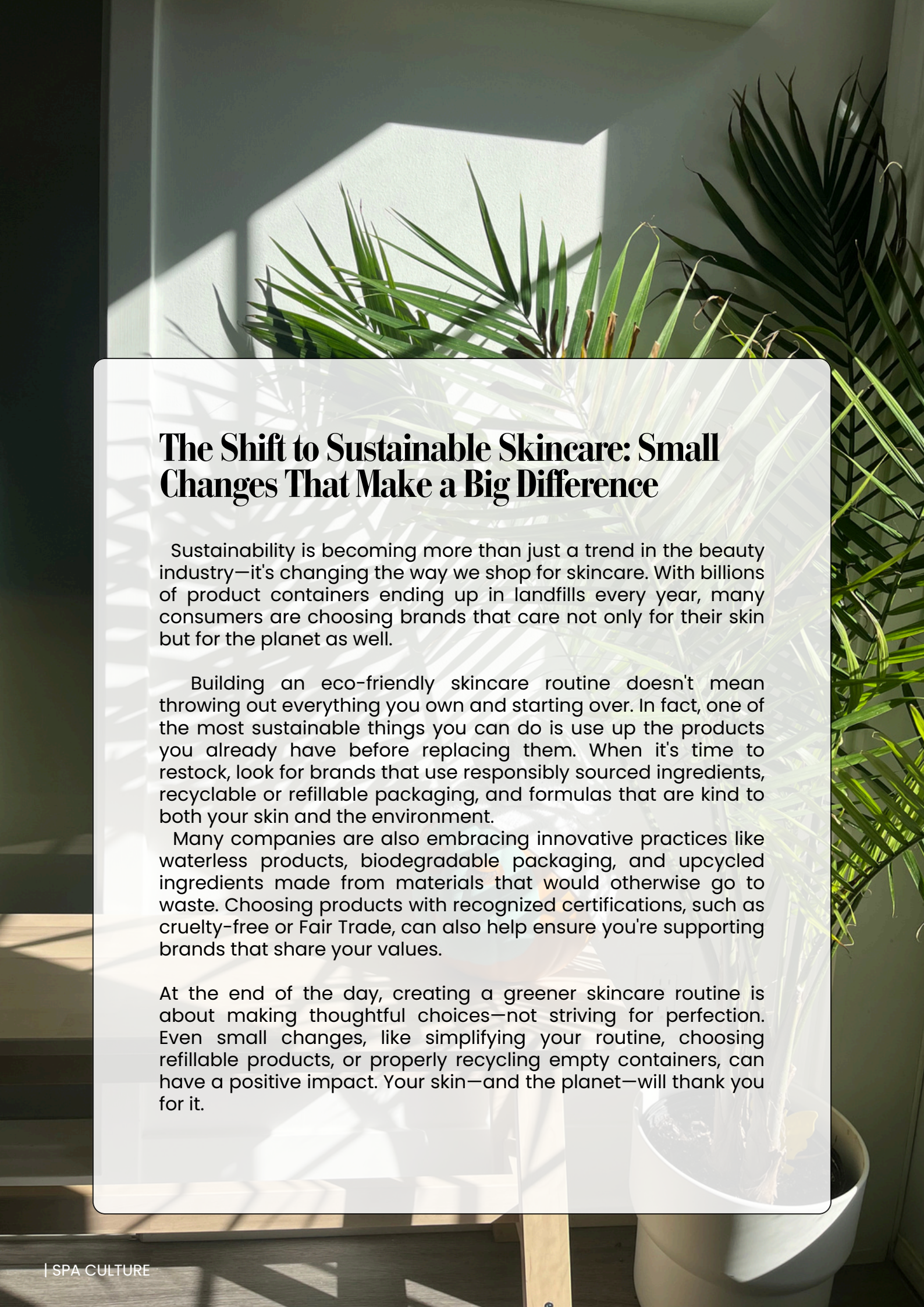
One of the biggest myths in skincare is that a tan is a sign of healthy skin.
In reality, a tan is your skin's defense mechanism. When UV rays damage skin cells, your body produces more melanin in an attempt to limit further damage. That golden glow is actually evidence that your skin has already been injured.
While a tan may fade, the effects of UV exposure accumulate over time, contributing to premature aging and increasing the risk of skin cancer. The goal shouldn't be to "build a base tan"—it should be to protect your skin before the damage occurs.

Sunscreen is only one piece of the puzzle. Some of the best ways to protect your skin include wearing UPF-rated clothing, wide-brimmed hats, and UV-protective sunglasses. Whenever possible, seek shade during peak sunlight hours, especially between 10 a.m. and 4 p.m., when UV rays are strongest.

These simple habits work together to minimize UV exposure while allowing you to continue enjoying time outdoors safely.

Daily sun protection is one of the best investments you can make for your skin. Wear a broad-spectrum SPF, reapply when needed, and whenever possible, add extra protection with UPF clothing, a hat, and shade.
Your skin remembers every sunburn and every tan. Protect it today, and your future self will thank you.





The Shift to Sustainable Skincare: Small Changes That Make a Big Difference

Sustainability is becoming more than just a trend in the beauty industry—it's changing the way we shop for skincare. With billions of product containers ending up in landfills every year, many consumers are choosing brands that care not only for their skin but for the planet as well.

Building an eco-friendly skincare routine doesn't mean throwing out everything you own and starting over. In fact, one of the most sustainable things you can do is use up the products you already have before replacing them. When it's time to restock, look for brands that use responsibly sourced ingredients, recyclable or refillable packaging, and formulas that are kind to both your skin and the environment.

Many companies are also embracing innovative practices like waterless products, biodegradable packaging, and upcycled ingredients made from materials that would otherwise go to waste. Choosing products with recognized certifications, such as cruelty-free or Fair Trade, can also help ensure you're supporting brands that share your values.

At the end of the day, creating a greener skincare routine is about making thoughtful choices—not striving for perfection. Even small changes, like simplifying your routine, choosing refillable products, or properly recycling empty containers, can have a positive impact. Your skin—and the planet—will thank you for it.

An Oldie But A Goldie

Coconut Oil



For generations, coconut oil has been a trusted natural beauty ingredient. Rich in lauric acid and nourishing fatty acids, it offers a variety of benefits for your skin, hair, and even your smile.

As a moisturizer, coconut oil helps lock in hydration and strengthen the skin's natural barrier, making it ideal for dry skin, rough patches, and post-shave irritation. If you have oily or acne-prone skin, however, it's best to avoid using it on your face, as it may clog pores.

Coconut oil is also a favourite for hair care. Its ability to penetrate the hair shaft helps reduce protein loss, strengthen strands, and minimize breakage, leaving hair softer, shinier, and healthier. It makes an excellent weekly treatment for dry or damaged hair.

It can even benefit your oral care routine. The traditional practice of oil pulling may help reduce harmful bacteria, freshen breath, and support overall oral health when used alongside regular brushing and flossing.

Whether you're soothing dry skin, nourishing your hair, or upgrading your self-care routine, coconut oil is a simple, versatile ingredient that has earned its place as a natural beauty essential.



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