
SPA CULTURE
Fall/Winter 2026
IT'S PEEL SEASON
Navigating Corrective Treatments this Season
HOW TO LAYER SKINCARE
GLOW THROUGH THE COLD
Expert Tips for Healthy, Hydrated, Radiant skin
HEALING YOUR SKIN BARRIER
NOURISH YOUR INNER YOU
Seasonal Foods, Movement & Mental Wellness
LIVE WELL LOOK RADIANT FEEL BALANCED
www.spaculture.ca

Editor's Welcome

As the days grow shorter and the air turns crisp, we're reminded that wellness isn't just a destination—it's a way of life. This fall/winter issue of Spa Culture Magazine invites you to slow down, reset, and reconnect with what truly matters: your skin, your health, your inner peace, and the community around you. We're also excited to introduce The Community Edit- a special feature sharing the voice and perspective of a local community member, reminding us that well-being grows through connection, shared experiences, and the common interests and passions that bring our community together.

M Sutton





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MARIA SUTTON

Esthetician & Founder

@SpaCultureEsthetics

Allow me to reintroduce myself. My name is Maria Sutton, and I am the face, mind, and machine behind Spa Culture Inc.

I've been a dedicated esthetician for over a decade, spending years working within spas before eventually opening my own solo practice. My passion has always been rooted in holistic skincare, wellness, and creating a space where people can truly exhale, unwind, and feel restored.

When I first envisioned Spa Culture, my dream was simple: to one day open a day spa of my own. And while that dream has grown into something I'm incredibly proud of, the past few years have taught me that Spa Culture can mean so much more than a beautiful treatment room.

Through the countless people who have walked through my doors, I've come to realize just how much stress we carry with us every day. Add in a few of life's own curveballs, and it becomes clear how easy it is to put ourselves last. Sometimes, we don't need a grand escape or a week away to feel a little more like ourselves. Sometimes, all it takes is an hour to reset, a quiet moment to breathe, or even something as simple as a brow wax.

WHO IS SPA CULTURE

Because sometimes, it isn't really about the treatment. It's about the moment that belongs entirely to you.

That's the heart of Spa Culture.
It's the understanding that caring for ourselves doesn't have to be complicated, extravagant, or reserved for special occasions. It can live in the small rituals we weave into our everyday lives: taking a few extra minutes with our skincare, stepping outside for fresh air, enjoying a cup of tea without distraction, or simply giving ourselves permission to slow down.

So, how do we find our own Spa Culture?
As a business owner, my first instinct is to say, "Come see me!" And of course, I'd love to welcome you into my treatment room. But as an everyday woman navigating life just like everyone else, I also believe that wellness begins with the little things we do for ourselves, long before we ever book an appointment.

As much as I'd love to be there every day to remind you to take a breath, answer your skincare questions, or simply be a listening ear, I can't always be there in person. What I can do, however, is bring my knowledge, experience, thoughts, and a little seasonal skin wisdom together in one place.

And so, Spa Culture magazine was born.
Think of this magazine as your little corner of calm: a place to turn for skincare guidance, practical tips and tricks, wellness inspiration, thoughtful conversations, and meaningful advice from an esthetician's perspective. Whether you're looking to understand your skin a little better, discover a new self-care ritual, explore holistic wellness, or simply take five minutes for yourself, I hope you'll find something here that speaks to you.

My goal isn't to add another thing to your to-do list. It's to remind you that you deserve to be on that list, too.
As we move into the fall and winter seasons, my hope is that these pages inspire you to slow down, care a little deeper, and find comfort in the moments that make up your everyday life. Because Spa Culture isn't just a place you visit. It's something you can create for yourself, wherever you are.
Thank you for being here, for supporting my little corner of the wellness world, and for allowing me to share a piece of what I love with you.

Now, take a breath, get comfortable, and turn the page. Let's find a little more Spa Culture in your everyday.













THE ART OF Layers

Playing with your products like a profesional

Let's talk about layering.
This could very well be one of the most common questions I get asked in the treatment room: "So, which product goes when?"

My simple answer has always been lightest to heaviest. And while that's a great place to start, skincare layering isn't quite that simple anymore.

With so many active ingredients available over the counter, by prescription, and through professional skincare lines, it's easy to feel overwhelmed.





What goes first, what works together, and what's better kept apart?

Vitamin C, retinoids, AHAs, BHAs, peptides, hydrating serums, facial oils... how do you know what belongs together, what should be used at different times of day, and what might be better left on its own?

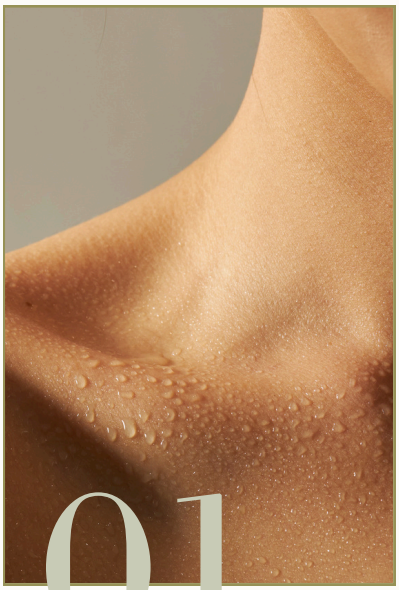
The truth is, a good skincare routine isn't about using every ingredient on the market. It's about understanding what your skin needs, choosing the right products, and applying them in a way that allows them to do their job without compromising your skin barrier.

So, consider this your need-to-know guide to mastering the art of layers, maximizing the benefits of your products, and minimizing unnecessary irritation.



Before we get into the fun stuff, let's establish the basics. You don't need a twelve-step routine to have healthy-looking skin. In fact, some of the best routines are surprisingly simple.

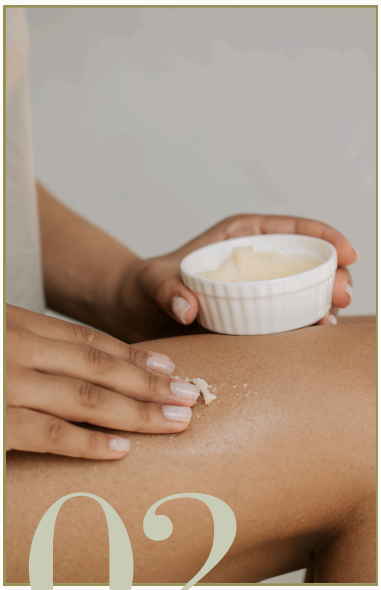
Think of your skincare routine in three levels...



01

THE BEGINNER: Keep It Simple

Start with the essentials: a gentle cleanser, a moisturizer suited to your skin type, and broad-spectrum SPF 30 or higher every morning. Focus on building consistency and keeping your skin clean, hydrated, and protected before introducing additional products.



02

THE INTERMEDIATE: Add a Little Intention

Build on the basics by introducing a targeted serum or gentle exfoliant to address concerns like dullness, uneven texture, or congestion. Continue cleansing, moisturizing, and applying SPF daily, introducing new products gradually to see how your skin responds.



03

THE EXPERIENCED: A More Targeted Routine

Take a personalized approach by incorporating targeted treatments, such as vitamin C in the morning or a retinoid in the evening. Maintain your cleansing, moisturizing, and SPF essentials while carefully managing active ingredients to maximize benefits and minimize irritation.

The Active Ingredient Conversation

Now for the part that tends to cause the most confusion: active ingredients. These are the ingredients formulated to target particular skin concerns. They can be wonderful additions to a routine, but more isn't always better. Combining several potent products without a plan can lead to dryness, redness, peeling, and irritation. Let's break down some of the most popular players:

Vitamin C helps brighten the appearance of uneven skin tone and provides antioxidant protection. Apply it after cleansing and before moisturizer and SPF. Remember, it complements sunscreen but never replaces it.

Retinoids, including retinol, can help improve the appearance of uneven texture, acne, and visible signs of aging. Many people can use vitamin C in the morning and a retinoid at night. Never together. Ask a professional about contraindications.

AHAs, such as glycolic acid, help smooth the skin's surface, while salicylic acid (BHA) can help with oily, blemish-prone skin. Overuse can cause irritation, so introduce exfoliants slowly and avoid combining too many strong actives at once.

Peptides are commonly used in products designed to support smoother, firmer-looking skin. Formulations vary, so follow product directions when combining peptides with other actives.

Double Cleansing: Is One Cleanse Really Enough

Double cleansing uses an oil-based cleanser or balm first, followed by a gentle water-based cleanser. The first helps dissolve makeup, sunscreen, and excess oil, while the second removes remaining residue.

Think of the way we clean our teeth. Brushing does a decent job at getting the yukies off but flossing ensures a deep clean for total tooth health. A double cleanse is the same.

Massage the first cleanser onto your skin as directed, rinse, then follow with a cleanser suited to your skin type. Double cleansing can be especially helpful in the evening if you wear makeup or water-resistant sunscreen, but it's not necessary for everyone—or every morning.

The goal is always clean, comfortable skin. Not tight, crackely or irritated. Avoid ingredients like alcohol, fragrance/perfume, colour, parabens or pthalates to minimize negative responses.

My favourite winter cleansing duo is the Stone Crop Cleansing Oil followed by the Tulsi & Snow Mushroom Cleansing Milk both from Eminence Organic Skincare. The oil is nourishing, brightening while the milk is still lathery and detoxifying. This combo gives my skin the clean, balanced complexion I need during the dryer months (as a dry/combination girly).

If you are having trouble choosing the right cleanser I always suggest you seek out a professionals guidance. Book a consultation or visit your esthetician who knows your skin as they will recommend product targeting your concerns.





Moisturizer vs. Facial Oil: Which Comes First?

Ah, the age-old question.
You've applied your hydrating serum, and now you're staring at your moisturizer and facial oil wondering which one should go first.

The general guideline is to apply thinner, water-based products before richer creams and oils. But there are exceptions, because formulations aren't all created equally.

Let's simplify it.
Water-based gels and serums generally go on first. These products often contain humectants, such as glycerin or hyaluronic acid, that help attract water to the skin.

Creams and moisturizers follow to provide hydration, soften the skin, and support its protective barrier. Depending on the formula, they may contain humectants, emollients, and occlusive ingredients.

Facial oils are often applied after lighter products to help soften the skin and reduce moisture loss. Some oils can also be mixed into a moisturizer or applied in another order according to the manufacturer's directions.

Think back to that elementary-school science experiment where you tried to mix oil and water. They don't naturally blend together. Similarly, applying a heavy, oil-rich product first may affect how evenly some lighter products spread or interact with the skin. When in doubt, start with the lightest texture and finish with the richest. Still in doubt? Ask a pro!

The Final Layer...

The art of layering isn't about memorizing a hundred ingredient combinations or buying every new serum that promises glowing skin. It's about understanding the purpose of each product and knowing when your skin has had enough.

Start with your basics. Introduce new products one at a time. Be mindful of how frequently you're exfoliating or using retinoids, and don't be afraid to give your skin a recovery night.
Most importantly, remember that your skin doesn't know how much you spent on your products. It responds to the formulation, how you use it, and whether that routine is right for your skin.
If you're feeling overwhelmed by ingredient lists or unsure how to combine professional, over-the-counter, and prescription products, a personalized consultation can help you create a routine that makes sense for you.

Because the goal isn't to have the most products on your bathroom shelf.
It's to make the products you have work smarter, not harder.
Here's to fewer guesswork moments in front of the mirror, a happier skin barrier, and a little more confidence in your skincare routine.

SKINCARE LAYERING CHEAT SHEET

Just in case you're still lost-here's a little cheat sheet to refer too. Save this page, screenshot it, or keep it handy beside your skincare shelf.

Step	Product	When
1	Cleanser	Morning and evening
2	Targeted serum or treatments	According to product directions
3	Eye cream, if desired	typically before moisturizer
4	Moisturizer	Morning and evening
5	Broad Specturm SPF 30+	Morning; always last in your skincare routine

INGREDIENT PAIRING GUIDE

Ingredient	Practical Approach
Vitamin C	Often a good morning antioxidant, followed by moisturizer and SPF. *Avoid using consecutively with retinoids*
Retinoids	Best used in the evening; start gradually. ALWAYS use SPF in the mornings and avoid resurfacing treatments or waxing during use. *Buffer with a moisturizer if too strong*
AHA's/BHA's	Ideal in the evenings. Introduce carefully; great for many concerns but can be aggressive when over used. *Alternate daily use if incorporating with a retinoid*
Peptides	Often great at plumping and smoothing the skin. Use under a moisturizer AM and PM. *Copper peptides do not mix well with vitamin C's, avoid using consecutivley*
Hyaluronic Acid	A powerful humectant, works amazing under oil based product to lock in moisture and plump skin. Can use AM and PM
Facial Oil	Depending on product instructions; can be applied before, mixed with or over moisturizer
Sunscreen	Last step of your morning skincare routine *non-negotiable*


The best skincare routine isn't the longest one. It's the one your skin responds to—and the one you can stick with.

WHEN YOUR SKIN SAYS ENOUGH

HOW TO HEAL YOUR SKIN BARRIER

If your skin suddenly feels raw, looks red or rashy, starts flaking, or burns when you apply even your gentlest products, your skin barrier may be compromised. Your skin barrier helps lock in moisture and protect against irritants. When disrupted, skin can become dry, inflamed, and unusually sensitive.

Signs Your Skin Barrier Needs Help
Watch for redness, rawness, flaking, rough or rashy patches, tightness, and a burning or stinging sensation when applying products you previously tolerated. These symptoms can signal irritation, but they may also indicate conditions such as contact dermatitis, eczema, or rosacea.

How Did We Get Here?
Retinoids and exfoliating acids can be valuable skincare ingredients, but overusing them, combining too many actives, or introducing potent products too quickly can irritate the skin and weaken its protective barrier.

My personal unpopular opinion...Ditch the retinoids. There are amazing retinol alternatives out there for my clean product people. By Eminence Organics: The Bamboo Firming Fluid, Coconut Age-Corrective Moisturizer, Bakuchiol & Niacinamide Moisturizer and Neroli Age-Corrective Eye Serum just to name a few...

Social media can add to the problem. Online trends often promote complicated routines and aggressive product layering without considering individual skin needs. This can encourage over-exfoliation and incorrect product use, contributing to irritation and contact dermatitis. Remember, what works for someone online may not work for you.

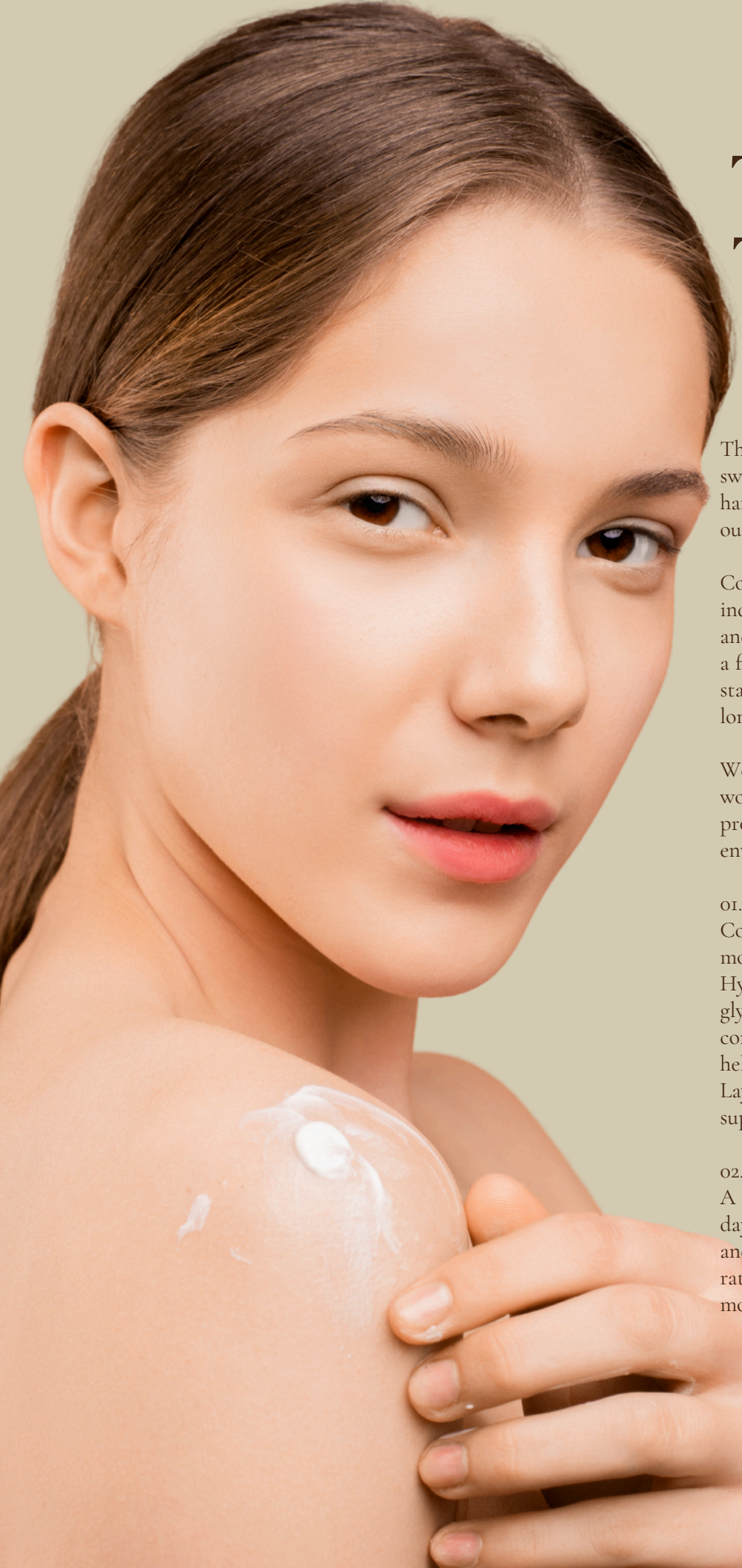
The Barrier Reset: Back to Basics
If your skin becomes irritated, stop your active ingredients immediatley. Set aside retinoids, exfoliating acids, scrubs, and any products that sting or worsen redness.

Simplify your routine to the essentials. Cleanse gently with lukewarm water and a mild, alcohol and fragrance-free cleanser if tolerated. Follow with a simple moisturizer formulated for sensitive skin; ingredients such as ceramides or zinc-oxide may help sooth and retain moisture. Avoid scrubbing, hot water, and known irritants, and use sun protection your skin can tolerate. Most importantly, avoid introducing new products while your skin settles. Recovery can take days to weeks or even months, depending on the cause and severity.

In the case of barrier repair I tend to turn to the Facial Recoery Oil from Eminence Organics. A.K.A Liquid Gold. An anti-imflammatory, anti-bacterial, anti-fungal, anti-reddness, ultra-hydrating powerhouse. (and a personal favourite in my routine)

Once your skin feels comfortable and the redness, flaking, and stinging have settled, reintroduce products one at a time. Add active ingredients gradually, following product directions, and stop if irritation returns.

If even gentle products cause significant burning, don't keep experimenting. Persistent or worsening symptoms, swelling, blistering, or oozing should be assessed by a healthcare professional, as dermatitis may require specific treatment.



GLOW THROUGH THE COLD

There's something special about fall and winter: cozy sweaters, candlelit evenings, and a warm drink in hand. But while we welcome the change in seasons, our skin doesn't always feel the same way.

Cold temperatures, biting winds, low humidity, and indoor heating can leave skin feeling tight, flaky, dull, and more sensitive than usual. The good news? With a few thoughtful adjustments, you can help your skin stay hydrated, comfortable, and radiant all season long.

We adjust our clothes for winter, right? So why wouldnt we adjust our skincare? Switching to richer products can protect your skin from harsher envoironments.

01. Make Hydration a Priority
Cold weather and indoor heating can increase moisture loss, leaving skin feeling dry and tight. Hydrating ingredients like hyaluronic acid and glycerin help attract water, while moisturizers containing ceramides, squalane, and other emollients help soften skin and support its protective barrier. Layering these ingredients is a top tip for ultra-supportive hydration.

02. Turn Down the Heat
A steaming-hot shower may feel wonderful on a cold day, but very hot water can strip away natural oils and leave skin feeling drier. Keep showers warm rather than hot, pat your skin dry, and apply body moisturizer while your skin is still slightly damp.

Don't forget your hands, elbows, knees, and feet. Keep hand cream close by and give extra-dry areas a little additional care throughout the day and before bed. Small habits can make a big difference in how comfortable your skin feels.

03. Keep SPF in Your Routine
Sunscreen isn't just for summer. UVA rays, which contribute to premature skin aging, are present year-round, and snow can reflect UV radiation.
Make broad-spectrum SPF 30 or higher the final step of your morning routine, applying it to your face, neck, ears, and other exposed areas. Reapply as directed, especially when spending extended time outdoors.

Even on grey winter days, sun protection remains an important part of keeping your skin healthy and is a non-negotiable step in every routine. I suggest the Radiant Protection Mineral SPF 30 from Eminence as it has broad spectrum sun protection with the bonus of a dewy glow. Win,win.

04. Exfoliate With Care
When skin looks dull, it's tempting to scrub away the dryness. But over-exfoliating can make winter skin even more sensitive. If your skin tolerates it, a gentle chemical or enzymatic exfoliant may help improve the appearance of dullness and uneven texture.

Start slowly, follow product directions, and avoid layering multiple strong exfoliants. If your skin becomes red, flaky, or irritated, pause exfoliation until it feels comfortable again.

My go-to treatment for an at home glow through the winter months is a gentle enzyme exfoliation using the Mango Enzyme Masque from Eminence followed by their Strawberry Rhubarb Hyaluronic Masque and finishing with the Camellia Solid Glow Face Oil to lock in hydration and soften my skin. Talk about radiance...

Your Winter Glow Starts With Care
Winter skincare doesn't have to be complicated. Prioritize hydration, protect your skin barrier, keep showers gentle, wear sunscreen, and exfoliate thoughtfully. Most importantly, listen to your skin and adjust your routine as the seasons change.

At Spa Culture Inc., we believe skincare is about more than appearance—it's about creating small, consistent rituals that help you feel good in your skin.

You don't need a complicated routine to keep your skin glowing through the colder months. Focus on hydration, protection, and consistency.



Time for Transition



Photo by: Suzanne Weaver

By: Suzanne Weaver
Aesthetician & Holistic Nutritionist

Autumn to Winter is a time to be gentle with yourself, to move inwards and to prepare for hibernation. Like skin care, we should be changing the way we eat. Think comfort food, warm meals and teas that support our immune system. This shift will also support your skin during the colder months.

One of my favourite things to reach for is herbal teas. They have many health benefits and can be very specific to the seasons. A nutrient dense, immune boosting blend is a combination of elderberry, rosehips and hibiscus. Rich in polyphenols, anthocyanins, vitamin C, A &E as well as beta-carotene, this trio will support your immune system, fight free radicals, and warm your digestive system. To give it a wee zing, steep with a small piece of ginger root to add extra warmth to the body. This tea blend will also support the skin, by increasing antioxidant storage in the body as well as protect red blood cells from premature breakdown.

Another immune and skin boosting favourite is soup. Whether you reach for vegetable or bone broth, both are beneficial. Plant based broths are packed full of antioxidants and bone broth provides amino acids, which are the building blocks of protein (collagen). Soup is also gentle on the digestive system and still packed with fibre, which is key for a healthy gut microbiome. Fibre supports the “gut-skin” axis, which literally means, you are what you eat. (what your gut microbiome eats) and the skin reflects that. A healthy gut equals less inflammation, less sugar spikes and may support hormone balancing, which helps our skin health. Cooked vegetables are partially broken down, so softer and easier to digest and absorb nutrients. And lastly, healthy fats. Adding healthy plant oils will aid in the absorption of some vitamins such as vitamin A and E. These two powerhouse vitamins support cell turnover, collagen synthesis and UV damage.

My last winter tip would be prioritizing sleep. Beauty sleep is real! Try to eat an earlier dinner, minimize screen time later in the day, lower the house lights and create an evening ritual. The healthier our sleep hygiene is the stronger our bodies will be. We are in rest and repair when we sleep, this is when we regenerate cells, eliminate toxins, fight inflammation, and balance hormones to name a few crucial jobs.

Soup for the Soul

As I write this my eldest daughter has just returned home for reading week, this is her favourite soup...

Vegan Sweet Potato Soup

1 tsp coconut oil
1 small onion diced
2-5 garlic buds, minced
2 celery stalks diced
5 cups sweet potatoes cubed
1 apple cubed
4 cups vegetable broth
1 cinnamon stick
½ tsp nutmeg
1 can coconut milk
2 tbsp maple syrup
½ tsp curry
Salt and pepper to taste
Love

- Melt oil and sauté onion, celery and garlic
- Add sweet potato, apple, and cinnamon stick, nutmeg and broth. Bring to a boil then simmer
- Once vegetables are soft, remove cinnamon stick, add curry, coconut milk and maple syrup.
- Blend leaving some cubes if desired
- Enjoy

Honour the season and take care of YOU, hand to heart,
Suzanne

(Suzanne has been an aesthetician and educator for 28 years. 15 years ago, she became a holistic nutritionist to broaden her knowledge for skin health and wellness and is currently studying to become a tea sommelier. You can find her @benourishedbeauty)

Photo by: Suzanne Weaver



The Winter Reset: Move, Restore & Reconnect

Winter invites us to slow down, turn inward, and make a little more room for ourselves. With shorter days and colder weather, it can be easy to feel less energized or a little out of balance. This season, wellness doesn't have to mean doing more. Sometimes, it's about finding small, comforting ways to care for your body and mind.
Movement is a wonderful place to begin. Staying active can help ease tension, build strength, support restful sleep, and lift your mood. You don't need a complicated workout routine to feel the benefits. A gentle morning stretch, a few simple exercises at home, or a walk in the fresh air can make a difference. When the weather keeps you indoors, put on your favorite music and dance, or unwind with yoga or tai chi. The best movement is the kind that feels good and fits naturally into your day.

Just as important is giving your mind time to rest and recharge. Shorter days can affect energy, sleep, and mood, so look for little moments of calm throughout your routine. Open the curtains to welcome the morning light, step outside during daylight when possible, or take a few slow, comfortable breaths when life feels overwhelming. You might also find comfort in writing down a few things you're grateful for, enjoying a warm bath, or setting aside time to read, listen to music, or connect with someone you love. These simple rituals can help bring a sense of grounding to busy or difficult days. Things that help you feel more balanced, restored, and connected to yourself, all season long.

Winter wellness is also about honouring what your body needs. Nourishing meals, consistent sleep, meaningful connections, and moments of quiet can all support your overall well-being. Rather than trying to change everything at once, start with one small habit that feels manageable and build from there. A little consistency can go a long way, and rest is just as valuable as movement.

Of course, winter can bring more than the occasional low-energy day. While some changes in mood are common, persistent sadness, fatigue, changes in sleep, or loss of interest in everyday activities may be signs of seasonal affective disorder (SAD) or another concern. If these symptoms continue or begin to affect daily life, consider speaking with a healthcare professional. They can help you explore appropriate support, including whether light therapy may be beneficial.

As the season unfolds, give yourself permission to move gently, rest without guilt, and find joy in the little things. A walk in the daylight, a quiet moment with a warm cup of tea, or a few minutes devoted entirely to yourself can become meaningful acts of care. This winter, slow down, nurture your inner glow, and find joy in the little things.



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Self-care is not a luxury; it’s a foundation for a brighter healthier you.

Peels

Your skin doesn’t need to shed to glow.

Fresh, radiant skin doesn't have to mean harsh treatments or days of downtime.
When you hear the words chemical peel, you might picture aggressive treatments and peeling skin. But professional peels can be much gentler than you think! At Spa Culture Inc., we love the way Eminence Organic Skin Care's professional exfoliating treatments can help refresh the complexion and reveal a smoother, more luminous-looking glow.

A Fresh Start for Your Skin
Eminence Organics offers professional peel treatments featuring ingredients such as lactic acid and fruit-derived exfoliants. These treatments help loosen the buildup of dead skin cells on the surface, improving the appearance of dullness, uneven texture, and congestion. The result? Skin that looks fresher, smoother, and more radiant.

Designed for superficial resurfacing, these treatments can be a wonderful option for many skin types when the appropriate peel is selected and applied by a trained professional. Your skin's sensitivity, current condition, and individual concerns all help determine which treatment is right for you.

One Treatment or a Series?
Sometimes, your skin simply needs a little pick-me-up. A single professional peel can be a lovely choice before a special occasion or whenever your complexion is looking tired and dull. Think smoother-feeling skin, a refreshed appearance, and that beautiful post-facial glow.
If you're looking to address more persistent concerns, such as uneven texture, congestion, or the appearance of discolouration, a series of treatments may offer more noticeable, progressive results. Your esthetician can recommend an appropriate schedule based on your skin's needs, allowing time for recovery between sessions.

There's no one-size-fits-all approach to resurfacing. Even gentle peels may not be suitable for skin that's currently irritated, inflamed, or experiencing a compromised barrier. A personalized skin assessment helps ensure your treatment is chosen with care.
After your peel, gentle cleansing, moisturizing, and daily broad-spectrum SPF are essential. Your esthetician will also guide you on when to resume active ingredients and how to care for your skin between appointments.



Ready to Reveal Your Glow?

Whether you're looking for a one-time radiance boost or a series designed to refine your complexion over time, a professional peel can be a beautiful addition to your skincare journey.
At Spa Culture Inc., we believe great results begin with understanding your skin and treating it with intention.
Let's find the right approach to help you reveal your healthiest-looking glow—one thoughtful treatment at a time.
Book your next treatment at www.spaculture.ca.



Spa Culture INC.

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