

NORTHSHORE

LIVING

HOME | FAMILY | STYLE | LIFE

the
**HEALTH &
WELLNESS**
issue

**3 PLANS
FOR THE TOP 3
FITNESS GOALS**

PLUS:

*Fall's Must Haves:
From Casual Chic
to Simply Elegant*

HEALTHY FISH DISHES
HOLISTIC BEAUTY
PRODUCTS BATTLING
OBESITY LIGHTING THAT
MAKES A STATEMENT

SEPTEMBER 2009

*Beauty &
Relaxation*

**AZURE SPA BY
DR. KELLY
GILTHORPE-BURKENSTOCK**





Beauty & Relaxation

by meredith knight | photography by paula casentini

AZURE SPA BY DR. KELLY BURKENSTOCK

French author Delphine-Gay de Girardin believed that “Inner Peace has to be cultivated daily.” Theologian and philosopher Johann Wolfgang von Goethe put forth that, “Nothing is worth more than this day.” Dr. Kelly Burkenstock concurs with both of these philosophies adding, “As human beings we are more than flesh and bone. We are spirit and soul.”

“When our inner spirit is calmed, relaxed and nurtured—when we feel our best on the inside—it shows through on the outside as beauty,” she continued. “When we take time to foster inner peace and harmony—away from the hustle and bustle of our hectic lives—others can’t help but see it on our faces and body.”

That was the genesis of her Azure Spa by Dr. Kelly Burkenstock. For two years, Dr. Burkenstock researched every detail of the European spa experience—from Italian architecture and antiques to the latest technology, and even the attitude of the staff—to offer the Northshore an experience they’ve not yet known—an oasis of calm, tranquility and nourishment for the soul where intimacy, ambiance and client service are just as important as the quality of each treatment offered.

“There is a philosophy in Europe that what heals the mind restores the body and what heals the body restores the mind. For years I’ve loved being able to offer my patients aesthetic Anti-Aging procedures

to help tighten their skin, eliminate blemishes, shed excess weight and eradicate cellulite,” she said. “I’ve loved seeing what these procedures can do to not only help them look better but consequently feel better while all along I’ve known that the converse is complimentary and also true. If I can help them feel better—more relaxed, pampered and nurtured—they will look better as a result,” Dr. Burkenstock said. “Azure Spa by Dr. Kelly Burkenstock is the culmination of that realization.”

Love of beauty is taste. The creation of beauty is art.

- RALPH WALDO EMERSON

Upstairs in Dr. Burkenstock’s familiar mandarin colored building on the Causeway Service Road in Mandeville, you’ll find the crème de la crème in the local spa arena. Dr. Burkenstock features Licensed Aestheticians Pamela Brunet and Naomi Conley—with twenty-five plus years’ experience—as well as Licensed Massage Therapist Kathy Brown, and Theresa Johnson with combined forty-five years experience. “Some of my staff have taught the trade,” Dr. Burkenstock said. “Some have worked in the finest spas in California, Arizona and Louisiana—each one unique, talented and fabulous.”

Together they will marry therapy for the body and treatments for facial beauty with relaxation for the mind and spirit in the European spa tradition employing the purest, most advanced European products and Dr. Burkenstock’s pharmaceutical skin care lines. Coupled with cutting edge treatment technology, they implement a philosophy which combines relaxation of the body, mind and



spirit with complete physical renewal with the end result of a beautiful you—inside and out. Dr Burkenstock comments "Reveal your Inner Perfection™."

Azure Spa by Dr. Kelly Burkenstock is an oasis of calm—a quiet retreat amid our frenzied urban existence. Ascend the Imported Turkish Travertine staircase and find yourself enveloped in Old World opulence and charm where raised Italian gilded ceilings top Gold Venetian walls, antique Italian Imported Crystal Chandeliers illuminate iron filigree hand rails, raw silk jacquard curtains puddle beneath floor-length windows and antique gold-leaf mirrors reflect marble top tables, all amid soothing sounds and relaxing aromas.

Journey into a world of relaxation in one of Azure Spa's intimate, grandiose massage suites. Enjoy the Azure Signature, Exclusive Raindrop, Hot Stone, or Deep tissue massage. Or, better yet, share the experience of an indulgent European massage with someone special in the couples' massage suite.

Revive your senses with a holistic body wrap. Then awaken your spirit in Azure Spa's intimate relaxation suite featuring an imported Hans Grohe German massage shower and an accompanying Belgian Aromatherapy Steam Spa. Indulge in a manicure and pedicure, professional body waxing, body wraps, completely customized Corrective Facials or any of the expansive entrées seen on the Azure Menu. Then, extend your spa ritual by bringing home Dr. Burkenstock's own line of pharmaceutical skincare products, aromatherapy eye pillows, bath salts and customized healing imported sea salts.

"While you're at Azure Spa by Dr. Kelly Burkenstock, it's all about you," Dr. Burkenstock said. "We want to hear from our clients about anything we can do to make their experience

with us the renewal they deserve it to be. Remember "You are So Worth It!™." The staff and I are committed to continually perfecting our craft to ensure that the treatments and quality of care we offer are of the highest level possible. We're dedicated to keeping abreast of the latest products, technology and Anti-Aging techniques coming out of Europe. It's been said that relaxation is like playing an instrument. To become proficient, you must practice, practice, practice. That's just what we're dedicated to doing on behalf of our patients at Azure Spa by Dr. Kelly Burkenstock."

Join Azure Spa on September 12th for their Grand Opening Gala from 2-6 pm and their Ribbon Cutting Ceremony on September 17th from 4-6 pm. Please call 727.7799 to schedule your appointment today or stop-in Azure Spa by Dr. Kelly Burkenstock at 2040 N. Causeway Blvd. in Mandeville 