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## SPAS



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## Spa Products

### Body Bistro



Yoginis will love this. First, you determine your skin type. Are you a sluggish Kapha, airy Vata or hot Pitta? Based on a survey, the clever folks at Body Bistro will then use ancient Ayurvedic [beauty](#) rituals to prescribe the proper [skincare](#). Finally, you apply the delicious-smelling products "with a good intention," as the small print on every product states, and voilà, your [skin](#), properly fed, can finally replenish itself.

Body Bistro, based in Beverly Hills, Calif., was created by Indian-born Carina Chatlani, whose mission is to bring healing, health and wellness to our lives. Chatlani gained her expertise in oils and essences as an apprentice to Burmese sages in the Himalayan Mountains. Her Tapioca & Soy Milk Bath Infusion, Bamboo & [Wine](#) Body Buff and plant-based facial line use [herbs](#) from Burma, Nepal, Tibet and India, and even the packaging was designed with principles of Indian Feng Shui, or Vastu Shastra, in mind (i.e. soft, rounded lines in lieu of sharp corners).

Our favorite? The vegan Chamomile & Clove Radiance Remedy (\$41 for 1 fl. oz.). It has a soothing, cooling and deliciously plumping effect on tired skin. Body Bistro products are available at Kitson in Los Angeles, Henri Bendel in New York, among other locations. For more information, visit [www.bodybistro.com](http://www.bodybistro.com).