

# Healing

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## French Toast *facial*

### Not Just for Breakfast Anymore

It may sound frou frou but it smells delicious, and there's ayurvedic science behind the French Toast Facial by Body Bistro. Developer Carina Chatlani spent four years in the Himalayas studying herbs and oils with Indian and Burmese sages for this sweet spa treatment. Fresh natural ingredients—organic milk, eggs, and whole-grain bread—are mixed with Asana Spa French Maple Syrup and four specially formulated herbal mixtures, then blended and strained on the spot to create this sweet facial.

The treatment begins with a foot soak, followed by a thorough cleansing of your face. After your face is rinsed, an elixir is sprayed over your face, cool eye pads are placed over your eyes, and a lavender sachet is set on your forehead to encourage deeper relaxation. While the masque does its magic "to revitalize, balance, refine, soften, and illuminate the skin," a scalp massage makes the minutes fly by. After the masque is removed, there's a sesame oil facial massage, the Apricot + Lavender Soothing Serum, Chamomile + Clove Radiance Remedy, and Green Apple + Neem Eye Jelly applied before the closing ritual.