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## Issue 3, July 2010

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## Delicious!

Vladivostok on Russia's pacific coast has cold winters and tropical summers. Its taiga forest has an abundance of flora and fauna: pine and cedar trees, berry-bearing plants and herbs have been growing there for hundreds of years. And for the past one hundred years at least, Olya Eastman's family have been gathering ingredients there for medicinal remedies, the recipes for which have been passed from mother to daughter for generations. Now these secrets are being shared in Shanghai, and I spoke to Eastman about how it all works.

With a passion for herbs, oils and essences, an encyclopaedic knowledge of plants and a penchant for experimentation – think mortar and pestle surrounded by herbs, berries, nuts and oils – Eastman carries her family's proud tradition forward and brings it with her to Shanghai (via Canada). Not only that, but it is now available to everyone and promises to nourish, soothe, clean and reinvigorate any type of skin – whether it is old, blemish prone or just a bit dull.

Through her company, Delicious!, Eastman offers "skin nutrition catering", or, "food for your skin", which I learned is much more than a facial. Currently all the treatments are carried out in clients' homes, although soon guests at URBN Hotel will also be able to benefit; and in the future at a studio perhaps...

On average each treatment uses 25 active ingredients from herbal infusions, really strong blends of essential oils and from lots of fresh fruit extracts. Mineral-rich organic clay can be used to draw out impurities or to hold together elements of a treatment. Plant oils are wonderful: from avocado to flax and hemp. Everything is fresh and hand-blended. I asked Eastman to talk me thorough a typical session. On arriving at a client's home she will first explain all the steps involved for the chosen treatment and show off the different freshly blended potions. There is incense and music. Some clients talk, some don't.

A beginning might be a fragrant hot steam with essential oils – the particular blend of oils of course depending on a client's particular focus. The steam could be followed by a natural scrub – absinthe salt or crushed sesame seeds, almonds, walnuts or coconut blended with plant oils. This stage is both exfoliation and nourishment. Next comes a facial massage with a blend of six or so different oils and a little fresh fruit extract. This is followed by a mask – pre-prepared and blended on site, this is the centre piece of any treatment. Add to this a herb-infused eye compress and a neck mask and it is time to relax for a while allowing all these good things get to work on your skin. During this time, hands are exfoliated and moisturised!

Finally the mask is removed and a final fresh fruit massage and essential oil spritz are applied.

"Often clients make sure they are not busy after the session so they can relax at home and enjoy the sensation of their skin and the lingering fragrances".

"Customers often comment on the smell" says Eastman. With such fragrant ingredients this is a real treat for the senses and puts you back in touch with nature after the smog of the city.

As you might expect, treatments and ingredients change according to the seasons – this allows fresh seasonal products to be used. Also the skin changes according to the seasons, so what is best in the drying cold of winter is not best in the heat of the summer – but don't worry about that! – all you need to do is consult the seasonal menu and make your choice!

A 60 minute treatment costs RMB 450 and an 80 minute treatment costs RMB 550. There is an express 40 minute treatment for men at RMB 380. To make an appointment, you can use the [online booking system](#) which is available in both English and Chinese. Or you can [email Olya directly](#). This is a great example of something really enriching, for your skin and for your mood!



You can make an appointment for any Delicious! treatment by using the [online booking system](#) or [by emailing Olya directly](#).

