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CARIBBEAN CALLING

At Cygalle Healing Spa, get reacquainted with the inner you in the most luxurious way.

THERE'S SOMETHING UNEXPECTEDLY Zen about Cygalle Dias. After years as a successful, high-octane Manhattan event planner and lifestyle marketer, Dias has created a high-glam but low-key spa and product line to soothe and restore even the most demanding party or career gal, from the soles of her feet straight to her spiritual soul and center.

The 40,000-square-foot Cygalle Healing Spa, set in the Dominican Republic's snazzy Casa De Campo—a popular 7,000-acre luxury resort—is all about pampering and healing for women and, of course, men, too. (For a romantic touch, couples can enjoy treatments side by side.)

Dias uses the Caribbean environment as inspiration for her eco-friendly spa products and design, from the bamboo flooring and recycled packaging to the jewelry she designs and sells in the retail section of the spa.

"Basically we tailored our spa treatment menu to the island's fresh tropical fruits and vegetables with the best healing effects on the body," says Dias. The spa pharmacy custom-makes each treatment in prep rooms adjacent to each of the seven large treatment rooms, which come with their own 300-square-foot private Zen garden sanctuaries.

All the treatments are holistic, using as many live indigenous ingredients as possible, including papaya, sugarcane, and coconut oil.

Preparing the treatments on the spot is not only more nourishing, it's also healthier—and toxin-free, according to Dias; the CHS team includes herbologist Dana Hutson in creating its spa pharmacy treatments and facials. Many of the CHS Facial Line botanical ingredients are extracted in Dias's own lab, using a traditional steam distillation method that eliminates the need for glycols and preservatives typically used to extend the shelf life of many mass-marketed products.

The Land of Milk and Honey, for example, exfoliates with organic honey before the body is slathered in a soft purée of organic milk, oats, aloe, and bee pollen and then wrapped in a thermal-like cocoon. Warm organic oatmeal lotion or coconut shea butter is then applied. There's also an East Meets West wrap that uses

a dry-brush exfoliation said to have originated centuries ago in Asia. An exotic, spicy dosha-balancing ayurvedic aroma oil is then applied before a relaxing thermal wrap.

For Dias, beauty is more than skin deep. Born in Israel, with parents who hail from Israel and London, she grew up in New York. A born jet-setter, she incorporates both East and West philosophies into the spa's treatments, giving them a unique twist.

To focus on the "inner self," Dias created a 2,800-square-foot labyrinth to help even the most hardened urbanite reach her spiritual core. A water ritual suite with Asian-style hot and cold plunge pools is designed to help detoxify and cleanse the mind and body, and a crystal chakra aromatherapy treatment is used "to harmonize each chakra center, remove congestion, restore prana flow, and promote well-being," she says.

Dias's favorite treatment is the Tropical Daydream: a sugarcane and coconut oil exfoliation followed by a frothy body mask made of seasonal tropical, enzyme-rich fruits like papaya, pineapple, and passion fruit mixed with organic yogurt, followed by a tropical oil rubdown. "It's a luxurious and sensory experience, and it smells fabulous," she says, while an Espresso Body Polish made of finely ground organic coffee and sugarcane is guaranteed to wake you up while helping to reduce the appearance of cellulite. She even shares some of her trade secrets with clients so that they can prepare a few of these treatments at home.

While Dias uses the beauty of the spa's natural surroundings in the Dominican Republic as inspiration to create a spa with a modern, tropical, indoor/outdoor design feel, she's not content to stop there. "Our next step is to re-create the spas in New York City," says Dias, who is currently in talks with some big real estate names to do just that.

In the meantime, Dias's mobile Healing Spa works with top designers like Stella McCartney and Zac Posen during New York and London Fashion Weeks. And for clients who can't make it to the Dominican Republic, Dias now offers her products online, from her popular Oatmeal Apricot Crème Cleanser to a 23K Intensive Eye Treatment and Liposome Red Wine Moisturizer. *Cygalle Healing Spa, Casa de Campo, La Romana, Dominican Republic; 800-877-3643; cygallehealingspa.com.*—JENNIFER GOULD KEIL [G]

