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### BECAUSE SALT CAVES ARE THE NEW SAUNAS

In the hierarchy of trendy wellness ingredients, pink Himalayan rock salt is the new charcoal—a purported cure-all said to promote relaxation and respiratory function while combatting skin conditions like acne and eczema. The salt cave at **HOAME**, a new meditation studio downtown, has a whole lot of it: more than five tons of pink Himalayan crystals lining the walls and piled on the

floor like sand on a beach. The practice of lounging in a salt cave, also known as halotherapy, dates back to ancient Egypt and has recently been lauded by modern-day Cleopatras like Gwyneth Paltrow. The jury's out on how well it works, but a few hours in a warm pink cave with a mug of tea and noise-cancelling headphones: how bad could it be? 430 Adelaide St. W., 647-749-6036.

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### BECAUSE EVERY PRODUCT CAN BE BESPOKE



**THE MOISTURIZER**  
Blend and Boost is the Goldilocks of moisturizers. There are five options for a cream base and a boatload of so-called boosters: a blackcurrant–balloon vine blend is said to nourish sensitive skin, for example, while peptides reduce redness. \$200. [Blendandboost.com](http://Blendandboost.com).



**THE CLAY MASK**  
At Subtle Green, users choose a base—activated charcoal–Brazilian clay for cleansing, seaweed–French clay for hydrating, and so on—then add vitamin or antioxidant infusions. Finally, they pick from scents like rose, jasmine or honeysuckle. \$93. [Subtlegreen.com](http://Subtlegreen.com).



**THE SERUM**  
Province Apothecary customers answer a glut of questions about their problem areas, sun exposure, even menstrual cycles, then leave with a face serum made from essential oils like rosehip, sea buckthorn and pomegranate. \$146. 1518 Dundas St. W., 647-479-4854.



**THE HAIR CURE**  
The Function of Beauty team includes two MIT engineers who deal in bespoke hair cures. A customer with fine, curly hair seeking anti-frizz and shine, for example, might get products infused with acai oil, coconut and tamarind extract. \$49. [Functionofbeauty.com](http://Functionofbeauty.com).



**THE PERFUME**  
The cultish brand Le Labo, beloved by Gwyneth Paltrow and Justin Bieber, will create a custom perfume on-site, blending scents like Santal 33 (musk, iris, cardamom, violet) and Thé Noir 29 (bergamot, fig, bay leaf and cedar). \$205. 876 Queen St. W., 416-531-3129.