



All-Natural Geisha Facial Cleanses and Brightens with an Unusual Japanese Ingredient – Nightingale Droppings

NEW YORK, New York – Beautiful, educated and skilled in the arts of music and dance, Geisha were the true renaissance women of ancient Japanese society. At Manhattan's Shizuka New York Day Spa (7 W 51st Street), Shizuka Bernstein has introduced her latest innovation, a facial that unlocks the secrets of Geisha beauty. The Geisha Facial (\$180, 50 min.) uses traditional and natural Japanese ingredients to soften, brighten and nourish the complexion. The most crucial ingredient in this unique facial treatment is *Uguisu no Fun* (powdered nightingale droppings), once a secret known only to traditional *Kabuki* actors and the Geisha themselves.

Refined in movement and appearance, Geisha were known for their iconic porcelain complexion—clear, unblemished and pale as a camellia blossom. However, their beautiful appearance came at a price as the lead and zinc in their face powder caused chronic skin problems until the discovery of a unique remedy. Geisha found that *uguisu no fun* could be used not only to remove makeup but to brighten, heal and retexturize the skin due to its natural enzymes and guanine.

At Shizuka New York Day Spa this ancient and prized beauty secret is artfully revived. *Uguisu no Fun* is perfectly safe to use on the skin, sanitized through exposure to ultraviolet light before being finely milled to powder. Shizuka mixes this ingredient with delicate Japanese rice bran to enhance its inherent exfoliating and lightening properties. Cleansing and light extraction using her all-natural skin care line (the Shizuka New York Skincare System) further refines skin texture, and the treatment is completed with a refreshing antioxidant Green Tea Collagen Mask. As with all treatments at Shizuka New York Day Spa, the Geisha Facial concludes with service of gourmet Japanese tea and cookies in the Tranquility Lounge. Shizuka's Geisha Facial modernizes the beauty rituals of the Geisha, making them accessible to everyone.

About Shizuka Bernstein and the Shizuka New York Day Spa:

Lauded as a "Skin Care Guru" in New York Magazine, master aesthetician Shizuka Bernstein has been bringing beauty and tranquility to Manhattan for over ten years. She has been featured on CNBC, New York's WNBC and Fox 5, the Style Network, and in Marie Claire, Women's Wear Daily, Shape, OK!, Essence and Time Out, among others. Her original line of skin care products, the Shizuka New York Skincare System—retailed in her New York day spa and the Marucollet Department Store in Tokyo—has garnered her two consecutive nominations for the Fashion Group International's Rising Star Awards.

The Shizuka New York Day Spa has been featured in numerous television programs and *Best of Beauty* issues, including New York Magazine and Allure, for its unique combination of Asian aesthetics and Western dermatology. A full-service day spa offering facials, massage, hair removal and nail treatments, Shizuka New York Day Spa also offers the latest in medical cosmetic services—including Botox, Restylane, and Juvederm.

For more information, please contact Lance Suzuki at (212) 644-7400 or Lance@ShizukaNY.com: