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# The Lodge At Woodloch

## A Destination Spa Resort

Jane And Marius Rubin

**T**he Lodge at Woodloch is a luxurious destination spa resort set on 150 pristine, wooded acres with a private lake in Northeast Pennsylvania.

The two and a half hour drive from the George Washington Bridge takes you over the Delaware River along sprawling fields, rolling hills, and lush forests.

You enter the resort's main building through a soaring glass-enclosed atrium with a huge cupola, and a set of three giant chakra bowls. You instantly feel relaxed.

The lodge has 57 guestrooms and suites, some overlooking the forest and lake, others facing the resort's manicured grounds and rock garden waterfall. The spacious rooms offer private verandas, marble bathrooms with glass enclosed rain showers, separate toilets, double vanities, and filtered water faucets.

The price of the room includes all meals, use of the spa and fitness facilities and a myriad of classes and activities from dawn to dusk.

The heart of the property is the 40,000 square foot state-of-the-art spa, an oasis of indulgence and pampering. It features 27 treatment rooms, and men and women's sanctuaries with saunas, steam rooms, whirlpools, fireplaces and screened porches.

The spa's main attraction is the co-ed *Aqua Garden*, a huge glass-enclosed space where you can swim in the large pool, soak in the



*Aqua Garden.*



*Hydromassage waterfalls.*



*Sesame crusted tuna.*

*The lake.*



therapeutic whirlpools under four and eight-foot hydromassage water falls, dip in the outdoor hot tub, and relax on the sun deck.

The spa offers numerous treatments ranging from facials and massages to body wraps and energy work. Don't miss their signature 100 minute Rosemary Awakening, a stimulating body scrub with rosemary and citrus, followed by a massage with herbal heat packs, and ending with a wrap and scalp massage. Also try the Chakra Balancing massage, a blend of Swedish and Thai massage techniques using aromatherapy oils designed to balance all of your seven chakras (centers of energy).

The resort offers a daily program of classes, workshops and programs designed to rejuvenate your body, spirit and mind.

Depending on the season, you can try outdoor activities such as walks on the mile-long paved path, guided mountain hikes, biking, canoeing, fly fishing with an Orvis certified instructor, snow shoeing, cross country skiing, and more.

Join a yoga class, breathing meditation session, or a high-energy cardio workout. Don't miss the exciting Drums Alive — a fun class that combines movement and rhythm.

You can also partake in drawing or water color sessions, or participate in cooking demonstrations in the specially equipped kitchen.

The resort offers three daily meals at *Tree*, their elegant restaurant that overlooks the wooded grounds. Breakfast and lunch combine buffet offerings and regular entrées, while dinner is entirely a la carte. The delicious and beautifully presented dishes are created with mostly fresh, organic ingredients, many from the resort's own gardens.

The *Lodge at Woodloch*, a perennial winner of numerous travel awards, is a perfect place to unwind and rejuvenate. For reservations call 866.953.8500 or visit [www.thelodgeatwoodloch.com](http://www.thelodgeatwoodloch.com). Δ

*CAUSES AND CURES — From Pg. 64*  
fessor of dermatology at the University of Rochester Medical Center.

People with autoimmune diseases, who often take the same medications, can also increase their chances of developing skin cancer because of those drugs, according to Dr. Alan Fleischer, a dermatology professor at Wake Forest Baptist Medical Center.

In addition, some of the genes that cause Parkinson's disease have also been linked to skin cancers. On-the-job exposure to coal tar pitch, creosote, radium, arsenic compounds and some pesticides may also give rise to skin cancer.

Fleischer said that even getting a manicure exposes one to UV radiation, which is used to harden polishes.

Compact fluorescent light bulbs, the so-called eco-friendly light bulbs, recently were studied by Berlin's Alab Laboratory and found to release several carcinogenic chemicals and toxins — such as phenol, naphthalene and styrene — when turned on.

Another popular trend making it more difficult to recognize potential skin cancers is tattoos. HealthDay noted: "Although tattoos aren't known to increase the risk for skin cancer, tattoos can make it harder to detect cancer-related changes in moles. If you're considering a tattoo, make sure there aren't any moles in the area you're thinking about inking, according to experts from the American Academy of Dermatology."

### CURES

Whatever the causes of skin cancers, prevention should be our goal. It all starts with minimizing exposure to all the things mentioned above that can cause or exacerbate skin cancers.

Most of all, avoid prolonged exposure to intense sunlight, especially between 10 a.m. and 4 p.m., when it's at its peak. Don't use sunscreen as a justification for staying out in the sun for a long time.

Even with a sun protection factor of 30, sunscreen, according to the American Cancer Society, "doesn't protect from all UV rays." SPF 15 blocks 93 percent. SPF 30 blocks 97 percent. And SPF 50 blocks 98

percent, according to a CNN report.

And remember that sunscreens protect only against ultraviolet radiation of relatively short wavelengths (ultraviolet B rays), not ultraviolet radiation of relatively long wavelengths (ultraviolet A rays).

Dr. Ariel Ostad, a clinical assistant professor in the department of dermatology at New York University Medical Center, explained, "Evidence has shown the best sunscreens are the ones that block UVB and UVA."

That is why Ostad and other experts recommend using products that are labeled "broad spectrum," meaning they protect against both UVB rays, which cause sunburns, and UVA radiation, which causes premature skin damage and aging.

One last bit of caution about sunscreens: Make sure it is oxybenzone-free. Oxybenzone, which is used in 56 percent of sunscreens — as well as many cosmetics, lip balms and moisturizers — is a chemical linked to hormone disruption and babies having low birth weight. Despite the fact that the Food and Drug Administration has approved oxybenzone in sunscreen for use on children older than 6 months, oxybenzone also can release free radicals to sun-exposed skin, which leads to cell damage and skin cancers, essentially canceling the very purpose of the sunscreen to which it is added, according to the Environmental Working Group and toxicology experts.

The Environmental Working Group adds similar warnings for the chemical ingredient retinyl palmitate — a synthetic form of vitamin A found in about 25 percent of sunscreens — and issues a "low hazard" caution for the ingredient octocrylene, too.

That is why skin specialists — including Jennalee Dahlen, esthetician at Santa Cruz Skin Solutions — recommend the most natural of sunscreens, such as "good old mineral-based sunscreens containing zinc oxide or titanium dioxide... products such as Badger, BurnOut, Jason and the Hungarian brand Eminence."

For more information on skin cancer go to ([www.cancer.org](http://www.cancer.org)) and ([www.aad.org](http://www.aad.org)). Δ