

# Brookline



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M A G A Z I N E • Y O U R C O M M U N I T Y F O R U M

## THE CLASSIC SOUNDS OF THE VON HEUNE WORKSHOP

**PLUS: BEAUTY & SKIN CARE  
AND CELEBRATIONS**

## Lavinia Borcau Skin care *A woman with three lives*



PHOTO OF LAVINIA BORCAU SKIN CARE SPA RECEPTION AREA

By Kristen Paulson

**SHE'S WORKING ON SOMETHING LIKE HER THIRD INCARNATION** IN LIFE RIGHT NOW. IN HER FIRST, SHE LIVED IN ROMANIA AND STUDIED ECONOMICS, GRADUATING FROM THE ACADEMY OF ECONOMIC STUDY IN BUCHAREST IN 1979. THEN SHE WORKED AS AN ECONOMIST, SOMETHING HER MOTHER, AN ACCOUNTANT, URGED HER TO DO.

She was also, in 1985, the country's national champion in rock climbing.

Borcau wasn't crazy about being an economist. So in her second life, she got her aesthetician's license, earning the field's most rigorous designation, her 'CIDESCO' or international diploma in skincare in Switzerland. "I truly love being an aesthetician, I always have been passionate about skin care," said Borcau.

At that time, she also began practicing a method of bodywork called European barre. "It was a big wave in Europe between 1985 and 1990. It is a European way of working, not body sculpture, but isometric exercises ... It is a mathematically exact formula. It's very stren-

uous, almost like pilates for the whole body," said Borcau. (In mentioning math and exercise, she seems comfortable to employ her economics training.) A dancer, whose injuries put her in a wheelchair, developed the method in the 1940s. She developed the exercises from her wheelchair and was able to walk again.

In her third, current role, Borcau brought all her interests together under one roof. She came to the U.S. in 1990, worked on Newbury Street for three years, and then opened her own spa, Lavinia Borcau Skincare, in 1993, where she offers not only skincare services but also European barre and vinyasa yoga classes. Borcau was the first, she said, to bring European barre to the Boston area.

## Expanded business

**IN 2003 SHE EXPANDED** her business from a skincare salon to a day spa. On the second floor, along with massages and pedicures and manicures, the exercise classes are offered in a gleaming space equipped with hardwood floors and ballet barres. "I don't know what I would do without exercise," confessed Borcau, who attends the classes regularly. The European barre classes are challenging but refreshing, and in a way they are reminiscent of classical ballet. Participants use the barre as a support for various movements and also do some work on mats.

"I had been practicing a lot in Romania and it has been my very strong desire to bring it to

my clients, because I know this method is very effective," said Borcau. "You will see a change in about six weeks if you take at least two classes a week.

In this way, said Borcau, hers is a true European Day Spa, "when you have an exercise room and all the services under the same roof."

She is just back from a conference in Italy, where she was gathering force for her next incarnation—Borcau is working on creating a skin care regime that will be launched in 2007.

"If a new technology fits into my old world philosophy, I will bring it in. What I'm working on is result of my long experience," she said. ▲

*Lavinia Borcau Skincare:*  
[www.laviniaborcau.com](http://www.laviniaborcau.com).

