

HOW THE RICH & FAMOUS STAY YOUNG



Editor's Choice by Adrienne Papp, Profile Editor

Everyone wants to look good. But how does the rich and famous get that glowing face, head turning hair style, picture perfect smile, a body to die for and radiant health that bestows beauty? Celebrity practitioners give us answers.

Can we reverse the process of aging? Yes! Through quality fitness, live foods and potent supplements. This complete health makeover can be brought right to your home. Your fitness expert is **Jerry Colker**, Harvard Gymnast, Martial Arts Black Belt, Yoga Teacher, and Performance Enhancement Specialist. Colker recovered from a crippling herniated disc without surgery by implementing the combination of the best techniques of the East and West. After creating the **YODO® fitness system** he can now do things he used to do years ago in his 20's. Jerry is turning back the clock for men and women, helping people of all ages and all levels. Yodo.org, 310.270.6248, Airport: Santa Monica (SMO).

Your nutritionist, natural foods cook and wellness expert is **Anna Bielecki**. After naturopathically clearing her own ovarian cancer, she has since dedicated her life to helping others achieve optimal health. A gifted **personal chef** who makes nutritious meals taste incredible, she is also an Advanced QRA™ practitioner. Using acupuncture points and **Quantum Physics Biofield Assessment** techniques, Anna can determine not only what the status of every organ and gland in your body is, but exactly what nutrients they need and the precise dosage. Anna and Jerry will help you rejuvenate, cleanse, lose weight, heal, energize and enable you to look and feel younger than you have in years. No wonder stars are turning to them. NaturesWisdom.org, 760.808.4912, Airport: Santa Monica (SMO).

When your colleagues vote you the **Best Dentist in America**, chances are you can often work miracles when it comes to repairing bad dental work and creating the perfect smile. That's only one of the accolades that **Dr. Eric Fugier** has garnered in his innovative career of creating beauty through dental health. Following in the tradition of mentor Dr. Charles Pincus, the father of Esthetic Dentistry, first president of the American Academy of Esthetic Dentistry, and personal dentist to Fred Astaire, Walt Disney and Judy Garland, among others, Dr. Fugier's philosophy involves not just oral care, but total health for his patients through Biological Dentistry. Offering his services in a comforting

and tranquil spa-like environment, Dr. Fugier's provides a variety of cosmetic and restorative dentistry, including crown and bridge work, perfect veneers, and full mouth reconstruction. A consultation with Dr. Eric Fugier will show you how your smile can be a more beautiful part of your overall appearance. DrEricFugier.com, 310.859.1575, Airport: Santa Monica (SMO).

Beautiful hair is the first thing people notice on you. Yet, finding the perfect stylist can be a challenge. Stars look fabulous with hair designs that only a few talented artists can create. **Kyle Mathis** is such **celebrity stylist** whose name quickly became industry standard. His hairdressing includes proprietary natural blends of herbal and vegetable extracts. "We spent a lot of time developing organic treatments that will help restore the natural luster and health to your hair. This is especially important when so many times hair has been subject to different processes that can stress and damage it," says Mathis whose number one expertise is exquisite short hair styling that draws attention wherever you go.

From scalp massage to the most unique haircuts and head turning customized colors, you will walk out of the salon with not only stylish, healthy hair, but also a relaxed and peaceful state of mind. KyleMathisHairDressing.com, 310.393.7947, Airport: Santa Monica (SMO).

An invigorating experience at one of the World's most famous spas, **The Remède Spa at The St. Regis in Aspen**, will certainly put an end to searching for that uniquely charming sanctuary from where you will emerge as a different person. Located at the base of the majestic Aspen Mountain in the heart of this cozy town, The St. Regis Aspen Resort offers unmatched hospitality with never before guest services.

Exclusive to St. Regis Hotels & Resorts, Remède Spa offers a comprehensive menu of customized and results-oriented beauty services with signature touches including chilled champagne, Jacques Torres truffles and Kashwere throws, creating a decadent spa experience that is unmistakably Remède. Indulging in their outdoor pool and Jacuzzi is a must. StRegisAspen.com, 970.920.3300, Airport: Aspen (ASE).