



Getting ready for the Oscars

Best choices by Adrienne Papp, Profile Editor

Every year-end we make our New Year's Resolutions: "We will take care of our skin; nurture our body inside and out; give up smoking; lose weight, relieve stress..." and the list goes on and on. Usually after the first week of keeping to a healthy regimen, "something" happens that "makes" us fail. But, when we pick the right places, and the right people to work with, we never want to miss a session simply because they are just too good and too effective to pass them up.

Spa 415, Beverly Hills

Christian Fitzgerald Riley of Spa 415, Beverly Hills is the talk of the town these days. A Skin & Body Specialist, Chris combines various high-tech facials in a state of the art cozy spa environment that is home to many of the stars: It's the place where Tara Banks and Cameron Diaz get their glow and radiance! Chris creates a personalized variety of artful treatments, the Ultimate Facial, to bring out your skin's best, each time you visit. His Liquid Microdermabrasion uses a selection of Vitamin & AHA Acid enriched serums, in place of mineral crystals, to exfoliate

the skin while simultaneously vacuuming excess sebum debris from congested pores. The MicroCurrent Toning is a High-tech approach to the containment of facial sagging, by utilizing a low-level current stimulation to gently contract the muscles, thereby producing a non-surgical face-lift affect. The Photo rejuvenation, a space technology developed by NASA, uses light wave therapy to stimulate existing heat in the dermal layers of the

skin to improve circulation and increase collagen and elastin.

Chris also massages a variety of serums, collagen peptides, Aloe Vera, Vitamins A, C, and E, Hyaluronic Acid and a special Skin Food Concentrate into the skin to continue the stimulation of the dermal layer. No make up necessary at the end of the treatment, you will glow naturally. Call (310) 276-8018 for appointments. The Spa is located at 415 North Crescent Drive in Beverly Hills. www.spa415.com.

Personal Training with Dr. Alex Medeiros

After beautifying the outside, it's time to pump some endorphins, and shape the body with diligent exercising and body sculpting techniques. It feels like when you have a trainer you get to the gym faster because you do not have the heart to stand up or cancel on your trainer. Plus, you better go if you want to ever resemble the shadow of Giselle and other beauty queens, top models, fashion designers, Washington politicians, all of whom Alex has trained. Occasionally, he'll bribe me with a name or two to get me to work out harder while he teaches me nutrition, checks my blood pressure, oxygen intake, and explains the body's natural response to the various exercise programs that he recommends for different body types. Dr. Alexandre Medeiros, a world-class figure skater, has been ranked as the fourth best trainer in the country. Call Alex at (646) 283-1876 and get into the best shape of your life!

Paul Marshall, Massage Therapist

Combine your training session with a heaven sent massage in your home... relax, unwind and detoxify. Relaxation is redefined with a therapeutic massage from Paul Marshall, trained

massage therapist, in the privacy of your home, the massage lasting as long as you desire. Paul has been my therapist for the longest time and has a unique ability to completely transform problem areas by various healing techniques. His work is an effective combination of soothing deep tissue and neuro-muscular massage coupled with Reiki and elements of his own healing power and intuition. He has that special something -- perhaps it's his Cherokee Indian heritage -- that different touch, that special medicine man magic. Paul graduated from the National Institute of Massage Therapy and holds a limited medical license. He has received specialized training from Holden Zalma, a leader in the field of custom therapeutic massage. You will have long lasting stress relief and a marvelous experience in the privacy of your home. To reach Paul: (216) 337-0460

Freedom Laser Therapy For Quitting Smoking

Once upon a time I used to smoke. Well, lots of us did, and lots of us still do. I thought I could never kick the habit. Nicotine is the deadliest and most addictive drug there is. It is literally life saving for all of us smokers to discover that low-level laser therapy, a non-invasive and drug free method, alleviates



all cravings and makes you quit for good. A miracle, is it not? It was to me when it kicked the habit everyone said I would die from! The laser stimulates energy points on the hands, face and ears in

order to eliminate the physical cravings for nicotine. The treatment addresses behavioral patterns and dependency as well as assisting the body nutritionally with a ten-day vitamin detoxification regimen, which aids in eliminating toxins from the bloodstream and helps repair cell damage. The laser sessions are designed to naturally stimulate endorphin levels, which assists the smoker to lose physical cravings for nicotine. Within approximately 72 hours after the treatment, nicotine will have begun leaving your system, helping alleviate the physical addiction and better cope with the psychological part of the addiction. In general you will feel much, much better both physically and emotionally as you conquer this most difficult addiction to break. To make an appointment call (310) 458-5558. They are at 720 Wilshire Boulevard in Santa Monica.

For Weight Loss

And, the best for last: A similar laser therapy by the same company to suppress appetite and boost metabolism! I have tried a few sessions, loved it and it worked a 100%! Yet, as revolutionary as these treatments are, they have been used for 30 years both in Canada and Europe, while they remain under clinical research trials in the USA. Peter Nielsen, a celebrity trainer and winner of 72 world bodybuilding titles, endorsed the product and offers his expertise along with an informative weight loss program which accompanies the sessions. It offers the healthiest eating habits without depriving the body. His simple exercise and guided nutritional program includes a CD, a weight loss support kit, nutritional supplements, diet plans, exercise tips, and additional items that will assist you in your weight loss goals. To make an appointment, call (310) 458-5558 at 720 Wilshire Blvd in Santa Monica.