

## READERS' CHOICE: HEALTH & BEAUTY

Looking good, Atlanta! Here are the pros and places you turn to for priming.



**THE CUTTING EDGE**  
Van Michael's stylish salons have staying power.

**BEST SPA** Enjoy the luxury of a vacation without ever leaving the city at **The St. Regis Atlanta spa**, which offers a customized selection of facials, treatments, massages and more. *88 W. Paces Ferry Road, 404.563.7900, stregisatlanta.com* ¶ **BEST SALON** Van Michael Salon recently celebrated 30 years of fabulous hair. Founded by brothers Van and Michael Council, the beauty empire of Aveda concept salons began humbly with one Buckhead location and five stylists. Three decades later, Van Michael boasts multiple salons in and around Atlanta and recently opened its sixth and seventh locations in Midtown and at Avalon, respectively. *Multiple locations, 678.987.3678, vanmichael.com* ¶ **BEST STYLIST** Steve Hightower and his expert stylists continue to coil the most covetable heads of hair in town and have a loyal following from their devoted clientele. *646 Lindbergh Way, 404.264.9006, stevehightower.com* ¶ **BEST GYM** Tried and true, **Orangetheory Fitness** continues to push our readers to the next level of fitness, whether it be aiding in training for the next triathlon or working off those holiday meals. *Multiple locations, 404.219.0170, orangetheoryfitness.com* ¶ **BEST BEAUTY BOUTIQUE** Beauty junkies can scoop up best-sellers from Laura Mercier, Bobby Brown, YSL and more, with a visit to **Woo Skincare & Cosmetics**, which makes you feel like the prettiest girl in the room. *2339 Peachtree Road, 404.477.5000, wooskincareandcosmetics.com*

### Body of Work

Say goodbye to muffin top, jiggy jowls and that recessive chin. Three cosmetic dynamos are determined to make you look sleek, smooth and more sensational than ever.

**1. Setting the Tone:** Kathy King and Hope Stroud, owners of the recently opened **Sculpted Contours** in Buckhead, pair a pampering spa experience with three nonsurgical toning treatments: CoolSculpting to eliminate body fat, SmoothShapes to target cellulite and Ultherapy to tighten the face. King, who was previously the Atlanta-area trainer for CoolSculpting, is serious about safety. Her medical director, Dr. Pradeep Sinha, is a double board-certified plastic surgeon who oversees each patient's medical procedures. Prices start at \$700 for CoolSculpting, \$750 for Ultherapy and \$800 for SmoothShapes. *550 Pharr Road, Suite 630, 404.872.8578, sculptedcontours.com*

**2. A Cut Above:** Dr. Wright A. Jones opened **Wright A. Jones Plastic Surgery**, his first practice in Buckhead, late last year. In his contemporary new office across from Lenox Square, Jones treats patients to more in-depth consultations and a concierge who can arrange accommodations for those traveling to see the doctor from out of town. Rhinoplasty, breast enhancements and Brazilian butt lifts are his calling card, but this doc's skills are sharp across the board. *365 E. Paces Ferry Road NE, 404.994.5937, wrightjonesplasticsurgery.com*

**3. Chin Up:** Perfect your profile without going under the knife, courtesy of facial plastic surgeon Dr. Brian Maloney's new nonsurgical chin-contouring procedure. The founder of the **Maloney Center for Facial Plastic Surgery** has fine-tuned the technique of using Juvederm Voluma to sculpt a stronger profile within a few minutes. Unlike other fillers, which are mostly made of hyaluronic acid, the new gel filler does not absorb water from surrounding tissues, causing it to swell. Instead, it simply provides a lift that lasts up to two years. Most patients will need one syringe of Voluma, which costs \$1,000. *6111 Peachtree Dunwoody Road, 770.804.0007, maloneycenter.com*



**SMOOTH OPERATOR**  
Get terrifically toned with one of these top docs.

### You're Beaming

Until now, you had to pick and choose your laser skin-resurfacing treatments. Either you could choose an ablative laser to work on the surface of your skin (to target damaged skin such as scars and uneven pigmentation), or a nonablative laser (to heat deeper tissues to stimulate collagen). The Halo by Sciton hybrid fractional laser system is the first ever to combine the two, and **AYA Medical Spa**, with Northside and Phipps locations, is the first to bring it to Atlanta. AYA's expert estheticians customize the laser's strength to each patient's specific skin conditions. The laser, which is safe for use on most skin types and tones, delivers high and low frequencies to the same location at the same time for well-rounded results. *\$1,800 per session, \$1,000 per session for a series, 404.842.1772, ayaskincare.com*



**LASER FOCUS**  
AYA's expert estheticians will get you glowing.

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BEST OF THE CITY

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