



TREAT YOURSELF
Look and feel your best with treatments at three of Atlanta's best beauty outposts.

MIRACLE WORKERS

Put your best face forward for the New Year with these medical miracle workers that are sure to attract envious attention.

1 Injectables at Buckhead Facial Plastic Surgery:

Atlantans in need of a cosmetic pick-me-up are in good hands at Buckhead Facial Plastic Surgery where Dr. Jarmuz is at the ready to discuss all things injectables from Botox to Sculptra that'll leave you feeling fierce and refreshed. 1218 W. Paces Ferry Road NW, Ste. 108, 404.233.3937, buckheadfacial.com

2 Body Contouring at Sculpted Contours:

Using leading, cutting-edge non-invasive technologies, Sculpted Contours ensures flawlessness where you need it most. For stubborn fat that won't budge, opt for CoolSculpting, an icy treatment that targets those unwanted pounds sans surgery, for a pick-me-up only you'll be able to detect. From \$750. 550 Pharr Road NE, Suite 630, 404.872.8578, sculptedcontours.com

3 Lushious Lashes at DiFrancesco Plastic Surgery:

Latisse Atlanta understands that great things take time, which is why taking six weeks for full results is worth the wait. This painless procedure that lengthens, thickens and darkens your lashes promises a stunning look that lasts through hot showers, long nights and smokey eyes. 1800 Howell Mill Road NW, Ste. 400, 404.480.5541, drdifrancesco.com

READERS' CHOICE HEALTH & BEAUTY

Whether you're in the market for an expert cut or a grueling sweat session, these three hot spots are the perfect places to look.

SPA DAY Book a Repêchage four layer facial (\$110) before your expert cut (from \$55) at Steve Hightower Hair Salon Day & Spa.



1 Best Stylist: Ginger Rowland at Van Michael

Rowland, available at the Midtown location, is a fierce wielder of shears. She's also a pro at updos and special occasion styles, so book early. From \$55, 929 Peachtree St. NE, 404.266.8647, vanmichael.com

2 Best Workout: Orangetheory

Break a sweat at the 15-plus Metro-area locations, which offer 60-minute sessions focused on strength and cardio training via treadmills, rowing and weights with motivational instructors. Prices and locations vary, orangetheoryfitness.com

3 Best Salon: Steve Hightower Hair Salon & Day Spa

Hightower and his expert crew will make you look and feel like royalty with glamifying hair services, facials and more. Services from \$45, 646 Lindbergh Way, 404.264.9006, stevehightower.com

BUTI-FY YOURSELF

For those looking to make good on New Year's fitness resolutions, sweat with intention at **Atmasphere**, the only studio in Atlanta to offer Buti yoga classes. Founded by Bizzie Gold in 2012 and introduced to the area at the end of last year, Buti—which translates to “the cure for something hidden away” from Sanskrit—is a form of yoga that will work you from the inside out. A unique workout that is part yoga, part dance and fully effective, Buti forces the people who practice the tough but fun moves to engage their cores and release their stubborn negative energy. “I had been teaching yoga since I was 19,” says Gold, “but I had stopped feeling anything from my practice; it was missing that transformational quality.” That feeling, coupled with the traumatic birth of her daughter, gave Gold the motivation she so desperately needed, and she quickly evolved her practice to include a bolder type of movement.

Using “multiplaner movement, we work the body along the spiral, as nature intended it, and not just the linear,” says Gold. “People always comment after classes about how they found a part of themselves that they thought was missing. You're 100 percent accepted and can be authentic with no judgments in class. It's clear to me that as technology has risen, we've also genuinely lost touch with our human connections, and we pair that with the physical need to exert ourselves.” Taught in 22 countries and practiced by over 100,000 men and women worldwide, Atmasphere has five secondary formats available to sweat it out, such as the restorative Buti Deep, Hot Buti and more. So ring in the new year by getting your buti in shape, and feeling awesome while doing it! Drop-in rate \$25, 3097 Piedmont Road NE, 404.444.9444, liveatmasphere.com

STEVE HIGHTOWER HAIR SALON & DAY SPA PHOTO COURTESY OF STEVE HIGHTOWER



BEST OF
THE CITY
HEALTH &
BEAUTY

PHOTO BY TAYLOR

WORK IT! Indulge in the ultimate sweat session that promises to work you from the inside out. Buti workouts, a combination of yoga and dance, are available at Atmosphere studio in Buckhead for those willing to work hard for a killer buti!