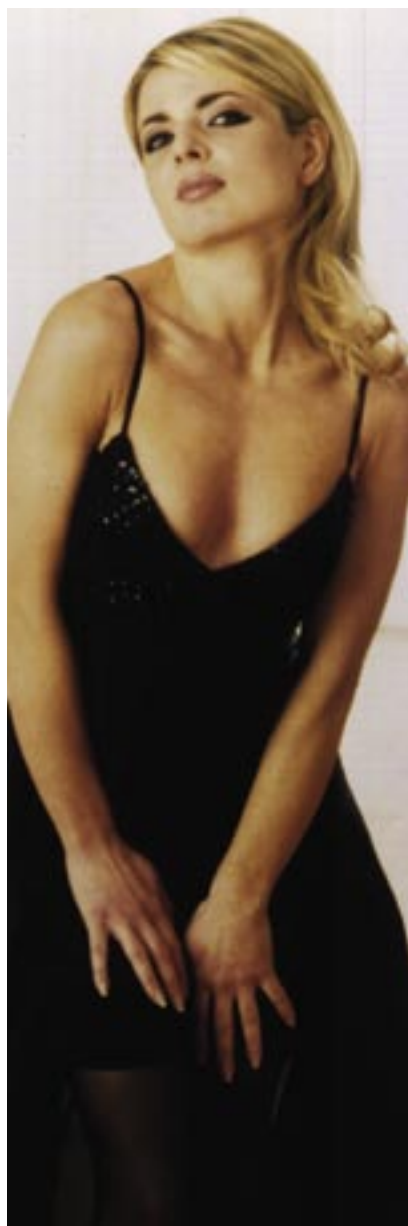


# Best of the Best

By Adrienne Papp, Profile Editor



**I CANNOT BELIEVE THE HOLIDAYS ARE HERE AGAIN. WHERE DID THE YEAR GO? BLACKBERRY OR NOT, THERE'S NEVER ENOUGH TIME. BUT -- HOW ABOUT LOOKING GOOD, FEELING GOOD, AND ACTUALLY ENJOYING OURSELVES IN NO TIME AT ALL?**

Here are my absolute old-time favorites for an around-town pleasure trip to refresh, rejuvenate and even spoil your senses, including chocolate and ice-cream. I also have a recipe to scare the pounds off before they get on! I practice these "rituals" once a month...and have for years. Take time for yourselves ladies! After all, you can only take care of others if you first take care of yourself.

## Spa 415, Beverly Hills



Let's start off with a fabulous facial. Spa 415 in Beverly Hills is no ordinary place. Daryl Hannah, Cameron Diaz, Paula Patton and Carrie Anne Inaba are among the regulars. This state of the art facility offers a variety of relaxing, high-tech treatments, all the way to body bronzing.

My favorites are the Hydrafacial and the very NEW Vacuodermic Lymphatic Facial, an advanced technology from France that reduces fluid retention, increases circulation and promotes collagen production, excellent for sagging and aging skin. Their state-of-the-art microdermabrasion uses a selection of vitamin enriched serums in place of mineral crystals to exfoliate the skin, while simultaneously vacuuming excess sebum debris from congested pores. The sensation is exhilarating and the results are outstanding. Ask for **Christian** to select the proper treatments for you and guaranteed you will *love* the result! I recently left there looking like my favorite high school photo! Call (310) 276-8018 for an appointment. They are at 415 North Crescent Drive in Beverly Hills. [www.spa415.com](http://www.spa415.com)

## José Eber Atelier, Beverly Hills

Now, that we have our skin glowing, we can continue to the José Eber Salon in Beverly Hills for the most exquisite hair-color, cut and styling in town. The place has been my salon for ten years and José the number *one* celebrity stylist for 18 years. *Nobody* does it better! **Cameron**, my colorist, is a true artist whether you are a blonde, brunette or redhead. He makes hair color rich, dimensional and shiny with a touch of European elegance. Highlights are abundant with lots of contrast, in a well-balanced

combination of lowlights. **Paul Jean** will style your hair to a playful, luscious, flirtatious look. Refreshed, beautiful and elegant. His haircuts are hot, following the latest trends coupled with his unique talent to make you look fifteen years younger. He is hot too! Farrah Fawcett-Majors, Catherine Zeta-Jones, Kelly Clarkson are just a few celebs I see there regularly. They also accommodate house calls. The salon is on Rodeo Drive. Call (310) 278-7646. Ask for Cameron and Paul Jean. [www.joseberatelier.com](http://www.joseberatelier.com)



## Bobbe Joy Makeup Studio

Be fabulous, look beautiful, get accessorized at the Bobbe Joy Makeup Studio in SoBev. In a friendly, warm and non-intimidating atmosphere you can receive special occasion makeups, wedding parties, makeup lessons with a personalized face chart, and brow styling, rated as the "Best brows in LA" by Los Angeles Magazine, Allure and In Style. Post surgery camouflage, spectacular eyelashes, custom blended foundations, lipsticks, lip glosses and more....all done by *professional* makeup artists. **Bobbe and staff** have lots of experience with on camera work for TV, Film and Print. Large celeb list includes Lucy Liu, Heather Locklear, Dolly Parton. Whether it's covering the Emmys, the Oscars, or just going to parties, I could not do without Bobbe! Call (310) 275-3505 and look your absolute best! Located at 236 1/2 South Beverly Drive. [www.bobbejoycosmetics.com](http://www.bobbejoycosmetics.com)

## Carvel Ice Cream



When the son of the Mayor of Beverly Hills opens an ice cream parlor in the middle of Beverly Hills (on the Balcony at Pico and Beverwil) you better believe it could only be the very best. Carvel Ice Cream cakes, made fresh on the premises, are *de rigueur* at birthday parties, special events and the holiday season. And while their specialty is soft-ice, there are also hand-dipped bonnets, ice cream sundaes topped with hot fudge, caramel, butterscotch, and all kinds of mouth-watering flavors. They also have the Thin-Thin line of non-fat and sugar-free ice creams. With advanced notice, **Jordan Webb**, the proprietor, can make almost any creation one desires. Be sure to check out their amazing smoothies and thick shakes. Get your scrumptious ice-cream pies and Carvel cakes for the holidays. They have curb-side, and delivery service. The entire product line is RCC Kosher Certified. Also, hi-def TV for your enjoyment. Heaven on earth! To order call: (310) 278-5411. [www.carvellosangeles.com](http://www.carvellosangeles.com)

## CUUR

Most of us would *love* to taste the entire menu at Carvel, but what about the pounds? The good news is: You don't have to worry; I have the solution! I've been taking CUUR for over a month now and have zero sugar cravings. No more getting hooked on sugar after that first heavenly bite. You can indulge in ice-cream, chocolate and sweets and not crave it later *at all*. You take the driver's seat, not the sugar! CUUR is the product I trust for weight control and weight loss. Developed in Sweden, it contains the highest quality herbal ingredients. CUUR has been clinically tested and its inventor, Professor, Dr. Krotkiewski is the most recognized weight loss specialist in Sweden. Look for CUUR in Vitamin Shoppe and Vitamin World nationwide. [www.CUUR.com](http://www.CUUR.com)

## The Massage Place

Now that we've had ice-cream and the right supplement to wash it down, let's get a great, relaxing massage. The Massage Place is truly the best in LA, very convenient, with several locations. A great hour-long massage with highly trained professionals, in a spa atmosphere, for as little as \$44! Many of their therapists also work at the most luxurious spas in SoCal. They offer a variety of bodyworks, ranging from deep-tissue and sports to Swedish and pregnancy. My favorite is the Thai massage that cured my chronic back pain in *one treatment*. Be sure to tell them your particular problem area. The facility is spotless and the owner, **Michael Marylander**, an experienced therapist who is on the board of two highly regarded massage schools, will give you the royal treatment. They have a spa at 625 Montana Ave. (310) 393-7007, and four other locations: 2901 Ocean Park Blvd; 2805 Abbot Kinney Blvd; 245 Main Street in Venice and 11740 San Vicente in Brentwood. [www.themassageplaces.com](http://www.themassageplaces.com)

## Nails Plage

Right next door to the Montana location of The Massage Place, is the best nail spa in town. Nails Plage is a state of the art *Japanese salon* with beautiful seashore themed décor. Relax and enjoy their exclusive hand and foot care treatments originating from Japan, known for its distinguished and detailed services. Nails Plage utilizes the latest technology with highly experienced professionals and service that you usually find only in Japan. You will have a very different experience, I promise that! On top of excellent, high-quality nail maintenance and unique spa packages, they do high-fashion nail art for weddings and special occasions. Their natural beauty products from Italy complement your health and comfort. I got the milk and honey scrub, chosen from a variety of flavors - all out of this world - and my hands and nails *never looked better*. Ask for holiday specials, sit back, relax and enjoy their famous, pristine environment. Call for an appointment: (310) 260-8801. They are located at 625 Montana Avenue.

## Leonidas Chocolate



Here's my absolute favorite: Leonidas Chocolate from Belgium. Go ahead indulge! I usually choose a handful of exquisite pieces. **The Leonidas Chocolate Cafe** features fresh Belgian chocolate, flown in weekly from the factory in Brussels, with gourmet drinks such as hot chocolates and mochas made from real melted Belgian milk and dark chocolate. They also offer a full menu of hot and iced coffee drinks, blended drinks, smoothies, pastries and more. If you thought Starbucks and Godiva were good, wait 'til you visit Leonidas! Excellent gift ideas with European style packaging! Located at 331 Santa Monica Blvd in Santa Monica, or call to order (310) 917-4496. [www.leonidas.com](http://www.leonidas.com).

## Ron Teegarden's Dragon Herbs



For those who want to be herb grade serious the amazing **Ron Teegarden's Dragon Herbs** empire in Santa Monica carries the *purest, most rare and authentic* Chinese herbs on planet Earth. I stop by every day for rejuvenating tonics and all kinds of exquisite anti-aging treats. The world famous *Beauty Bonbons* are to die for and are the perfect snack, or healthy gift during the holidays. These chocolate covered bundles of pure health and joy are made from extra delicious, organically grown Goji berries from the remote Heaven Mountains, grown on pure glacial water in Central Asia. They promote beauty and are very good for the immune system and the eyes with anti-aging benefits. The walnuts and pine nuts are fabulous sources

of the Omega-3 fatty acids and also can initiate the release of healthy appetite-suppressing hormones. Longan, the fourth herb in *Beauty Bonbons*, is the most famous fruit in China for purifying and replenishing blood, and thus promoting beauty and calm emotions. The *coupe de gras* with *Beauty Bonbons* is that they contain *pure pearl* powder, which is world famous for making the skin soft, radiant, blemish free and youthful. The all-natural sugar-free chocolate is absolute delectable and full of antioxidants. [www.dragonherbs.com](http://www.dragonherbs.com) or call for herbal consultation at 888-55-TONIC. They are at 315 Wilshire in Santa Monica.

## Dr. Leif Rogers

By this time, I usually feel so good that I almost believe I can stop the aging process! Now, I do not age, but just in case... It is actually possible to delay the lines with **Dr. Leif Rogers**, my favorite celebrity surgeon in Beverly Hills and looks so handsome himself, you feel you can trust your life - or at least your face - to his hands. Dr. Rogers is the best of the best in plastic surgery and quick beauty treatments for high-profile events and world-class parties. A well-placed Botox (he is excellent with that) and fillers such as Restylane and long lasting Radiesse, are more than a quick-fix for the holidays, you will have lasting results. Don't be surprised when friends suddenly get jealous over how fantastic you look! For those wanting to shed a few pounds, light body sculpting with liposuction can have as little as a week down time. Or do a chemical peel with no acid algae from the Dead Sea, which gives the skin a radiant holiday glow. To reach Dr. Rogers call (310) 860-8915.

## Dr. Nancy Zhang

I believe one of the best ways to treat any sickness, cold, stress, etc... or improve your wellbeing and stamina is acupuncture. I have the best Chinese doctor in the world, **Dr. Nancy Zhang**, who I have been seeing for over 2 years. She is a PhD, OMD and licensed acupuncturist with 25 years experience. Each time I get a treatment, I know I'm in the best hands. Nancy is the founder of 22 clinical herbal formulas that go hand in hand with her treatments. With effective and safe acupuncture treatments and herbal alternatives

to Western medications, Nancy has helped many patients recover from difficult health problems, often when mainstream medicine was unable to help. You'll feel great just being around her. For an appointment, call (310) 445-6584. Dr. Zhang is located at 1441 Westwood Blvd. [www.herbal-max.com](http://www.herbal-max.com)

## Absolution/Spyschool

And finally, the most fun you can have on planet earth: A gift certificate to "**SPYSCHOOL**" a truly unusual and memorable gift offered by **Absolution Workout Complex** (won multiple "best of LA" awards), a total playground for adults to satisfy the most sophisticated senses. Have a friend who you think has fantasized about being James Bond, or has always wanted to run away to some never before adventure? Give an inspirational workout from Cirque Du Soleil performers; send someone from the office for a day of rock climbing in Malibu Creek; give a new mom her body back with thirty award-winning Pilates sessions. Or eschew the physical altogether for flirting lessons, makeup classes, or salon treatments. The menu is extensive! And, the consistent favorite? A spyschool party for your staff, family, or even your kids...

There, among other things, you and your guests learn how to properly beat up an assailant. The unlikely client - "It's the quiet, well behaved wives who are the natural born killers. They come in here and have an absolute riot," claims **Absolution owner Sascha Ferguson**. Whether you are buying for your boss, husband, wife, or best friend, Absolution guarantees a good time and serious results. Gift certificates are inter-changeable and can be custom designed, for maximum enjoyment. Make sure to check out their website to find all kinds of specialties [www.absolutionla.com](http://www.absolutionla.com) or call (310) 657-7878. In West Hollywood.

