

ADDISON

THE MAGAZINE OF THE NORTH DALLAS CORRIDOR

holiday/winter 2013-2014

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THE
2013 HOLIDAY
GIFT GUIDE



LOOK WHO'S
IN TOWN

12 THINGS TO DO THIS HOLIDAY SEASON

We've made a list, checked
it twice and we've got the
twelve things you must do
this holiday season.





BEAUTY/IMAGE

style. pamper. indulge.

Holiday Checklist

The things you need to take care of
YOU this season



The holidays can be a hectic time of year, but we're making sure that YOU are taken care of. We've got the checklist you need to look and feel great this holiday season.

by Sam Nicholson

Continued on page 34

Prestonwood Dental

Whiter & Brighter Smiles for
the holidays

The Best Spas and Salons

Making you beautiful and
relaxed this season!

Skin M.D. & Beyond

A younger looking You!



YOUR HOLIDAY CHECKLIST

The holidays are an exciting time of year. Christmas and cocktail parties, shopping, food, family, fun and more! It's the time of the year to think about others, but we're here to say it's important to make sure to spend a little time on YOU this season. The holidays are fun, but can also

be stressful, so we've got the perfect holiday checklist for YOU to look and feel great and not let the stress of the holiday season take over. Addison and the North Dallas Corridor have tons of great options for you, so we've got our list and we're checking it twice, because it's certainly time for you to feel nice!

1. Hair

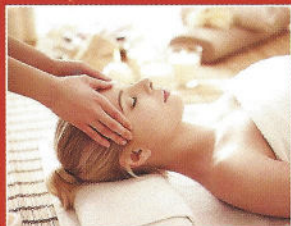
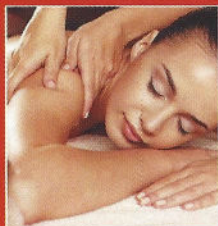
For both guys and girls, hair is often the first thing people notice about you. A great style and cut can completely change your every day style to a sexy one for the holidays. Darker and amber tones can give you a mysterious look that works perfectly into the winter season. Go lighter to blonde to match that signature Dallas look and be ready to match the falling snow in case we have another white Christmas this year. With a plethora of salons in the area, checking item No. 1 off your list will be simple.

"Grand Spa is a full service day spa and hair salon and we can do total makeovers from head to toe," says Luane McWhorter, owner of Grand Spa. "Holiday hair and makeup is our specialty with a very experienced staff."

Another amazing salon to visit here in the North Dallas Corridor is L'Image Salon, Spa and Boutique. They are located on Inwood Road just around the corner from Galleria Dallas, which makes them easy and convenient from any spot in the Corridor. Be sure to snag a great cut and styling with terrific specials for

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"Make the Holiday Season and 2014 your most beautiful year ever!"

"You give so much to others, it's time you did something for yourself. Smoother, brighter skin and a more relaxed and refreshed face. A Younger looking You!"

-Fiona Wright M.D.

Q Dr. Wright, what resolutions should I make for 2014 that will help me look younger and better in the New Year?

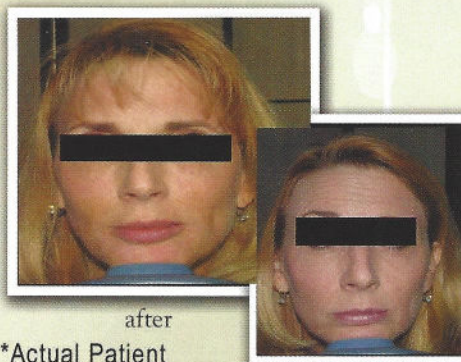
A First, thanks to you and all my readers who have complimented us and came to see me last year – you have helped make 2013 terrific! The year 2013, will be remembered as our **Award-Winning Year**, as our Plano and Frisco readers voted us to be the "BEST" in seven categories! We won the best for Botox, Laser Hair Removal, Spa, Aestheticians, Facials, Massage, and MedSpa. So – to return the favor, here are some things you can do to make 2014 your most beautiful year ever!

Beyond the basics – diet, exercise, hydration and enough good sleep – there are simple steps you can take now that will slow or stop the appearance of aging. These steps work if you are 35 or 75! First, we'll create a plan to manage the aging process. It is different for everyone, based on your personal goals. During our consultation, we'll get to know each other and talk candidly about your needs and your appearance.

Many people start to see the effects of gravity on their faces even in their early 40's. This can be effectively reduced or eliminated with a **LIQUID FACE LIFT**, an in-office procedure with minimal recovery time and outstanding results. It lifts the cheeks, lower eyelids and jowls to restore natural curves and fullness to the face. "My work is undetectable" – **It is natural, and in harmony with your facial structure and composition.**

Then, we look at wrinkles, creases and crevices which effect people at all ages, and put a plan together to use the contouring benefits of Botox or Dysport. This can be done alone or in concert with a full range of cosmetic rejuvenation lasers. And finally, we can address the quality of your skin with effective physician-supervised facials and skin care products.

Looking younger and beautiful is possible at every age! My favorite beauty secret is the simplest: a big smile! That is undoubtedly the goal of our work together: for you to be happy with the experience and the results!



after

*Actual Patient
Photo not retouched

before

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Spa Parties



find us on



the holiday season.

"We are offering a salon highlighting service with custom glossing and a haircut with styling for \$175 (with select stylists)," says Dayton Mast, owner of L'Image Salon, Spa and Boutique. "As far as popular services during the holidays, our special updos are always sought after. We also do beautiful braiding services like the new Waterfall Braid and many other popular trends."

Updos are a very popular look this holiday season for ladies. From ponytails to braids, models across the world have been presenting the look of exposed necklines, a great way to grab attention, impress your family or even score a free drink at a cocktail party. It's not all about just the hair though. With a fabulous boutique in L'Image, customers have the opportunity to accessorize as well.

"We offer the largest selection of hair

accessories in the city, which add a beautiful finishing touch to our styles," says Mast. "(We have) combs, headbands and barrettes in a multitude of styles and colors."

So go ahead and check hair off of your list! You've got everything you need for that new sexy and stylish look.

2. Smile

You have your new great hair and the next item on your checklist is your smile. Smiles are universal for men and women and it's important to take care of your teeth. Even brushing every day may not get the shine you want, because sometimes you want your teeth as white as snow. The holiday season is a time of laughter and lights, so make sure your smile lights up the room!

The team at Prestonwood Dental can help make sure your teeth stay healthy and shining. Your smile needs to be 'party ready' and that's where Prestonwood Dental comes in. "Although the teeth and gums should be maintained healthy throughout the year, for

"The winter season can be harsh to our skin, and cold winds can make skin dry and flaky."

—Dr. Fiona Wright,
Skin MD and Beyond.



Grand Spa

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an immediate smile makeover, an in-office whitening procedure brings instant brightness to the smile," says Dr. Shweta Daftary of Prestonwood Dental. "It can be supplemented with tooth colored bonding, or enhanced with porcelain veneers and crowns to get that perfect smile for the holidays."

Brushing and flossing as always is the first step of keeping your smile dazzling, but because we know you are already a brushing master, item No. 2 on the check list is to help brighten your smile. A trip to a cosmetic dentist office like Prestonwood Dental can get your teeth whitened quickly and give you more time to show them off!

"Cosmetic dentistry procedures such as instant teeth whitening and porcelain veneers are highly sought after around the holidays," says Dr. Daftary. "Also, patients with dental insurance try to utilize their benefits before the yearly amount runs out at the end of the year and they try to use it to improve the health and overall appearance of their teeth."

Not only does Prestonwood Dental have these great services, but they have a pretty exciting holiday offer as well! Come in for a new patient exam, x-ray and teeth cleaning and you can receive a free teeth whitening and free cosmetic consultation. Now there is a great Christmas gift to you!

Check item No. 2 off your list as your smile is taken care of! Show off your pearly whites and you can rewrite Christmas carols with, "Your teeth as white as snow!"

3. Skin

Winter can be quite difficult on your skin. When the temperature drops your skin has a tendency to dry out and crack, making it uncomfortable for you and not as fun for someone else to come in contact with your skin. That's why item No. 3 on your holiday checklist is to take care of your skin. You certainly don't want your skin feeling like a Christmas tree and the Corridor is home to some of the best skin specialists in the entire Metroplex!

"The winter season can be harsh to our skin, and cold winds can make skin dry and flaky," says Dr. Fiona Wright of Skin MD and Beyond. "It is at this time of year that many of my patients turn to Oxygen Facials as their solution. This amazing treatment can literally breathe new life into your skin and get you 'Red Carpet Ready' for the holiday parties!"

Not only will facials clean your skin, but they help you feel great as well! With exfoliated skin you will look and feel refreshed for the holiday season, giving you that extra kick to finish your holiday shopping or make it through the uncomfortable dinner with your in-laws.

Grand Spa is also a great place to give your skin the holiday break it needs. "HydraFacial is one of the newest services we are offering at the Grand Spa," says McWhorter. "This innovative machine extracts painlessly, exfoliates and totally hydrates the skin leaving it glowing, smooth and firm."

Also available are great skin creams and lotions that will protect your skin from the harsh winter weather. These can help your skin stay wrinkle free and feeling youthful.

"Youthful skin is a trend that will never grow old – yes, pun intended," says Dr. Wright.

"Cosmetic dentistry procedures such as instant teeth whitening and porcelain veneers are highly sought after around the holidays."

— Dr. Shweta Daftary,
Prestonwood Dental



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"And that is why, thanks to new and more innovative ingredients, it was perfect timing for me to go back to the Cosmetic Lab and design a new anti-aging formulation. The result was my Réparatif Night Cream where test patients who used the product saw noticeable younger

looking skin in just 4 weeks! Since its launch it has been the fastest selling skin care product in the clinic!"

These amazing skin treatments will be sure to make you look and feel refreshed. With these great facial treatments it's time to check item No. 3 off your list and move on to our final item!

"We also offer Botox and fillers to totally enhance your beauty and take years off your look."

— Luane McWhorter,
Owner, Grand Spa

4. The Final Touches

We know the year has been rough and sometimes no matter what you do, you can't seem to get rid of those love handles, cellulite or unwanted looks on your skin. Addison and the North Dallas Corridor offer some great

aesthetic (non-surgical) procedures that can help you finalize your look (and your checklist) and be ready for the entire holiday season.

"The holiday season is almost near and this means that everyone will be dealing with cold weather while trying to look fabulous and festive," says Dr. Wright. "For many of my patients, their dull summer-damaged complexion, rough dry skin or party pimples will become a BIG concern. But I tell them, 'Don't despair!' as our Triple Transformation Treatment package will provide them with the 'fix-it techniques' that will maintain their holiday glow for the whole party season. The expertise behind our complexion correction combines complexion blending lasers with tailored skincare treatments and personally prescribed skin product regimens. In my mind it is the best Trio Treatment to keep your skin as young as it can be!"

These easy procedures can finalize that look you have been aiming for with quick and painless procedures. When you just need that "little something" to complete your look, places like Skin MD and Beyond and Grand Spa can come in handy, even if it is just a Botox treatment.

"Our Thermo-Firming Cellulite Treatment is a luxurious way to tone, slim and relax to get your body ready for those holiday party dresses or resort holiday vacations," says McWhorter. "We also offer Botox and fillers to totally enhance your beauty and take years off your look."

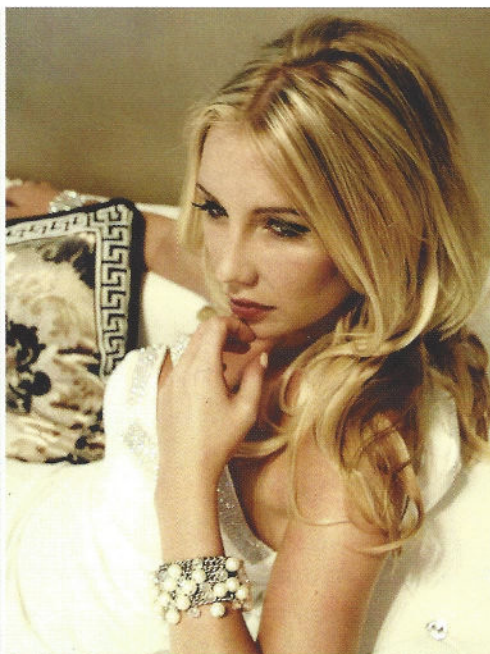
With these final touches, you are ready to check off item No. 4 on your list. Not only does that complete your holiday checklist, but it prepares you to take on the holiday season! From Thanksgiving to Valentine's Day, you will impress co-workers, friends, family and even strangers while you feel great yourself.

With your new hairstyle, beautiful smile, replenished looking skin and perfect look, you will make sure that this is a holiday season to remember. Visit your local Corridor beauty and image specialists to give yourself that look and feel you deserve! ❖

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