

BUSINESS | FOOD & DRINK | NIGHTLIFE | STYLE | SHOPS

# ADDISON

THE  
MAGAZINE  
*of the NORTH*  
DALLAS  
CORRIDOR

## 2016 READERS' CHOICE AWARDS

June/July

VOTE IN  
OVER 80  
CATEGORIES  
INCLUDING  
FAVORITE PET  
SERVICES

ARE YOU  
SWIMSUIT  
READY?

BOUTIQUE  
LIVING

STAY  
RELEVANT  
IN YOUR  
CAREER

Ten Things  
to Do This  
Summer in the  
Corridor





***"Your skin will feel radiant after removing unwanted hair, and with all-natural Aveda products, you will leave knowing you are in good hands."***

***— Kristine Stanley,  
Marketing Assistant, Boeau  
Belle Salon & Spa***

This process is done in about 90 minutes, for a fresher, whiter look. If you need something strong, they use KÖR whitening, which is a deep-whitening system that can remove set-in stains that have been there for years. This permanently whitens even the most stained teeth.

Your teeth will be Instagram-ready, and swimming season will be a breeze when you have a smile you can feel proud of. Now that your beautiful mug is ready for the world, it's time to tackle your body.


If you need quicker results than regular exercise, tanned skin and hair removal can provide, there are a couple options to get rid of annoying cellulite and firm your skin. One choice is to get a Venus Freeze, available at Grand Spa at Village on the Parkway. The Venus Freeze is a nonsurgical, noninvasive, no downtime face and body tightening, firming and cellulite reduction treatment. "Contrary to its name, this treatment actually doesn't involve freezing technology at all. It is simply freezing time and reversing aging through thermal magnetic reju-

venation," said Luane McWhorter, Grand Spa owner.

The Venus Freeze is the first FDA-approved technology to use a combination of multi-polar radio frequency and Pulsed Magnetic Fields with two different handheld devices to target different areas of the body, according to McWhorter. McWhorter compares the feeling of the treatment to a hot stone massage, so it's relaxing you while it works! She recommends combining the Venus Series with weekly Grand Spa Detox Body Wraps and weekly therapeutic massages for even quicker results.


Another option for body sculpting is available at Skin M.D. and Beyond. "In the summer, everyone emerges from under those layers of clothing, and the reality of dimples on your thighs and sagging skin becomes more evident," said Tim Wright, O.D. of Skin M.D. and Beyond. "Swimsuit season can be tough for women and men who are not happy with their body shape or appearance. To offer real solutions to our patients, Skin M.D. and Beyond offer the VelaSHAPE III and the ThermoSHAPE."

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The VelaSHAPE III is the latest version of the first FDA-approved anti-cellulite device known as the VelaSMOOTH. Wright explains that this treatment focuses on both the upper layers of skin and the deeper layers of fat. The result is a measurable reduction in fat layers, circumference, and the appearance of cellulite. The TherMiSHAPE is a nonsurgical, no downtime sculpting procedure that can tighten loose skin, melt away unwanted fat and reduce cellulite. Both options use radio frequency energy to tighten loose skin and reduce inches in stomach, thighs, legs and arms.

"For many people, surgery can be a scary thought, as results are permanent and you cannot go back once under the knife," said Wright. "Surgery not only involves cutting, but also you have to consider the expense, down time, pain and fear of the unknown. That option may not be suitable for your lifestyle. But by working noninvasively, the VelaSHAPE III and TherMiSHAPE can work toward your ideal look."

Once your body sculpting is complete, you

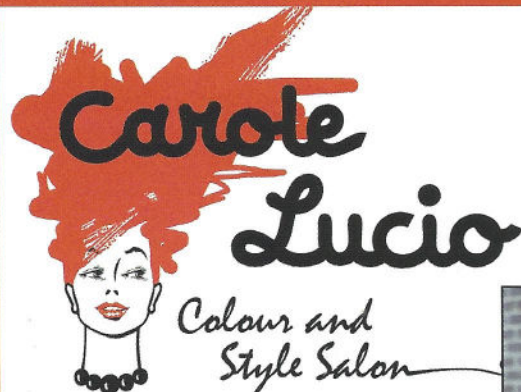
can finally put your new swimsuit on and feel gorgeous. However, you aren't quite done yet.

What's last on your head-to-toe beauty checklist? Your toes, of course! For the ladies, we recommend stopping by Beauty Brands at Village on the Parkway for your toes. For a quick on-your-way-to-the-airport style, choose the On-the-Go Pedicure that includes a fast color removal and new polish application. For something a little more enjoyable, go for the Luxury Pedicure. Designed by L'Occitane, Beauty Brand's premiere pedicure includes a scented foot soak, exfoliation and foot and leg massage with L'Occitane products, such as Lavender Foaming Bath, Shea Butter Ultra-Rich Body Scrub and Shea Butter Foot Cream. As for color, bright reds, pinks, and blues always stand out best against the sand and make for great beach pictures.

For the men, check out Zion Spa for Men for foot grooming. The Warrior Foot Grooming only takes 30 minutes and includes clipping, shaping and filing with extra care to your cuticles, nail buffing and a foot massage (no

nail polish required). The Centurion Foot Grooming also includes a relaxing reflexology therapy for your feet and a paraffin dip. Finally, the Legionary Foot Grooming also includes a hot towel treatment and a sugar or salt scrub and lasts for 90 minutes. It is a relaxing, manly experience — and what woman doesn't love a man with groomed toenails?

No matter what service or procedure you decide to go with to get swimsuit-ready, just remember one thing — ultimately, these services are about making you feel like your best self. They should be relaxing and something you do for fun, not because you feel like you have to look a certain way in order to wear a swimsuit. You work hard all year, and the summer is a chance to kick back, change up your beauty and fitness routines, and pamper yourself a little bit. Having beach-wavy hair and pedicured toes (and everything in between) is just an awesome way to boost your confidence and ensure you have the best summer possible, no matter where you are. So, the question begs to be asked: are you swimsuit-ready? ■



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