



## LIVING WELL

You've peeled back the calendar pages and another year is revealed. It's a blank slate—a wealth of opportunities to do anything (or everything) you've always wanted to do. Quit this. Start that. Do more of whatever. Forget the meaningless resolutions, and begin 2008 by doing something good for yourself.

LIVE WELL. IT'S A NEW YEAR. MAKE IT A NEW YOU.

By Cheryl Fenton

## LIVING WELL

## A Little R and R...and R

### You can breathe a sigh of relief. You made it through the holidays.

You can now find a oui bit of Europe without a trip to Logan. An authentic European day spa has opened its doors on Newbury Street and is pampering Bostonians in style. A second location for its little slice of heaven, Boston's **Toscana European Day Spa** offers only exclusive award-winning customized organic products, along with estheticians, massage therapists, and stylists with Best of Boston® awards under their belts. Whether it's seen through couture styling in the upstairs salon or felt within the folds of a warmed blanket draped over you during a massage, there's more than skill behind beauty at this full-service spa. There is also science—European-trained owner Doina Mandrila hasw 30 years experience in skin care, biochemistry, and research.

The spa exudes elegance without a whiff of elitism. You're enveloped in an atmosphere of luxury and privacy, while indulging in professional peels, anti-aging treatments, and vitamin facials. Its popular nonsurgical facelift is a noninvasive procedure that immediately transforms tired skin into a firmer, fresher-looking you. Toscana offers exclusive Bare Minerals, Epicurien facials, and the purely organic Eminence line, as well as handmade products from Tuscany, France, and Romania. To sweeten the deal, check in monthly for the latest Dolce Deal.

Meaning “magnificent” in Hebrew, **Maxime Salon** entices you with a space filled with streamlined-but-homey appointments, such as whitewashed décor, custom sofas, and brilliant porcelain tile flooring imported from Italy. This five-time Best of Boston® hair salon on the South Shore brings meticulous hair coloring and custom cutting to Hingham, moving from its original location in Norwell. Exuding Zen-like elegance, the European-style salon's luxurious design will immediately soothe, while the fashion-forward team consults and inspires to help you choose a beautiful new look.

In addition to color and hair services, Maxime also offers its own mineral makeup line, b.yoffi (“be beautiful”), and a staff makeup artist who performs flawless cosmetic applications and eyebrow



treatments. The salon goes beyond beauty with a selection of jewelry pieces for accessorizing your new look. The current line available for purchase is OR Design, a favorite among such celebs as Prince, Madonna, and Victoria Beckham.

Connect with your inner beauty at **MOODZ Spa and Salon**. Its mission is simple—guests should feel good about themselves, inside and out. Within the walls of two locations in both Acton and Wayland, you will find a way to a new you. Let your troubles wash away with a rainfall shower or a healing Jacuzzi soak, followed by a hot stone massage or the unique Lomi Lomi, a deep form of Hawaiian massage designed to enlighten your very being. Whether you seek to renew your glow or manage your years, MOODZ facials, peels, and microdermabrasions are wonderful ways to begin. And if the new year brings a new union, check into the bridal services and book a couples massage to celebrate. Your simple needs are also met through nail and hair services.

At MOODZ you will also encounter a world of unique treatments centered around finding your center. At the Wayland location, experience the Royal Bathing Ritual, or the highly popular, ancient Indian technique of Shirodarah which helps to coordinate the mind, body and spirit. Both locations offer you self-discovery through Reiki, polarity, and ear candling.

The average American is exposed to more toxins than ever before in human history. Wouldn't you like to undo what you have done to your body over the last 365 days? Now imagine doing just that in 24 minutes. It can happen at the **Dtox International Inc.**, the first of its kind to offer natural health services in the Boston area.

Dtox founder Dr. Douglas A. Wine had a vision to realize—getting millions of people healthy naturally. With five locations, he now offers advanced technologies to help your body achieve better health. Forget the fasts, long-term lifestyle changes, or painful colon cleansing. You can detoxify your body naturally at a cellular level, through a 24-minute Dtox session, a 10-minute oxygen session, liquid health vitamins and/or "living water." These advanced, natural, noninvasive services and products are unique to Dtox International and are focused on getting the inner body healthy beyond the surface.

To cleanse your body further, why not let the glass you raised on New Year's Eve be your last. The **Freedom From Alcohol** method can make this a reality. This revolutionary healing program by Dr. Michael Pearlman is designed to help you take back your life, a control that you might have lost through excessive drinking. The program is based on three core components—Evaluation and Treatment, Pattern Identification, and Life Design. The first phase begins with evaluating where you currently are in your drinking situation and discussing how medication treatment and concurrent coaching sessions work. The second phase of the method helps you identify the situations, issues, or stressors in your life that lead you to alcohol. The third part focuses on creating a “blueprint” or “life design” by envisioning how things would be in your life if they were the way you would like them to be.

### CREATING A NEW YOU

Combining medical science and artistic skill, plastic surgeons afford you the opportunity to enhance the way you see yourself. This unique specialty is seen through the skillful art of Wellesley Hills board-certified plastic surgeon **Dr. Peggy Howrigan**. She understands that aesthetic surgery allows you to create a positive change in the way you look and feel about yourself. Relying on years of specialized training and time-tested procedures, her careful surgical techniques and close postoperative care ensure optimal and natural results. Through careful consultation, Howrigan will help you decide on the best procedure for you.

Facial procedures such as facelifts, eyelid surgery, rhinoplasty, chin augmentation, ear tucks, and neck liposuction bring changes as subtle (or as dramatic) as you please, while bodies desiring a difference choose tummy tucks, breast augmentation and liposuction. Howrigan also performs cosmetic procedures and skin care if the only change you want is a younger you. Turn back the clock with Botox and fat grafts/injections (using fat from the abdomen or hip area and injecting into the desired facial areas).

Under the direction of Dr. Min S. Ahn, Westborough's **Aesthetic Wellness Center** offers a comprehensive array of surgical and nonsurgical solutions to enhance both the way you look and feel. Known for his use of cutting-edge techniques that lead to exceptional results, Ahn is board-certified in both Facial Plastic and Reconstructive Surgery, as well as Head and Neck Surgery.

Ahn specializes in facial aesthetic rejuvenation and understands that patients need individualized care depending on their goals and expectations. Using his artistic eye, surgical experience, and wide-ranging skills, he performs surgical procedures that guarantee improvement in any area you wish. The mini-lift is a popular choice with a shorter recovery time and less bruising and swelling than a facelift. Customized for your specific problem area, mini-surgeries include the mini-facelift for a fresh look to your jowls and lower face and the mini-necklift to tighten the extra skin, and remove the vertical bands, across the neck. Ahn also performs blepharoplasty, rhinoplasty, browlifts, and traditional facelifts.

Dr. Jafar Koupaie of **Boston Dermatology & Cosmetic Center** is one of only a few doctors in the world trained in Tokyo, Japan, to perform a new, exciting breast augmentation procedure—a revolutionary procedure called Stem Cell Breast Augmentation or Cell Assisted Lipotransfer. Performed after liposuction, this method relies on injecting a combination of a woman's own fat tissue and stem cells into her breasts (which has shown better results than using a fat solution). The result is stem cells that gradually grow new fat cells for a larger, more natural breast. No implants mean no rejection. According to Koupaie, Stem Cell Breast Augmentation has been approved



### **Aesthetic Wellness Center**

2 Connector Road, Suite 2C  
Westborough, MA 01581  
508.366.2020  
awcenter.com

### **Boston Dermatology & Cosmetic Center**

One Brookline Place, Suite 321  
Brookline, MA 02445  
617.738.0559  
bostondermcosmeticsurgery.com

### **Centre Dermatology & Aesthetic Medicine**

1400 Centre Street, Suite 208  
Newton Centre, MA 02459  
617.558.0077  
badenmd.com

### **The Devonshire Center for Cosmetic Eyelid and Facial Surgery**

185 Devonshire Street, Suite 350  
Boston, MA 02110  
617.426.0082  
devonshirecosmetics.com

### **DTox International**

225 Newbury Street  
Boston, MA 02116  
617.236.7755  
501 Cabot Street, Unit #7, Route 1A  
Beverly, MA 01915  
978.922.6633  
Great Woods Crossing  
1013 Osgood Street  
North Andover, MA 01845  
978.682.7766  
Sudbury, MA  
Wellesley, MA  
dtoxinternational.com

### **Freedom From Alcohol**

256 Salem End Road  
Framingham, MA 01701  
866.285.3400  
freedomfromalcohol.com

### **Dr. Peggy Howrigan**

65 Walnut Street, Suite 560  
Wellesley Hills, MA 02481  
781.237.5085  
peggyhowriganmd.com

### **Maxime Salon**

One Derby Street  
Hingham, MA 02043  
781.749.2239  
maximesalon.com

### **Moodz**

556 Massachusetts Avenue  
West Acton, MA 01720  
19 Pelham Island Road  
Wayland, MA 01778  
888.844.SPAS  
moodzspa.com

### **Toscana European Day Spa**

231 Newbury St.  
Boston, MA 02116  
617.424.1234  
toscanadayspanewbury.com

throughout Europe, and clinical trials in the United States start this month. For today's body conscious, the center also offers many other cosmetic services sure to recapture the form of your yesteryear.

A board-certified ophthalmologist specializing in plastic surgery of the eyes, Dr. Katrinka L. Heher recognizes that no two eyes are the same. She works with you to define these subtleties and attain a look that you desire. She has transformed her years in training from Harvard University, the Wilmer Eye Institute at Johns Hopkins Hospital, and the University of Pennsylvania into a successful, single physician, private office, **The Devonshire Center for Cosmetic Eyelid and Facial Surgery**. The eyes have it, with her most popular procedures being upper- and lower-lid blepharoplasty (repair of drooping and sagging upper lids and removal of lower eyelid bags). When Heher performs eyelid surgery, the results will last a lifetime. There is no upkeep, and the results are immediate.

If you're looking for other ways to rejuvenate your face, browlifts add a bright-eyed alertness, while skin-enhancing microdermabrasion treatments or Botox injections can erase fine lines. And look no further in your search for one-on-one time, as Heher's close-knit practice provides doctor-patient time like no other.

Newton's **Centre Dermatology & Aesthetic Medicine** offers men and women numerous dermatological procedures and aesthetic services—all with virtually no downtime. The well-trained staff of physicians, nurses, medical aestheticians, and laser technicians can create a skin care regimen or individualized treatment plan to help you achieve your goals of improving or enhancing your appearance.

Among these services are a variety of peels to improve skin's overall texture, as well facials and microdermabrasion to unclog impurities from pores and leave skin clean and refreshed. Fight Father Time with injectibles, laser resurfacing, and skin lifting and tightening treatments; or banish problem areas with collagen for scars and wrinkles, leg vein treatments, and laser hair removal. The centre also treats various conditions such as rosacea, facial veins, scars, and birthmarks.

Whether it's a new look or a new outlook, be excited about beginning a new year. It's the perfect opportunity to start living well.