

Best of Our Valley 2011: Health & Self

Written by Christine Whitton

From the Valley's most highly regarded doctors to the top pamper palaces, read on for your favorites in Health & Self



Best Facial, Best Massage and Best Waxing

Bliss Spa at W Scottsdale

While inviting colors and soothing sounds help to ease the senses on the way to one of Bliss Spa's seven treatment rooms, it's the spa's signature triple-oxygen facial treatment, wince-free body waxing and muscle-melting massages that send clients over the moon. 480.575.0164, www.blissworld.com.

Best Dentist or Dental Team

Dr. Brenda Taege

Practicing since 1992, Dr. Brenda Taege is skilled in cosmetic dentistry, including veneers, crowns, lumineers and whitening. Her great attention to detail and compassionate attitude has made her highly regarded in her field and by patients. 480.860.6744, www.brendataegedds.com.

Best Dermatologist

Dr. Paul English

An expert in his field and 16-year veteran, Dr. Paul English has two state-of-the-art offices located in Ahwatukee and Gilbert. He is also the official team dermatologist to the Arizona Diamondbacks. 480.507.5011, www.englishdermatology.com.

Best Fertility Doctor

Dr. Daniel F. Rychlik

Board-certified in infertility and reproductive endocrinology, Dr. Daniel Rychlik has been helping families grow since 2003. His expertise led to the opening of Scottsdale's most innovative and advanced fertility centers, Fertility Centers of Arizona, uniting a world-renowned team who specialize in in vitro fertilization. 480.559.0252, www.fertilitycentersofarizona.com.



Best Family Doctor

Dr. Jan Zieren

AFM readers and Valley parents have something in common: They agree that Dr. Jan Zieren is the best when it comes to curing the common cold and other pesky ailments. With a family practice located in Phoenix, an appointment with this esteemed doc is just a phone call away. 602.866.8603.

Best Hospital Group

Scottsdale Healthcare

Encompassing three full-service Valley campuses—Shea Medical Center, Osborn Medical Center and Thompson Peak Hospital—Scottsdale Healthcare provides more than 800 beds to patients. The Osborn location is home to the Chest Pain Center, Level I Trauma Center and Primary Stroke Center while the Thompson Peak campus happens to be the Valley's first hospital north of the 101. www.shc.org.

Best Orthodontist

Dr. Keith E. MacDonald

With smiles spanning from ear to ear at his Mesa office, Dr. Keith MacDonald knows a thing or two about the benefit of braces. Patients are offered traditional braces as well as more transparent options. 480.396.3577, www.macdonaldortho.com.



Best Alternative Spa Treatment and Best Mani/Pedi

Spa Avania at Hyatt Regency Scottsdale Resort and Spa at Gainey Ranch

Relax and unwind as a master therapist pampers your mind, body and soul. Incorporating a uniquely holistic approach that choreographs the science of time with your body's needs, one can choose from 46 choice treatments at Spa Avania. Continue the royal treatment at the salon with a soothing manicure and pedicure. A fresh coat of paint and a refreshed attitude is the perfect start to an amazing night out—or a soothing evening in. 480.483.5558, www.spaavania.com.

Best Alternative Exercise Option & Personal Training

Studio 360

Forget strapping on a helmet and braving the elements. Instead, pump up the cardio indoors at one of Studio 360's 23 spin classes. Known as the top spot to "drop saddle" in Phoenix, this nationally recognized facility recently added yoga, affording one more way to tone and train.

602.615.2575,

www.studio360spinning.com.

Best Resort Spa **Second-Year Winner**

Golden Door Spa at The Boulders Resort

The 33,000-sq.-ft. tranquil retreat in Carefree includes 24 treatment rooms; a bevy of services, including its invigorating namesake facial; a cafe and tea room; a movement studio; and a Watsu experience. 480.595.3500, www.theboulders.com.

Best Kid's Dentist

Desert Ridge Pediatric Dentistry

With an office that's out of this world, the family-based practice features a spaceship- inspired waiting room complete with PlayStation consoles. Dr. Lidieth Libby's calming approach to dentistry is rewarded by the smiles seen on her patients' faces. 480.585.5868, www.azkidsdds.com.

Best OB/GYN

Dr. Tara Brodtkin

This well-respected board-certified Scottsdale doctor, who received her medical degree from the Sackler School of Medicine, won over voters with her cool demeanor and compassionate nature. 480.860.2322, www.drтарabrodtkin.com.



Best Board-Certified Plastic Surgeon

Dr. Bryan W. Gawley

Specializing in cosmetic and reconstructive surgery for Scottsdale and Phoenix residents, this well-respected surgeon has more than 13 years of advanced education and training and is board-certified by the American Board of Plastic Surgery. 480.860.2173,

www.gawleyplasticsurgery.com.

Best Day Spa or Nail Salon

Dolce Salon & Spa

With three Valley locations, this superluxe salon offers a complete day of indulgence. Grab your favorite gal pal and spend the day going from run-of-the-mill to radiant with an array of hair, nail and skincare services. 480.722.0500, www.dolcesalonspa.com.

Best Salon

Mood Swings Salon & Skin Spa

Whether for a wedding or a Friday night out, the professionals at this Tempe salon will leave you looking and feeling beautiful thanks to their masterful skills and Aveda products. 480.968.0268, www.moodswingssalon.com.

Best Yoga Studio

Yoga Village

Immerse yourself in Anusara yoga and elevate your attitude and alignment. With two Valley locations and six class levels, peace and inner balance are nearby. 480.905.8801, www.yogavillage.net.

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Best Gym

Mountainside Fitness

With eight Valley locations and convenient hours, the staff and trainers will have you in fit form in no time. The facilities' state-of-the-art equipment, cardio classes and cafe help to keep bods healthy. 866.686.3488, www.mountainsidefitness.com.

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