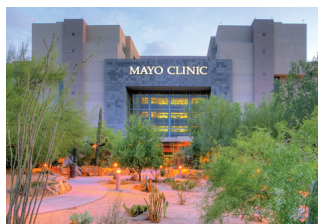


Dealing with a little issue (where to get your hair highlighted) or one that is a bit bigger (which hospital to visit)? Try out one of your winners in Health & Self in the Valley.



Best Hospital **Mayo Clinic**

As the largest nonprofit group practice in the world, the Mayo Clinic treats more than a half-million people every year. Thirty-three hundred physicians, scientists and researchers team with 46,000 allied health staff members to share award-winning medical insight in hopes of finding a cure and advancing science. 480.301.8000, www.mayoclinic.org.



Dr. Anthony Admire pictured above

Best Board Certified Plastic Surgeon **Dr. Anthony Admire**

Recently named one of “The Best Plastic Surgeons in America” by Madison Media Group, this Arizona native’s Scottsdale-based private practice specializes in plastic, cosmetic and reconstructive surgery. 480.946.3155, www.admireplasticsurgery.com.

Best Board Certified Plastic Surgeon (Runner-up) **Dr. Sumer L. Daiza**

Board-certified by the American Board of Surgery and the American Board of Plastic Surgery, Dr. Daiza is praised for her “Mommy Makeovers.” 480.585.0011.



Best Alternative Exercise Option & Personal Training **Ultimate Body Boot Camp**

The Ultimate Body Boot Camp gives exercising new meaning with 89 different metabolic workouts guaranteed to help lose weight. Group classes kick start the day at 5:30 a.m. at its Valleywide locations. 602.635.6175, www.cometobootcamp.com.

Best Alternative Exercise Option & Personal Training (Runner-up) **Karve Studio**

Kendra Jordan was the first to introduce Arizonans to a one-hour fitness regimen that incorporates a ballet barre to sculpt and strengthen the body. 480.247.6725, www.karvestudio.com.

Best Yoga **SuTRA Midtown Yoga**

These fun, upbeat yoga-based classes blend the techniques of yoga with ballet, Pilates, toning, cardio and aerobics. 602.253.9525, www.sutramidtown.com.

Best Dentist or Dental Team **Dr. Bradley A. Briggs**

Written by Christine Whitton

Following in his father's footsteps, Dr. Briggs joined the family's 35-year dental practice in 2004, specializing in cosmetic and reconstructive dentistry. Since becoming one of the Valley's foremost dentists, he continues to train in the newest dental innovations. 480.948.7670, www.briggsfamilydentistry.com.



The Boulders Golden Door Spa pictured above

Best Resort Spa

The Boulders Golden Door Spa

Positioned among the resort's outcropping of boulders, this world-renowned spa (which is also part of the Waldorf Astoria Collection) brings the serene outdoor beauty indoors by incorporating the desert's naturally occurring elements into the spa's 50-year-old treatments.

480.488.9009, www.theboulders.com.

Best Day Spa or Nail Salon

The Lamar Everyday Spa

This island-inspired day spa treats guests like royalty with an array of services from manicures and massages to facials and fitness. Spanning 14,000 square feet, this sanctuary is also home to a cooling pool, a sauna, a steam room and a whirlpool. 480.945.7066, www.thelamar.com.

Best Salon

Sassoon Salon

Creating looks ripped from the pages of a magazine, these highly trained stylists work magic with just a cut and color. 480.949.3337, www.sassoon.com.

Best Gym

LA Fitness

From coast to coast, this reputable fitness club helps slim down and tone up. Equipped with state-of-the-art equipment, belly dancing classes, racquetball leagues and a kid's "klub," fitness buffs have no reason not to hit the gym. 480.483.3100, www.lafitness.com.