

## Best Of Health & Self

Written by Christine Whitton

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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](http://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](http://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](http://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](http://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](http://www.sutramidtown.com).

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

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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](http://www.briggsfamilydentistry.com).

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*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](http://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](http://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](http://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](http://www.lafitness.com).