

Written by Suzanne Koch

Health & Self

Becoming the best you can be is easy with the help of the Valley's finest fitness experts, doctors, spas and more.

BY BECKY ANTIOCO



BEST HAIR EXTENSIONS

>>LISA FRESA PALACIOS

Lisa Fresa-Palacios specializes in seven unique application methods of hair extensions to tailor each client's needs, using only the highest quality products comprised of 100 percent human hair including her personal hair extension line. She is a certified master stylist, a credential awarded to those who have demonstrated superior competence in all areas of hair care and maintenance. Her eye for trends and her consultative process have earned her a loyal clientele. lisafresapalacios.com.

2014 WINNER

BEST DENTIST OR DENTAL TEAM

>>DR. ALLEN PEYGHAMBARIAN

Dr. Allen Peyghambarian and his team at Paradise Ridge Dentistry know there are a lot of dentists to choose from in the Valley, so making their patients comfortable and taking great care of them is a top priority. It is a family-friendly practice that is always up to date on the latest dental technology. "Dr. P" enjoys helping patients become pain free and takes pride in helping them save their smiles. phoenixarizonadentistry.com.

BEST YOGA STUDIO

>>SUTRA MIDTOWN YOGA

Not your typical yoga studio, Sutra Midtown is a neighborhood studio that offers Vinyasa yoga, Skullpt Fit Conditioning, Skullpt Barre and Mum Deva Prenatal classes. Sutra provides a lively environment and the highest quality of collective services essential for optimal health. In addition to fitness classes, services including Sutra Studios Teacher Training, Spa Zucci, a juice bar, a boutique and the District Art Gallery, showcasing local artists and music. Sutra will open a second location in Downtown Phoenix later this year. sutrastudios.com.

BEST BOOT CAMP

>>ROCK STAR BOOT CAMP

Using interval workouts that are said to burn body fat nine times faster than ordinary exercise, Rock Star is a no-frills workout that, in just 40 minutes, combines cardio, strength training and stomach-flattening moves. Lest you be intimidated by the intensity, rest assured, all fitness levels are welcome and exercises can be modified based on your ability. In no time, you'll be killing it—like a rock star. rockstarbootcamp.net.

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2014 WINNER

BEST ALTERNATIVE SPA TREATMENT, BEST MANI/ PEDI AND BEST WAXING

>>SPA LAMAR

Spa Lamar is that rare day spa that recreates the feeling of being at a high-end resort spa. At 14,000 square feet, it is big enough for groups of any size. Each guest gets a private changing cabana, but the spa itself is co-ed, making it a great place to bring a date (be sure to bring a bathing suit to enjoy the sauna, steam room, pool and whirlpool). Packages and a la carte services are available, including salon services, body treatments, massages and yoga classes. Men, who make up 50 percent of the clientele, can plan a Dude Day package. There are additional packages for expectant mothers, bridal parties, couples and individuals looking to relax and get away. spalamar.com.



BEST HOTEL GYM

>>WELL & BEING SPA AT FAIRMONT SCOTTSDALE PRINCESS

Well & Being Spa at the Fairmont Scottsdale Princess is an innovative fusion of spa and wellness. From Pilates to spinning, Zumba to TRX and even aerial hammock yoga, you're sure to find something to kick start your fitness routine or try something new. One-on-one or small group instruction is also available, and the gym features top-of-the-line equipment. Wellness programs at Well & Being include personalized eating plans, acupuncture and acupressure and Integrative Health Assessments. And while the Fairmont is a great place for a staycation, you don't have to be a resort guest to enjoy Well & Being. The spa is open to the public and with the purchase of a spa service or consultation, and spa visitors enjoy use of the 44,000-sq.-ft. facility for the entire day. scottsdaleprincess.com.

BEST GYM, BEST NEW GYM/FITNESS STUDIO AND BEST INTERVAL TRAINING

>>BODI

Expect to sweat when stepping into Scottsdale's BODI. The high-intensity group fitness gym has a focus on functional training, offering a mix of extreme strength training along with intense agility and cardio training. The main purpose of BODI is to help its clients look and feel better—physically, mentally and spiritually. scottsdalebodi.com.

BEST TRAINER

>>NIKKI METZGER, BODI

Chicago transplant Nikki Metzger is the owner of Scottsdale-based BODI. She is a Nike Master Trainer and ambassador and ACE-certified personal trainer. Her training methods—which focus on high-intensity interval training—are functional, effective and efficient, so don't be surprised to leave her sessions dripping in sweat. scottsdalebodi.com.

BEST HOT YOGA

>>TRUE HOT YOGA

Looking to find your flow and sweat it out? True Hot Yoga offers classes for everyone, from beginners to those more experienced in the practice,

2015 Best Of Our Valley Winners: Health & Self

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regardless of flexibility and fitness level. True Hot Yoga classes are set to music in a room heated to 104 degrees with 50 percent humidity. The set-sequence blends elements of Bikram and Ashtanga to tone the body and increase your overall wellness. Power Classes and Yoga Yin + Restorative Classes are offered as well. The studio also offers health- and wellness-related workshops at both its Scottsdale and Arrowhead locations. truehotyoga.com.

BEST SALON

>>SALON ECLECTIC

The stylists at Salon Eclectic know that every client has unique needs, so every cut, color and style is tailored to her specifications. They will match you up with the stylist best suited to create your custom look. In addition to a full range of hair services, the salon also does makeup application, eyelash extensions, blowouts and airbrush tanning. Prepare to be pampered and walk out of Salon Eclectic as a new you. saloneclecticboutique.com.

BEST PILATES INSTRUCTOR

>>CHELSEA SMITH,

PIVOT PILATES

Chelsea Smith started out as a dancer, studying and performing classical ballet and contemporary dance. As a dancer, she benefited from the athletic conditioning and balance that yoga and Pilates provided. She became a certified Pilates instructor as a college student and has since completed mat and reformer training. She is owner and instructor at Pivot Pilates but has consulted in developing barre and Pilates classes for other studios around the Valley. pivotpilatesphx.com.



2014 WINNER

BEST PEDIATRIC DENTIST OFFICE

>>DESERT RIDGE PEDIATRIC DENTISTRY

With an outer-space theme geared toward children big and small, Desert Ridge Pediatric Dentistry makes going to the dentist fun. The hygiene area has touch-screen gaming systems, Playstation and flat-screen televisions on the ceiling above each chair. But the atmosphere is only part of what makes this office the best. Drs. Lidieth Libby and Lisa Bienstock and their staff strive to provide personalized care using the most advanced technology available, while keeping the kids' best interests at heart. azkidsdds.com.

PHOTO BY CHADWICK FOWLER



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BEST RESORT SPA

>>ELIZABETH ARDEN RED DOOR SPA AT THE WIGWAM

Celebrating more than 100 years of beauty, Red Door Spa is a pioneer in the spa industry. Located in The Wigwam resort, services include skin care, body wraps and polishes, massage, nail and hair care, waxing and more. All Red Door Spas across the country adhere to founder Elizabeth Arden's wellness philosophies, and the one at The Wigwam adds some Southwest inspiration in the form of a Desert Sage Aromatherapy massage. Red Door Spa is a two-story pampering oasis. wigwamarizona.com/arizona-spa-resorts.

2014 WINNER

BEST FAMILY DOCTOR

>>DR. SUSAN WILDER

Dr. Susan Wilder is the CEO and founder of LifeScape Medical Associates and LifeScape Premier. She has written several articles emphasizing patient-centered medicine and specializes in functional medicine with a focus on prevention and addressing the underlying causes of illness. In addition to practicing full-spectrum family medicine, including well- woman, pediatric, adolescent and geriatric care, she teaches at University of Arizona and Southwest College of Naturopathic Medicine. lifescapemed.com.

2014 WINNER

BEST FERTILITY DOCTOR

>>DR. JOHN COUVARAS

For close to 25 years, board-certified reproductive endocrinologist John Couvaras and his team have helped make the dream of having a family come true for thousands of Valley residents. They take the time to assess each patient's individual situation to choose the best treatment option to maximize their chance of success. He's ranked among the top 10 of reproductive endocrinologists in Arizona and plans to open a second office this spring. ivfphoenix.com.

BEST PLACE TO TAKE A SPIN CLASS

>>MADISON IMPROVEMENT CLUB

It's not just a spin class; it's a "Party on a Bike" at Madison Improvement Club. The nightclub atmosphere and high-energy music makes this a spin class like no other. But you will work, and you will sweat, and, the class description warns, you'll "possibly cry like a little girl." You can "Party on a Bike" at either of Madison Improvement Club's two locations: 38th Street and Indian School Road in Phoenix or in Tempe. themadisonvibe.com.

BEST PSYCHIATRIST IN SCOTTSDALE/ PARADISE VALLEY

>>DR. MARIE GRONLEY AND DR. GARY GROVE

As a psychiatrist, Dr. Marie Gronley's goal is to help restore hope in the lives of those suffering from mental illness. She is both a medical doctor and a psychiatrist and treats both the emotional and physiological aspects of the symptoms, looking for any underlying physical conditions that may contribute to symptoms. Dr. Gronley believes that with the right treatment, even those going through the darkest times can eventually live lives of happiness, fulfillment and purpose. Working with a psychiatrist can help provide insight, support and strategies for all types of life challenges. Dr. Gary Grove is a board-certified general and geriatric psychiatrist who uses both medical and psychotherapeutic techniques to treat the whole person. He was recently selected as a Distinguished Fellow by the American Psychiatric Association, is on staff at the Mayo Clinic, and is vice president of the Institute for Mental Health Research. psychiatristscottsdale.com; garygrovemd.com.

BEST SPA BOUTIQUE

>>SANCTUARY CAMELBACK MOUNTAIN RESORT AND SPA

The Spa at Sanctuary on Camelback is an intimate retreat offering a menu of Asian-inspired treatments in 12 treatment rooms. After you're fully relaxed, head over to the spa boutique, where you can purchase one of their signature robes and other logo apparel, as well as skin care products from NuFace, Skin Authority, naturopathica, Oribe, Red Flower and more. The boutique also features trendy workout gear from Trina Turk and other hip designers. sanctuaryaz.com/spaboutique.

BEST DAY SPA

>>MOVEMENT RESTORATION

With a variety of treatments designed to promote a balanced, flexible body, Movement Restoration aims to achieve exactly what its name suggests: to restore movement back to the body. Techniques include Thai massage, stone therapy, fascial stretch, as well as Swedish massage, reflexology, deep tissue and pregnancy massage. Every day, the body's movement is restricted from repetitive movement and positions from our jobs and activities. Movement Restoration works with clients to create awareness of these restricted movements to set them

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on the path of healthy circulation and movement. movementrestoration.com.

BEST SPRAY TAN

>>DESIGNER SHADES

Here in the Valley of the Sun, we slather on sunscreen to protect us from the rays, but still want that suntanned look. To impart a healthy bronzed glow, Designer Shades exclusively uses Norvell professional sunless tanning products. They have one of the few heated spray booths in the Valley, and spray rooms equipped with top-of-the-line filtration systems to remove extra spray from the air. getsunless.com.



BEST COSMETIC DENTIST

>>HARRIS DENTAL

Dr. Joe Harris started Harris Dental in 1979. Over the years, he has been fundamental in Harris Dental's growth into five locations and more than 40 team members. Known across the Valley for specializing in Smile Makeovers, his years of experience and eye for detail make him a perfectionist at providing his patients with the smile they desire. "Over the years, I've enjoyed creating beautiful smiles, but I'm most passionate about the relationships I've created with my patients, my colleagues and my team." He has lectured on many topics, including Esthetic Dentistry and Practice Management. harrisdental.com.



2014 WINNER

BEST BOARD- CERTIFIED PLASTIC SURGEON: FEMALE

>>DR. PATTI FLINT

Dr. Patti Flint has performed more than 8,000 cosmetic procedures in her more than 17 years of practice, and is certified by the American Board of Plastic Surgery. In medical school, she chose plastic surgery because it is dynamic, with new procedures being developed all of the time. She prides herself on being able to offer a wide variety of procedures and feels that "most patients want to look as good as they can at any given age, but none want to look unnatural." pattiflintmd.com.



2014 WINNER

2015 Best Of Our Valley Winners: Health & Self

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BEST DERMATOLOGIST

DR. LEE LARIS, PHOENIX SKIN DERMATOLOGY

Dr. Lee Laris is a board-certified dermatologist practicing medical, surgical and cosmetic dermatology at Phoenix Skin Dermatology. He has been practicing in the Valley since 1992, and he specializes in facial rejuvenation, though his services range from tattoo removal to laser hair removal and vein reduction. phxskin.com.

2014 WINNER

BEST HOSPICE

>>HOSPICE OF THE VALLEY

Hospice of the Valley is Arizona's leading provider of end-of-life care, and the largest not-for-profit hospice in the country. Founded in 1977, they still remain dedicated to their original mission of comfort and dignity as life nears its end, one patient and family at a time. Many patients are cared for in their homes, or during short stays at palliative care units Valley-wide. The team of healthcare professionals takes care of the physical, emotional and spiritual needs of patients and their families. hov.org.

BEST HAIR STYLIST

>>JODI SALVATORE, SPA LAMAR

Jodi Salvatore has been creating amazing looks and mastering the art of cutting, coloring and relaxing hair for more than 14 years. She has a passion for hairstyles and color, which has inspired her to become a color educator for L'Oreal Professional, helping other professionals fine-tune their skills and techniques. Not only will Salvatore transform your look, she'll walk you through the steps to achieve the same results at home. If you're seeking a new look, call Salvatore at Spa Lamar for a hairstyle that will turn heads. scottsdalealonystylist.com.

BEST ORTHODONTIST

>>WOOLAVER ORTHODONTICS

Woolaver Orthodontics has created more than 5,000 great smiles and knows that orthodontics can change your life for the better. They achieve great results through a combination of advanced technology, continuous education and experience, and are the No. 1 provider of Invisalign in the Ahwatukee, Tempe and Chandler areas. Because of his personal experience with orthodontic challenges, Dr. Chris Woolaver says that orthodontics is all he ever wanted to do. And his practice does it better than anyone in the Valley. clearsmilesarizona.com.



BEST FACIAL

>>BEAUTIF-EYE STUDIOS

Beautif-Eye Studios specializes in facial threading and PCA skincare treatments customized to any skin type. Because they only offer services that their aestheticians have mastered, clients leave loving their results. Facial services include oxygen facials, chemical peels, microdermabrasion, corrective treatments and more. The studio has two locations, one in Old Town Scottsdale and one at Scottsdale Road and the 101. beautif-eyestudios.com.

2014 WINNER

BEST ALTERNATIVE EXERCISE OPTION & PERSONAL TRAINING AND BEST BARRE STUDIO

>>KARVE STUDIO

The Karve exercise technique uses controlled movements through ballet barre work, core strengthening, yoga, Pilates and stretching to help

2015 Best Of Our Valley Winners: Health & Self

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you create a lean, sculpted body. These methods reshape and elongate major muscles to change your body from the inside out. Effective and safe because there are no jumping or jarring movements, the classes challenge the body and improve posture and body alignment. Karve studios are located in Scottsdale, North Scottsdale and Gilbert. karvestudio.com.

BEST HOSPITAL GROUP

>>ST. JOSEPH'S HOSPITAL AND MEDICAL CENTER

Founded in 1895, Dignity Health St. Joseph's Hospital and Medical Center was the first hospital in the Phoenix area. It is routinely ranked among the top hospitals in the country for neurology and neurosurgery, and is a respected center for lung, trauma, heart, women's services and primary care, emergency care and other services. It includes Barrow Neurological Institute, the Norton Thoracic Institute, Center for Women's Health, University of Arizona Cancer Center at St. Joseph's and a Level 1 trauma center verified by the American College of Surgeons. Part of the Dignity Health organization, St. Joseph's also offers several community service programs, resources and support groups. dignityhealth.org/stjosephs.

BEST BARRE CLASS

>>BARRE3

Barre3 draws from multiple influences, including yogis, dancers, doctors and athletes, to create innovative classes that focus on length, grace and a healthy body. The sequences incorporate a combination of dynamic movement and isometric holds to strategically transform the body and develop long-term postural benefits. No experience is required to start, and the studio even offers on-site childcare. Their unique workout combines ballet barre with yoga and Pilates, set to an upbeat soundtrack that connects mind, body and breath to relieve stress. barre3.com.

BEST RETIREMENT/ SENIOR LIVING COMMUNITY

>>SAGEWOOD

Sagewood is an active-adult community that offers resort-style living, built on the pillars of fitness, nutrition, active life and well-being. From exercise and art classes, to excursions and seminars, there is always something to do. The Desert Willow neighborhood at Sagewood offers assistance for residents who require help with daily living, while still maintaining independence. Rehabilitation and high-quality health services, in collaboration with Mayo Clinic, are also available. No matter what the level of care is required, all of Sagewood's residences meet the residents' needs in a sophisticated setting in North Scottsdale. sagewoodlcs.com.

2014 WINNER

BEST OB/GYN

>>DR. TARA BRODKIN

Dr. Tara Brodtkin has been practicing in the Valley for more than a decade, and is certified by the American Board of Obstetrics and Gynecology. She studied at the Sackler School of Medicine and trained in New York City at the New York Presbyterian Hospital- Cornell University. At her practice, she specializes in preventative care, gynecological procedures and obstetric care. drarmitysmon.com.



2014 WINNER

BEST BOARD-CERTIFIED PLASTIC SURGEON:MALE

>>DR. JOSEPH BERARDI

Dr. Joseph Berardi has experience in both cosmetic and reconstructive surgery, specializing in breast augmentation, facial plastic surgery and

2015 Best Of Our Valley Winners: Health & Self

Written by Suzanne Koch

tummy tucks. He is a board-certified plastic surgeon who believes that open communication is essential to meeting your goals and improving not only your appearance, but your quality of life. theplasticsurgeon.org.

PHOTO BY CHADWICK FOWLER



BEST PILATES STUDIO

>>DELTA PILATES

Delta is the Greek symbol for change, and Delta Pilates will change your mind, body and spirit with classes tailored to individual needs, time and budget. They employ state-of-the-art Peak Pilates equipment, including reformers, towers, chairs and barrels. Offering private, semi-private, group equipment and mat classes, Delta Pilates aims to change your life and your Pilates practice. deltapilates.com.

2014 WINNER

BEST CROSSFIT/ INTERVAL

>>ZONE ATHLETIC PERFORMANCE

Zone Athletic Performance was founded in 2010 by Evan Mathis to meet the need for a results-oriented training facility for professional athletes and fitness enthusiasts. Certified trainers and specialists create individualized training programs, hold small and large group fitness classes and adapt to your fitness level or injuries to maximize progress. Zone has elevated numerous professional athletes to the best shape of their careers and helped Valley residents lose thousands of pounds while elevating their personal fitness to new levels. zoneathleticperformance.com.

2014 WINNER

BEST YOGA TEACHER

>>MATT HODGES, SUMITS YOGA

Matt Hodges teaches at Sumits Yoga Biltmore and Sumits Yoga Scottsdale. His classes are challenging, yet fun and guaranteed make you break a sweat. He is also a model for Spiritual Gangster clothing, and finds inspiration by traveling the world. sumitsyoga.com.

BEST PLACE TO PURCHASE WORKOUT GEAR

>>URBAN YOGA

Urban Yoga opened in 2008 with the goal of providing a peaceful, eclectic haven within the heart of hectic city life. Everything in the studio and its boutique is consciously chosen; their standards are sweatshop-free, fair trade, sustainably harvested, recycled, recyclable, biodegradable and/or organic. Take a class, shop for earth-friendly, fair trade products and become part of the Urban Yoga community. The shop even offers a used book exchange and free WiFi. urbanyogaphx.com.

AFM FAVE

BEST SPRAY TAN

>>SUNGUN TANNING

With its newest location now open at Tempe Marketplace, Valley dwellers looking for a year-round summer glow now have two spots to check out (Sungun Tanning's flagship location is in North Scottsdale). There are options for all skin tones, as well as rapid and standard options, depending on how long you want to leave on the tanning solution. sunguntanning.com.

BEST TATTOO REMOVAL

>>DELETE TATTOO REMOVAL AND LASER SALON

Have an unsightly reminder of that wild night out in college? Delete Tattoo Removal and Laser Salon uses the latest in laser technology, employed by a trained team of certified medical professionals, to erase the evidence, if not the memory, of ill-advised or poorly done ink. Their

2015 Best Of Our Valley Winners: Health & Self

Written by Suzanne Koch

goal is to safely remove tattoos in the fewest number of sessions, painlessly and affordably. At your first consultation, Delete will predict the number of treatments needed and the total cost of removal. A number of factors can influence how many treatments will be needed, but some can be removed in one visit. deleteitnow.com.

AFM FAVE

BEST HAIR EXTENSIONS

>>AZ STRANDS

Without the use of heat, adhesives or harmful chemicals, AZ Strands, located in Scottsdale, takes just two hours to turn up those tresses. Plus, all hair colors are in stock. azstrands.com.



AFM FAVE

BEST PLASTIC SURGEON

>>DR. MARC MALEK

Scottsdale-based Dr. Marc Malek is certified by the American Board of Plastic Surgery and is dedicated to helping patients achieve the best possible results with his expert precision. Dr. Malek graduated from the University of Arizona and completed his residency in General Surgery at University of Missouri in Kansas City; his achievements resulted in a fellowship in Plastic and Reconstructive Surgery at Wake Forest University Bowman Gray School of Medicine. marcmalekmd.com.