

## Mom Approved: Last Minute Prep for Your Big Event

Written by Amanda Rumore

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Holiday season is a distant memory (whew,) but the Valley is now booming and in the national spotlight. Our schedules have quickly filled with events surrounding the Super Bowl and Waste Management Phoenix Open. Then, soon after, the most romantic day of the year, Valentines Day, will be here. Our calendars may look appealing to the socialite in us but, as a busy mom, we are in a panic. How do we pull ourselves together and look amazing, especially right after the stressful, tedious holiday season?

We have two tips for when you're serious about looking great for your next event and want a slightly updated look. As a mom juggling a family, home and work, we know you don't have much time to dote on yourself. That's why any beauty treatment on our to-do list packs a punch. We also like the ability to take kids along to appointments. When they get to a certain age and understand what's going on, we will leave them home with dad as we definitely don't plan on raising beauty-obsessed kids. But for now, since my daughter is under one, i can take her along.



### What: Dysport

Once you endure pregnancy and birth, you understand the toll it has on your body. Stretch marks, baby weight and fine lines and wrinkles are no longer a dream, but now a reality. For those lines and wrinkles that now canvass your one-supple face, Dysport is an FDA approved option. Comparable to botox, dysport is often thought of as even more efficient since it takes effect in 24-48 hours, rather than a week or more, which is perfect for the procrastinator in you. Dysport last 4 months, compare to 3 months for Botox. Also, Dysport is cheaper, which is great for moms-on-a-budget.

### Where: Advantage Beauty and Health

The staff at Advantage Beauty & Health are career aesthetic nurses who are fully committed to providing their clients with the highest quality results in a luxury med-spa setting. Receive dysport, or any of their fillers, and their full range of skin care and aesthetic services, with an expert that has perfected their craft. Women of the Valley love the individual attention they receive plus Advantage Beauty and Health offers some of the most competitive prices in the Valley – call for their specials. Advantage is located at 7506 East Monterey Way, Scottsdale. For more information, visit [www.advantagebeautyandhealth.com](http://www.advantagebeautyandhealth.com)

### Mom Approved: Yes

I visited Advantage with my daughter, who is under one years old. I was relieved to immediately see two other moms in the waiting room with kids. All the tots were (thankfully) quiet and didn't interrupt the med-spa's feng shui. Nobody on staff seemed displeased with the children's attendance ... but I guess in Scottsdale it's normal to pack up your kids to go to the med-spa. However, do keep in mind, fillers are not safe for pregnant and nursing moms. Always consult your doctor.



### What: Airbrush Spray Tan

Since about 2000, sunless spray tanning has taken the Phoenix-land by storm. It has provided a way to achieve a healthy-looking, even tan without being exposed to the sun's rays or a tanning bed. And, unlike previous sunless tanning methods in Scottsdale, the effects of spray tanning actually look amazing. The mist in spray tanning temporarily makes your skin golden brown, not orange. The chemical reaction physically changes your skin color, so there's no need to worry about smear lines; besides, the products on the market have been well-tested in order to make sure they provide a color that looks exactly like a natural tan (or as close as it's going to get). Even fair-skinned gals, or guys, who usually turn pink rather than brown while tanning will benefit from a bronze color by getting a spray tan.

### Where: Hydrate Salon and Day Spa with Natalie Nicosia Stabb

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Natalie is a pro. She was recommended by a (highly narcissistic and high maintenance) colleague several years ago and I have been loyal ever since. Natalie uses an organic product called norvel for her tans, which contains no alcohol, so it's completely safe to breathe in and use during pregnancy and breastfeeding (as a newer mom, I can attest that a spray with Natalie once in a while during pregnancy and the breastfeeding stage did, in fact, make me feel like a new woman.) For clients that want more definition, Natalie's airbrush abilities also include contouring, which means she uses darker colors on certain areas of the body to create an optical illusion; basically, Natalie can spray "shadows" onto the skin to make other parts seem more defined. When getting your tan, you can completely strip down or leave on your skivvies – whatever makes you the most comfortable. An airbrush tan can last about 5 – 7 days, depending on how much you sweat. Natalie suggests staying moisturized to increase the length of your tan. Hydrate is located at 18261 N Pima Road in Scottsdale (DC Ranch Crossing.) For more information, visit [www.hydratesalon.com](http://www.hydratesalon.com).

### Mom Approved: Yes!

I took my daughter with me to visit Natalie at Hydrate Salon and Day Spa. Although not her first time with me at Hydrate, she was not a happy camper. Natalie played with her and even held her with one arm while giving me a perfect airbrush tan. The doors are so thick that nobody in the salon even heard my beautiful, unhappy little girl.