

Written by Written by Vanja Veric

When it comes to getting their minds, bodies and souls in shape, locals like to turn to the following doctors and businesses to better their health & self...



Best OB/GYN

Dr. Tara Brodtkin-2011 Winner

As a leading OB/GYN in Scottsdale, Dr. Tara Brodtkin has practiced in the Valley for more than nine years. The board-certified doctor specializes in preventative care, gynecological procedures and surgeries for women of all ages as well as obstetric care (she has delivered numerous bouncing babies). Dr. Brodtkin studied at Sackler School of Medicine and received her training in New York City at the New York Presbyterian Hospital-Cornell University. www.drtarabrodtkin.com.

Best Family Doctor

Dr. Jan Zieren-2011 Winner

For the second year in a row, Valley households have chosen Dr. Jan Zieren as their favorite family doctor. With more than 30 years of experience, Dr. Zieren is the go-to physician in Phoenix for whatever ailments residents might be dealing with. 602.866.8603.

Best Fertility Doctor

Dr. Daniel Rychlik-2011 Winner

Since arriving in Arizona in 2003, Dr. Daniel Rychlik has been giving Valley families the best chance to expand. He opened Fertility Centers of Arizona, the most innovative and advanced fertility center in Arizona, in 2009 and has used innovative technology along with a world-renowned team to give his patients the best options in terms of pregnancy and fertility. www.fertilitycentersofarizona.com.



Best Board-Certified Plastic Surgeon

Dr. Patti Flint

Dr. Patti Flint, a well-respected surgeon who has been in practice for 15 years, specializes in all aspects of plastic surgery including breast augmentation, facelift surgery and tummy tucks. At her Mesa- and Scottsdale-based practices, Dr. Flint also offers a comprehensive skin care program using facial fillers and Juvederm treatments. www.pattiflintmd.com.

Best Hospital Group

Scottsdale Healthcare-2011 Winner

As a nonprofit organization founded in 1962 and headed by a volunteer board of directors, Scottsdale Healthcare is a community staple and leader in medical innovation and technology. It offers outpatient surgery centers, home health services and many community health education and outreach programs. www.shc.org.

Best Dentist or Dental Team

John Harman Dental Care

A well-respected dentist throughout the Phoenix area, Dr. John Harman's expertise, relaxed demeanor and friendly office atmosphere keep patients coming back. Specializing in family dental care, Dr. Harman strives to make sure clients always have the best, most comfortable dental experience possible. www.drharmandentalcare.net.

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Best Orthodontist

Dr. Ben Larrabee

Striving to make the Valley more beautiful one smile at a time, Dr. Ben Larrabee has been in practice at Advanced Orthodontics for more than five years. His goal is to give residents an amazing natural-looking smile via the most comfortable treatments possible.

www.advancedorthoonline.com.

Best Pediatric Dentist

Desert Ridge Pediatric Dentistry-2011 Winner

Desert Ridge Pediatric Dentistry is trusted by Valley families to take care of their most precious patients: their kids. They understand that children need special attention and care and are known for making their patients' experiences easy and comfortable. www.azkidsddsfundentist.com.



Best Dermatologist

Dr. Burrell Wolk-2011 Winner

As one of the premier dermatologists in the Valley, Dr. Burrell Wolk is the founder and medical director of the Skin & Cancer Center of Arizona. He is a board-certified dermatologist in both the United States and Canada and has been the recipient of the American Academy of Dermatology's and the American Medical Association's Physician Recognition Award for the past three years. www.skinandcancercenterofarizona.com.

Best Resort Spa

Golden Door Spa, The Boulders Resort-2011 Winner

The 35,000-sq.-ft. Golden Door Spa offers blissful treatments ranging from luxurious massages to refreshing facials, a serenity-inducing pool and a spa cafe with a plethora of figure-friendly menu items. www.theboulders.com/Golden-Door-Spa.

Best Gym

Mountainside Fitness-2011 Winner

Founded by Arizona State University graduate Tom Hatten in 1991, Mountainside Fitness is the largest locally owned fitness chain in Arizona. With eight locations statewide (and three in Colorado), it is the prime fitness spot for its more than 40,000 members and is known for being one of the "friendliest gyms in town." www.mountainsidefitness.com.



Best Blow-Dry Bar and Salon

Primp and Blow

A killer little black dress, sky-high heels and a beautiful blowout: the formula to any gal's fun night out. Touted as Scottsdale's first blow-dry bar, Primp and Blow specializes in 30-minute blowouts, complete with a shampoo and conditioning and the use of an iPad to peruse while tresses are being beautified. www.primpandblow.com.

Best of Our Valley 2012: Health & Self

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Best Hair Extension Stylist

Lisa Fresa Palacios, Sachi Salon & Spa

An Arizona native and master stylist at Sachi Salon & Spa for more than five years, Lisa Fresa Palacios has put her training and experience toward helping Valley women look their best. She specializes in the styling and application of hair extensions and uses only the highest quality product comprised of 100 percent human hair. www.sachisalon.com.



Best Alternative Spa Treatment

Best Day Spa or Nail Salon

Best Mani/Pedi

Best Facial-2011 Winner

Best Massage-2011 Winner

Best Waxing-2011 Winner

Bliss Spa, W Scottsdale

With a soothing design and world-class service, Bliss Spa at W Scottsdale boasts 4,000 square feet of relaxation facilities, including a retail beauty boutique, a nail lounge with two manicure and two pedicure stations, seven treatment rooms and men's and women's lounges. And don't forget the legendary brownie buffet. <http://www.wscottsdalehotel.com/Bliss-Spa>.

Best Salon

Zolton's Salon and Day Spa

Described as a visual melding of industrial- chic and European warmth, Zolton's Salon and Day Spa is the go-to spot for when you just want to feel a little more glamorous. With its 5,000-sq.-ft. facility, 40 hair stations, eight nail stations and four aesthetician treatment rooms, Zolton's offers luxury and beauty for every one of its clients. www.zoltons.com.



Best Alternative Exercise Option & Personal Training

The Body Lab Pilates +

Forget everything you know about conventional workout methods. The Body Lab Pilates + SPX Fitness program is an innovative workout regime specifically designed to strengthen, tighten and tone the body quickly and safely. Created by Sebastien Lagree, SPX Fitness is a hybrid of Pilates, cardio and weight training that strengthens muscles while reducing stress on the joints and connective tissue, leaving clients with fit and powerful physiques. www.thebodylabaz.com.

Best Yoga Studio

SuTRA Midtown Yoga

Owners Rebecca and Matthew Fritz have incorporated their passions for nutrition, massage therapy, coffee, yoga, Pilates, prenatal health, local art and live music into SuTRA Midtown Yoga, a 4,000-sq.-ft. studio for healthy living in Phoenix. www.sutramidtown.com.

