



AS SEEN IN BOULEVARD MAGAZINE

health BEAUTY fitness

Just

because the skin baring summer season is drawing to a close, that doesn't mean you can let up your guard! The fall and winter seasons bring their own set of skin and hair tribulations to be vigilant against. Don't be tempted to let up on your beauty routines in the autumn – you're going to want to look young and fresh for the upcoming party season.

The ANTIAGING Institute in Beverly Hills has been helping people to look and feel younger for 8 successful and productive years. They offer over 40 different high quality products from natural vitamins and supplements to CoQ10 for energy, healthy weight loss, happiness, and a healthy heart. Our faces may look younger, but sometimes our joints disagree. FLEXX Shark Cartilage works on joints by repairing the damaged cartilage and reducing pain naturally. Fans include young athletes to older men and women who have to use a cane to walk. They all agree that taking FLEXX has helped them run up and down the stairs! Try their delicious sugar free, cholesterol free, transfatty acid free, pure dark chocolate which is guilt free as well. Chocolate has been scientifically proven to help maintain a healthy heart and natural Cacao has been clinically shown to help clear your arteries, and we all know that eating good chocolate improves our mood and lifts our spirits! They are running a special on Don't Pause at Whole Foods Markets – just bring in their ad in this issue, buy one bottle of Don't Pause and get a second bottle free! You don't have to put your life on pause for menopause – run over to Whole Foods today for natural menopausal relief.

An important part of any beauty regime is taking time to relax, rejuvenate and revitalize. Clinique Le Beau in Studio City is a state-of-the-art medical spa where you can transform yourself into the goddess you've always been. As soon as you pass the elegant glass doors into their modern yet comfortable waiting area, you are welcomed into the peacefully serene space. Dr. Anna Mekikyan, M.D. is the genius behind their many effective skin protocols. She's a pro-exhaustively researching and observing her craft for the past two years. You can always expect first rate care because Dr. Mekikyan does all the injectable procedures herself. The spa specializes in a wide range of services not only for the face and skin, but for the whole body. One of their most popular procedures is laser hair removal - great for rapid, gentle removal of unwanted hair just in time for skin

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The best benefit we get from maintaining our minds and bodies is afterwards - we will have achieved that sexy, sensual beauty and grace that every woman wants.

SENSUAL

Clinique le Beau is one of Studio City's hottest new skin treatment centers.





Carushka's chic and sexy bodywear and sportswear clothing lines will not only help keep you on your fitness regime, but looking sharp after you leave the gym! Check out her new retail store, The Secret Room, inside her Van Nuys factory.

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Facials are another big specialty for Le Beau, offering everything from standard European to oxygen facials, hydra flash (or mini) facials - even a yummy chocolate variety! Unique to Clinique, though, is the 24-karat gold facial. Clinique Le Beau is the only spa in the Valley that does this procedure, using special machine particles to penetrate skin layers, simulating collagen, for younger looking skin. Right now you can take advantage of their special offer: 50% off facials with a laser hair removal package or Botox, Juvéderm or Restylane treatment package. This special expires 11-15-08 so don't wait!

Skin Spa in Encino is famous for many things, but perhaps the very favorite of these is the reclining chairs used for facials. It's like lying on clouds while you receive a premiere facial from an aesthetician who knows how to make you feel like you are indeed in heaven. Microdermabrasion, waxing, anti-acne, and anti-aging treatments are specialties of the Spa's aestheticians. The Power Peel is the most popular facial done at the spa consisting of microdermabrasion, a full facial (with extractions), AHA, and aromatherapy are all used to safely remove the effects of long term sun damage, acne scarring, fine lines and wrinkles. This treatment can be sold as a series (for best results), which is a set of six appointments at the cost of five. Try their invigorating scalp treatment to give your hair a healthy boost. And for couples - try Endless Courtship package in the candlelit enchantment of their private suite and experience the ultimate in luxury and romance.

Massage Envy in Encino are massage specialists - offering a number of massage therapies from Swedish and deep tissue to trigger-point, sports, reflexology and pre-natal - one of them is sure to be just what you need. They also offer several kinds of facials - Anti-aging, Vitamin C, Environmental and Acne. You lead a busy life and you're always thinking about the comfort of other people before your own. Maybe it's time for a little self-nurturing? Owner, Erika Rice, is not only warm and friendly, but a lovely woman

with a talented and caring staff. Their mission is to make quality, therapeutic massages and facials available to everyone. With convenient hours and affordable rates, Massage Envy Spa makes it easy to enjoy the on-going benefits of facials and massage in a clean, safe and friendly environment. They also offer a wellness program which affords the opportunity for frequent visits and reasonable prices.

Eyebrows up, two, three, four! Scrunch that nose, two, three, four! Now, fish lips! Welcome to **Facercise** (facercise.com) Yes, it's a workout for your face. Each tiny movement in aesthetician Carole Maggio's program aims to develop and strengthen facial muscles and tone and tighten the skin to keep wrinkles, puffiness, and sagginess at bay. The essentials routine, available on DVD, teaches basic moves like the nose shortener, the face widener, and the lip shaper - and includes a fifteen-minute audio track so you can practice in the car. But be ready - this stuff is actually harder than it looks. Want your very own routine? Sign up for a one-on-one training session with Maggio at her Redondo Beach office or online via Skype. Just don't ever let her see you sweat.

After twenty years in the bodywear business, using inspiration from individual clients and world travel alike, Carushka really does put a bit of magic into every piece she designs. **Carushka Bodywear** boasts the sexiest in dance wear, sports bras, yoga clothing, and fitness apparel, and has run circles around her competitors for years. Unique to Carushka is the inclusion of her personal philosophies such as "recycle, reuse, restore" on one piece and "desire, discipline, devotion" adorning another. Carushka hides secret messages in all of her clothes to convey a sense of magic and power for the extraordinary women for whom she designs. Looking good makes working out more fun! Now, due to popular demand, Carushka has opened a retail outlet in her Van Nuys factory - the Secret Room! Shop from over 200 original samples at 50-70% off! Open only from 11-4 on Saturdays, the new store features her three upcoming fall lines which includes one that is Egyptian inspired.