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THE
A-LIST
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THE A-LIST

BEAUTY & HEALTH

HEAVEN SENT

From the vast universe of beauty products, we have chosen our favorite stars: the iconic Nina Ricci L'Air du Temps, in a limited-edition "couture" bottle inspired by a feathered gown by Olivier Theyskens; Vinita Rejuvenating Elixir, made with gold, diamond and pearl—the ultimate luxury; the gorgeous olive oil soaps hand-made locally by Lemón Grass Industries; the ultraluxurious mascara-of-the-moment, Le 2 de Guerlain; Chantecaille's Protected Paradise Eye Palette, embossed with a marine scene in iridescent blues, greens and corals; Laura Mercier's Tinted Moisturizer, with a light tint that masks imperfections without looking overly done; Tammy Fender's Antioxidant Creme with neroli and orange; and Korres' Yoghurt Mask, a superb hydrator, especially after sun exposure or air travel.



ROBERT NELSON

CUSTOM TOUCH

TO UNDO THE DAMAGE OF A PARTICULARLY TRYING WEEK, WE SWEAR BY THE PERSONAL RETREAT AT THE BREAKERS' SPA. AS THE NAME SUGGESTS, THIS CUSTOM TREATMENT IS A REFUGE FROM STRESS. THE THERAPIST DETERMINES THE BEST COURSE OF ACTION, AND FOR 120 BLISSFUL MINUTES USES A COMBINATION OF HOT STONES AND TARGETED MASSAGE TECHNIQUES TO RELIEVE TENSION.



SAKS IN THE CITY

Beauty addicts are like kids in a candy store at the cosmetics department of the newly refurbished Saks Fifth Avenue in Palm Beach Gardens. Every conceivable luxury beauty brand is here: Dior, Cellocosmet, Chantecaille, La Prairie ... We especially love the freestanding Armani and Chanel beauty boutiques, and the Jo Malone fragrance bar. And, the Gardens store is the only local stockist of the amazing Canyon Ranch Your Transformation products (find them in the new Beauty of Living Well in-store boutique).

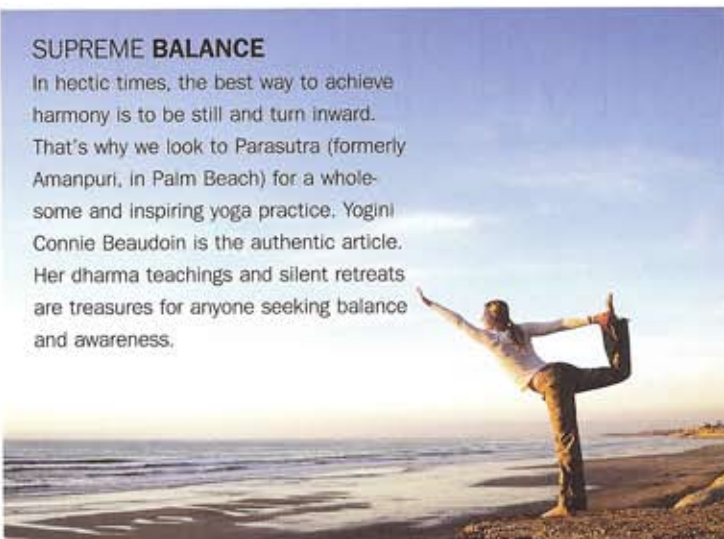


SAVING FACE

There is a good reason why Tammy Fender has become the favorite aesthetician of celebrities and high society. Her facials are absolutely flawless, leaving the skin toned, nourished and healthy. The good news: She's right here, in West Palm Beach. The bad: The wait time for an appointment with her can be several weeks.

SUPREME BALANCE

In hectic times, the best way to achieve harmony is to be still and turn inward. That's why we look to Parasutra (formerly Amanpuri, in Palm Beach) for a wholesome and inspiring yoga practice. Yogini Connie Beaudoin is the authentic article. Her dharma teachings and silent retreats are treasures for anyone seeking balance and awareness.



THE ART OF MAKEUP

FOR BIG-NIGHT MAKEUP, WE STOP IN TO DEBORAH KOEPPER'S PALM BEACH SALON. KOEPPER IS AMAZING WITH COLOR, AND HER EXPERIENCE SPEAKS FOR



ITSELF: SHE WAS THE PERSONAL MAKEUP ARTIST OF FIRST LADY NANCY REAGAN. WE ALSO LOVE HER NEW MAKEUP LINE, WHICH, INCIDENTALLY, IS BEING USED IN THE MOVIE *CONFESSIONS OF A SHOPAHOLIC*.

ORGANIC BEAUTY

Inbar Apothecary in Boca Raton is a jewel of a beauty boutique. The exotic decor makes you want to linger over the luxe products, most of which are organic. There is something for everyone—women, men and babies. Check out the Caudalie Vinotherapie line.

