



## 1 GAVERT ATELIER'S NAGOMI HAIR SPA RITUAL

The Scalp Treatment That Will Rock Your World

In a discreet upstairs spa room, guests lie in shiatsu massage chairs, while an expert performs a deep scalp, neck and shoulder massage. A deep conditioning treatment is worked into every strand of hair, guaranteeing to stimulate hair growth and rid hair of those pesky unhealthy split ends.

**IN FIVE WORDS...**

Heaven is Nagomi Scalp Treatment.

**DID YOU KNOW ...**

Nagomi's are a popular treatment for men and women in Japan to prevent hair loss and relieve headaches by increasing cell metabolism and stimulating blood circulation.

**DON'T MISS...**

A blowout with their hair stylists after it's all over to leave hair looking as fabulous as it feels.

9666 Brighton Way, Beverly Hills  
310.858.7898 | gavertatelier.com

## 2 ECO BROW THREADING

Eyebrow Artist to the Stars

Marco Ochoa fell in love with eyebrows at age 15 and has been threading ever since. His process is quick and painless and results in a precise natural brow arch that can't help but flatter eyes.

**IN FIVE WORDS...**

You will never wax again.

**DID YOU KNOW ...**

Threading is an ancient art of hair removal using two cotton threads to pull out stray hairs at the root which originated in the Middle East and Asia.

**DON'T MISS...**

Marco is located in the high-end eco-friendly boutique, Evolve, where you can pick up socially conscious top-of-the-line cosmetics.

357 1/2 S. Robertson Blvd., Beverly Hills  
310.289.1560 | marcochoa.com



THERE ARE MORE THAN A THOUSAND YOGA STUDIOS IN LOS ANGELES. TO HELP MAKE SENSE OF THEM, HERE ARE NINE OF THE BEST CLASSES IN TOWN.

1 RUDY METTIA'S ALL LEVELS CLASSES at Santa Monica Power Yoga

2 ALAN HAINES'S BIG GUY YOGA for bigger/taller men only at Chakra 5

3 ALLY HAMILTON'S VINYASA FLOW at Yogis Anonymous

4 ALEX WESTMORE'S YOGA FOR SURFERS the Yoga Collective

5 VINNIE MARINO VINYASAS FLOW at YogaWorks

6 STEVE ROSS'S LEVEL 2/3 at Maha Yoga

7 GURMUKH KHALSA'S KUNDALINI YOGA & MEDITATION at Golden Bridge Yoga

8 STEVEN EARTH METZ'S POWER YOGA 1-3 at Earth's Power Yoga

9 KNEKOH FRUGE'S LUNCH HOUR Yoga at Yoga Circle Downtown



BE WELL



ONE TO WATCH

**Randi Ragan**  
Green Living Expert Extraordinaire

**WHY**

Founder of Green Bliss EcoSpa, which is a mobile spa service that blends green lifestyle with wellness and spa treatments, Randi (who is also a yoga and meditation teacher, lecturer and spiritual retreat leader) is an expert on smart beauty. Her mission is to provide services for the conscious beauty consumer.

**WHAT'S NEXT**

Randi is currently producing her own skin care line, working with Golden Path Alchemy, which handmakes everything in small batches from plant ingredients they grow themselves as well as working on a book that about conscious living which includes holistic nutrition, sustainable interior design, and sustainable gardening in a seasonal almanac form.

greenblissecospa.com



**5. PRIVÉ SALON**  
Celeb Hair Haven

A full service salon offering everything from cuts, blow-dries, color correction to scalp and moisturizing treatments, also rolls out their new Brazilian blowout bar.

**IN FIVE WORDS...**

High-end service, beautiful, casual atmosphere.

**DID YOU KNOW...**

Privé recently revamped their outside patio (complete with cozy furniture and murals painted by Mr. Brainwash), transforming it into an open-air Brazilian blowout bar.

**DON'T MISS...**

The new eco-friendly Concept Vert shampoo and conditioner (paraben- and sulfate-free, the cans are recyclable or can be returned to the salon to be refilled).

**7373 Beverly Blvd. Los Angeles**  
**323.931.5559 | privésalon.com**

**6. LAVISH TAN**  
The Best Way to Catch Some Rays

Made of all-natural ingredients, Lavish Tan is a safe alternative to baking in the sun. Offering custom airbrushing in a light and airy beach-side space, their unique blend is the best way to get a long-lasting, all-natural tan.

**IN FIVE WORDS...**

Organic, flawless, customized sun-kissed glow.

**DID YOU KNOW...**

Lavish Tan is made of brown sugar.

**DON'T MISS...**

The 180-plus combinations to choose from, allowing for a customized skin tone.

**1636 Abbot Kinney Blvd., Venice**  
**lavishtan.com**



**4. STUDIO MDR**  
Where Weakness Goes to Die

The SPX workout is a total body workout on a megaformer, which resembles a Pilates reformer. But it's not until you find yourself cursing louder than a cadet going through bootcamp in the middle of class, that you realize the megaformer is the most intense work-out ever created.

**IN FIVE WORDS...**

How am I sore there?

**DID YOU KNOW...**

You can burn 500 to 600 calories in one 50 minute class.

**DON'T MISS...**

Kylates. Ky Evans is notorious for his touch but fun workouts among the SPX set and he truly lives up to all the hype.

**330 Washington Blvd., Unit C, Marina Del Rey**  
**310.561.9814 | thestudiomdr.com**



**6. THIRTY-2 ADVANCED DENTISTRY**  
The Smile Makeover

Dr. Farnaz "Naz" Tofigh practices whole-mouth care while taking individual bone-structure, appearance and desired results into account. A member of the American Dental Association, she also specializes in cosmetic care to put smiles back on the faces of her patients.

**IN FIVE WORDS...**

Dentistry meets luxury and opulence.

**DID YOU KNOW...**

Poor oral hygiene and periodontal disease can cause cardiovascular disease, among other health issues.

**DON'T MISS...**

Dr. Naz's grandiose dental office, Thirty-2 Advanced Dentistry, located in the heart of West Hollywood on Santa Monica Blvd.