

Skyler Madison Center for Wellbeing

515 Madison Ave.

212.994.1822 • www.skylermadison.com

True happiness, they say, is an inside job. “We work on habit change and mindset change,” Skyler Madison explains. “They build up self-control and will-power, which gives them a satisfying sense of mastery.” And a smaller waistline. Through the holidays, get 10 percent off the 12-week, lifestyle transformation program.

Verve Skin Laser Centers

216 E. 50th St. • 270 Lafayette St., Suite 1308

212.888.3003 • www.vervelaser.com

There are so many ways to transform at these clinical yet comfortable centers, frequented by both men and women. In addition to numerous laser treatments—such as laser hair removal, tattoo removal, spider and varicose vein treatments—Verve’s Dr. Stephen P. Bracci also offers several other non-invasive procedures for improving your appearance. There’s a skin tightening and non-surgical face lifting treatment called Theremage, wrinkle reduction through Botox and Restylane, and microdermabrasion, to name a few. This season, save 20 percent on selected services.

Sequence

888.BLEND.88 or 888.253.6388

www.sequencehair.com

At Sequence, you have natural, human hair blended in with yours, one strand at a time. There are no glues, or braids or anything obvious to give you away. You get to feel confident about your hair, without sacrificing the health of your scalp, since this special technique allows your scalp to breathe.

Dr. Donald Roland

52 E. 72nd St.

212.744.9400 • www.donaldrolandmd.com

When you’re considering plastic surgery or other non-surgical procedures, it’s important to find a doctor with a comforting, down-to-earth bedside manner. Dr. Donald Roland has made that the hallmark of his practice, along with precision and artistry in his cosmetic surgery and anti-aging procedures.