

SPAS & SALONS



The holidays are fast upon us. If ever there was a time to sparkle, this is it. Before you knock yourself out gifting and toasting everyone else, give yourself a present: a more radiant, confident you.

Take the time to indulge in the cosmetic changes you've always wanted to make. Go for beautifully bare or a fuller mane. Treat yourself to relaxing, beauty-boosting spa treatments. And while you're at it, conveniently stock up on spa gift certificates for the women—and the men—in your life. *By Sari Botton*

DR. DONALD ROLAND

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This is a great time of year to consider plastic surgery, as well as non-surgical cosmetic and anti-aging treatments. Cold-weather clothes allow you to be more discreet, plus you've got time to heal before bikini season. But these days, you hardly even need to think about keeping such things under wraps. "Cosmetic enhancement is more accepted in today's society than 20 years ago," says Dr. Donald Roland, who takes pride in providing all aspects of facial rejuvenation, breast enhancement and lifting, and body contouring surgery. "It is no longer necessary to be troubled by one or two problems in this day and age." Changing your look for the better is easy. Dr. Roland is well-known, not just for his great results, but for his down-to-earth bedside manner. He practices with the utmost care and compassion, and speaks *with* you, not at you—the way you'd expect that doctors should treat their patients. Have him educate you about your choices so you can decide what you'd like to have done. Then, impress that someone special with the gift of a new you. Consultations are free.

LE METRIC

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Women who suffer from hair loss and thinning locks have long turned to LeMetric for its groundbreaking solutions in that area, and lately for the ability to easily visit its other LeMetric affiliates in Phoenix, Atlanta, Maryland, Houston, New Jersey and northern Florida, through Club LeMetric. Now, the facility is branching out into other areas. It's going to be launching "Timeless Beauty," seasonal events designed to advise mature women on clothing choices, makeup and weight loss.