



# spring cleaning

Spring is a time of new beginnings, so why not give your self a fresh start, from head to toe?

**Euphoria Spa, NYC** is a great place to start. This cozy Tribeca spa, with a full menu of massages, scrubs, wraps and facials, is quaint and comfortable, yet you'll also find some of the latest innovations in skin care technology. Haven't yet heard of plasma microablation? It's a term you'll want to get to know for an alternative to microdermabrasion that is crystal-free and doesn't hurt a bit. They call it "The Little Mermaid" because it clears up your skin like salty beach air. "Using a medical device, it 100% hydrates and sterilizes the skin and boosts collagen. It's like a mini-facelift," says owner and aesthetician Kristen Haines. And it only takes 10 minutes. "You can do it at lunchtime," Haines says, and still have time for lunch. During the month of April, save \$50 on this treatment.

You won't want to wait too long to have certain procedures done, as you'll need time to recuperate.

For instance, if you're considering breast enhancement or lifting, or a tummy tuck, you'll want to make your appointment now. "If you didn't quite fulfill your New Year's

resolution to look your best, now

is the time to get your cosmetic surgery done, while there's enough time for healing before summer," says **Dr. Donald Roland.**

This young, energetic doctor with a down-to-earth, honest approach and a comforting bedside manner happens to be a perfectionist, known to take every possible step to make his patients happy.

Also, if you've got your heart set on finally

kissing those varicose and spider veins goodbye, don't walk, run to **Dr. Israel Schur.**

"The summer is coming right around the corner," he warns. "To be ready for May and June, you'll need between one and three months to heal." Thanks to a major technological breakthrough, and very tiny instruments, Dr. Schur is able to do his work on an outpatient basis, through incisions as tiny as a tenth to a twentieth of an inch. Says Gail, a satisfied—no, ecstatic—patient, "He took 30 years off my legs. I needed to do this for a long time, but I was afraid of surgery. There was no downtime with this, and it's a very significant difference. Plus, my legs used to ache and get tired. Now, all of that has gone away."

It's just as important to get going on hair removal now. "You still have time to get the work underway so you'll be clean for the beach," says **Lucy Peters,** owner and founder of the hair removal spas that bear her name. What's nice is that if you haven't completed Peters' integrated electrolysis system for permanent hair removal, unlike with other processes, you can do interim shaving. "Say you're going on a cruise, and you're in between treatments," Peters says. "You can shave all you want." No plucking, though! Peters knows first-hand how well her system works. "I got into this business because I was the hairiest person I ever knew," she recalls. Now, she has smooth, silky, hair-free skin—just like her clients.

And don't forget hair enhancement and replacement. Now that you haven't got your

