

HOW THE RICH & FAMOUS STAY YOUNG



Editor's Choice by Adrienne Papp, Profile Editor

Everyone wants to look good. But how does the rich and famous get that glowing face, head turning hair style, picture perfect smile, a body to die for and radiant health that bestows beauty? Celebrity practitioners give us answers.

Can we reverse the process of aging? Yes! Through quality fitness, live foods and potent supplements. This complete health makeover can be brought right to your home. Your fitness expert is **Jerry Colker**, Harvard Gymnast, Martial Arts Black Belt, Yoga Teacher, and Performance Enhancement Specialist. Colker recovered from a crippling herniated disc without surgery by implementing the combination of the best techniques of the East and West. After creating the **YODO® fitness system** he can now do things he used to do years ago in his 20's. Jerry is turning back the clock for men and women, helping people of all ages and all levels. Yodo.org, 310.270.6248, Airport: Santa Monica (SMO).

Your nutritionist **Bielecki**. After she has since dedicated. A gifted personal she is also an Adv and Quantum P determine not on body is, but exact Anna and Jerry v energize and enal years. No wonde 760.808.4912, Ai

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philosophy involves not just oral care, but total health for his patients through Biological Dentistry. Offering his services in a comforting

When your colleagues vote you the Best Dentist in America, chances are you can often work miracles when it comes to repairing bad dental work and creating the perfect smile. That's only one of the accolades that Dr. Eric Fugier has garnered in his innovative career of creating beauty through dental health. Following in the tradition of mentor Dr. Charles Pincus, the father of Esthetic Dentistry, first president of the American Academy of Esthetic Dentistry, and personal dentist to Fred Astaire, Walt Disney and Judy Garland, among others, Dr. Fugier's philosophy involves not just oral care, but total health for his patients through Biological Dentistry. Offering his services in a comforting and tranquil spa-like environment, Dr. Fugier's provides a variety of cosmetic and restorative dentistry, including crown and bridge work, perfect veneers, and full mouth reconstruction. A consultation with Dr. Eric Fugier will show you how your smile can be a more beautiful part of your overall appearance. DrEricFugier.com, 310.859.1575, Airport: Santa Monica (SMO).

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Beautiful hair is the first thing people notice on you. Yet, finding the perfect stylist can be a challenge. Stars look fabulous with hair designs that only a few talented artists can create. **Kyle Mathis** is such a celebrity

His hairdressing ble extracts. "We will help restore ecially important it processes that one expertise is er you go. nd head turning with not only l state of mind. ta Monica (SMO).

amous spas, The ly put an end to where you will e majestic Aspen gs Aspen Resort ervices.

e Spa offers a d beauty services , Jacques Torres experience that

is unmistakably Remede. Indulging in their outdoor pool and Jacuzzi is a must. S@RegisAspen.com, 970.920.3300, Airport: Aspen (ASE).