

# Summer Attractions

Put your best foot out and turn yourself around — no Hokey Pokey required



HOW DO YOU put your best foot forward? Do you eat healthy, work out, dress well? Do you use the best shampoo, buy the best jeans and put on the best makeup? These are some of the obvious methods of looking your very best, tried and tested for millennia. But it's 2009 and today's technology provides ways to look your very, very best.

Consider spa and medi-spa treatments. Dr. Barry Lycka's cosmetic surgery and laser clinic leads people to the fountain of youth. "Restylane, Botox and Juvéderm treatments are certainly in fashion this year as men and women seek non-



invasive procedures that are easier on the pocketbook than traditional surgical procedures," says Dr. Lycka, noting that these swift procedures require little to no rest time, so patients are able to get right back to work. Some of the most popular spa treatments he performs are microdermabrasion (for that dewy skin look), Skin Tyte laser treatment, which improves the appearance of sagging neck and jowl areas, and "juvenation" treatments such as Eyes by Thermage.

Spas like Phoenix Renewal Centre & Spa offer medi-spa treatments along with the more conventional spa treatments, such as massages, manicures and facials. Some customers come for their signature Manolo Bliss Pedicure, and then kick it up with the addition of laser hair removal, Facials by Thermage or Glycolic peels. By travelling the world to bring customers the latest trends and treatments available, you can be sure of a rejuvenating experience at Phoenix Renewal Centre & Spa.

There's much to do in terms of skin and face, but there's only so much one can do about the other centre of attention — the stomach. For those who are wary of liposuction and other similar procedures, the traditional exercising and eating right philosophy comes back into play. "There is only one way to lose weight and that's to burn more calories than you consume," said Ken Carter, CEO and managing

director of Jenny Craig. Many people find it hard to fit a workout into their already busy day, but having a home gym can help remedy that. You can buy the tools you need at Flaman Fitness — everything from a treadmill and weights to yoga mats and punching bags.

Global Edmonton's weekend news anchor, Erin Harrison, keeps in shape by eating healthy and going to the gym with her fiancé. "I'd like to say I go to the gym every day, but it's more like four times a week," she said. "Appearance plays an important role, lots of people will determine how you care about things in your life — from your job, to your home — by how well you take care of your appearance."

Like it or not, appearance is important to those around you. With a bevy of great women's boutiques around, men sometimes struggle to find a good place for impressive classics. One place, consistent for over 50 years, is Eddie's Men's Wear, which carries everything in the realm of smart and casual wear. Eddie's also boasts an ultra-relaxed atmosphere, tons of selection, lots of free parking, a wicked sound system, a legendary snooker table, and an always-open snack bar, with to-die-for homemade cookies.

Sounds like finding an excuse to looking frazzled or frumpy just got a little bit harder. ▶