



Workout That Doesn't Feel Like a Workout

Zumba with Laura Solow

(classes held at the Mamaroneck Harbor Pavilion, Scarsdale JCC, and Osborn Home in Rye)
(914) 777-2502

Your buns burn, your abs ache, and the sweat pours. And you? You're in endorphin heaven. No dumbbells, no bars, no bands, and none of those crazy half-balls for core work. Just music—salsa, hip-hop, merengue—and you dancing. They call this a workout; we call it fun.

DAY SPA

Park Avenue Medical Spa
Armonk
(914) 730-3333; parkavenuemedicalspa.com

FACIAL

Elizabeth Arden Red Door Spa
White Plains
(914) 840-8880
reddoorspas.com

FITNESS CENTER/GYM

Club Fit
Briarcliff
(914) 762-3444; clubfit.com

HAIR REMOVAL

Euro Laser Services, Inc.
Rye
(914) 921-3265

MANICURE

Shine Salon & Spa
Ossining
(914) 762-6675

MAKEUP ARTIST

KathrynEllen Make-up Studio at
Richard Scott Salon
Mount Kisco
(914) 242-1700; richardscottsalon.com

MEN'S SHAVE

Carmen's Unisex Salon
Croton
(914) 668-2667

PEDICURE

Shine Salon & Spa
Ossining
(914) 762-6675

PERSONAL TRAINER

Missy Murray, Club Fit
Briarcliff
(914) 762-3444; clubfit.com

PILATES

Pilates Center of Westchester, Inc.
Chappaqua
(914) 238-0784; pilatescenterofwestchester.com

PLACE FOR A MASSAGE

Euro Laser Services, Inc.
Rye
(914) 921-3265

YOGA CENTER

Yoga Haven
Tuckahoe
(914) 337-1437; yogahaven.com

cuts precise and of the moment, they grow out so naturally, maintenance visits between cuts often are unnecessary. What is necessary is making an appointment—way ahead of time. Talent like this gets booked quickly.

Massage Therapist

James Silverman

Mount Kisco
(914) 656-8773
mtkiscoacupuncture.tripod.com

We asked last year's Best Massage Therapist Robyn Field who she turns to when she needs to be kneaded. Her hands-down choice? James Silverman. Who are we to argue? Silverman takes a holistic approach to his craft, and specializes in deep-tissue and medical massage with a blend of Eastern and Western techniques, including acupressure and trigger-point release.

Facial

Park Avenue Medical Spa
Armonk

(914) 730-3333; parkavenuemedicalspa.com
Beth Fougere pulls out all the stops when she gives a facial, giving personal attention to every pore as she cleanses, exfoliates, extracts, moisturizes, and buffs your skin to perfection. What she offers that no one else does is ultrasonic microdermabrasion: an ultra-gentle take on this exfoliation technique. Plus, we love the hot paraffin hand treatment she offers with her facial, just because.

health & beauty readers' picks

BEAUTY SALON

Eclipse Hair Body Nails
Tarrytown
(914) 524-0835

BEAUTY PRODUCTS SHOP

Eluj: A Beauty Lounge
Katonah
(914) 232-2227