



DR. ANDREW WEIL

DIRECTOR OF INTEGRATIVE
HEALTH AND HEALING,
MIRAVAL RESORT & SPA

"Understanding the impact of
vitamin D on health and wellness
and having a strategy to optimize
its effects on your body is one of
the first things I'd recommend."



ANNE BRAMHAM

SPA CONSULTANT AND INSTRUCTOR
FOR THE DR. VODDER SCHOOL

"Beauty is a by-product of the
inner functioning of the body.
It is for this reason I consider
manual lymph drainage a true
rejuvenation because it works
from the inside out."



SUSAN CIMINELLI

FOUNDER OF THE EPONYMOUS
DAY SPA AND CELEBRITY
AESTHETICIAN

"The women of the world need
information that is valuable
enough to empower them with
health and wellness. Beauty
is their reward."

SPA+

WELLNESS EXPERTS

OUR EDITORIAL ADVISORY BOARD



PAULA SIMPSON

CELEBRITY NUTRITIONIST

"We are changing the way we take
care of ourselves. From treatment
to prevention, a proactive approach
toward healthy aging is what drives
nutritional regimens to spas. The spa
wellness movement will continue to
thrive as we seek out holistic health."



JENEFER PALMER

FOUNDER OF OSEA
MALIBU SKINCARE

"My green message remains
the same: 'Safe cosmetics
are a consumer's right and
our earth's rightful due.'"



CHAZ DEAN

CELEBRITY HAIRSTYLIST
AND CREATOR OF WEN

"In 2013, I think people are going
to follow trends less and be
more unique and experimental
with their hairstyles. I feel that
people are going to be more
bold and create their own look."

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STRESS-FREE BEAUTY



FOODS THAT FIGHT FAT



ULTIMATE SPA RETREATS

JENNIE GARTH > ON HOW SHE LOOKS BETTER NOW THAN IN HER 20s!

