



BEST ALTERNATIVE SPA TREATMENT, BEST EYELASH EXTENSIONS AND BEST FACIAL

Beautif-EYE Studios

Beautif-EYE Studios is a day spa specializing in facial threading, eyebrow shaping, facials, skin care and eyelash extensions. Because they only offer services that their aestheticians have mastered and follow pristine standards, all clients leave loving their results. Facial services include oxygen facials, chemical peels, microdermabrasion, corrective treatments and more. The studio has two locations, one in Old Town Scottsdale and one at Scottsdale Road and the 101. beautif-eyestudios.com.



BEST ALTERNATIVE EXERCISE OPTION & PERSONAL TRAINING

Reformed Pilates & Cycle

Reformed is a boutique fitness studio that fuses Pilates and cycling to provide its members with the best low-impact, high-intensity strength training and cardio workout around. On the reformer, Reformed's goal is to combine the classic elements of Pilates with heart-rate elevators to achieve maximum results. Similarly, on the cycle, Reformed uses individual computers to provide clients with a HIIT-based workout that ultimately results in maximum caloric burn. Reformed has three Valley locations (Arcadia, Central Phoenix and Ahwatukee). reformedpilates.com.



BEST DERMATOLOGIST

Dr. Lee Laris

Practicing in the Valley since 1992, Dr. Laris is medical director and chief cosmetic surgeon of Phoenix Skin Dermatology. He is highly trained in all

areas of medical, surgical and cosmetic dermatology and has built a national reputation as a facial rejuvenation specialist. Dr. Laris is also the medical director of Phoenix Skin Spa, a full-service medical spa that opened January 2016. In creating Phoenix Skin Spa, Dr. Laris' goal was to find a better and more rewarding way for patients to receive treatments for complexion, anti-aging and age reversal in a quick, effective and affordable fashion. phxskin.com; phoenixskinspa.com.



BEST DENTIST

Dr. Allen Peyghambarian

Dr. P. and his team at Paradise Ridge Dentistry know that there are many dentists to choose from in the Valley, so making their patients comfortable and taking great care of them is a top priority. It is a family-friendly practice that offers all dental services under one roof. They are always up to date on the latest dental technology including IV sedation. Dr. P. enjoys helping patients become pain-free and takes pride in helping them save their smiles. paradiseridge.net.



BEST BOARD-CERTIFIED PLASTIC SURGEON: FEMALE

Dr. Patti Flint

Dr. Patti Flint has performed more than 8,000 cosmetic procedures in her more than 19 years of practice, and is certified by the American Board of Plastic Surgery. In medical school, she chose plastic surgery because it is dynamic, with new procedures being developed all of the time. She prides herself on being able to offer a wide variety of procedures and feels that

“most patients want to look as good as they can at any given age, but none want to look unnatural.” Dr. Flint also offers a full complement of skin care regimens, peels, Botox and fillers in her practice. pattiflintmd.com.



BEST DAY SPA

Movement Restoration

Movement Restoration is focused on restoring natural movement to the body through individualized massage treatments, offering yoga, compression therapy, hydrotherapy, and other amenities that incorporate their core philosophy of “Restore to Move.” They serve a devoted group of clients, from professional athletes and active adults to businessmen and women. Movement Restoration works with clients to create awareness of these restricted movements to set them on the path of healthy circulation and movement. movementrestoration.com.



BEST FAMILY DOCTOR

Dr. Susan Wilder

Dr. Susan Wilder is the CEO and founder of LifeScope Medical Associates and LifeScope Premier. She has written several articles emphasizing patient-centered medicine and specializes in functional medicine with a focus on prevention and addressing the underlying causes of illness. In addition to practicing full-spectrum family medicine, including well-woman, pediatric, adolescent and geriatric care, she teaches at University of Arizona and Southwest College of Naturopathic Medicine. lifescopemed.com.