

# Condé Nast Traveller

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A night scene featuring a colorful flag with red, white, and blue patterns, illuminated from below. To the left, a chain with a glowing yellow diamond-shaped pendant is visible. The background is dark, suggesting an outdoor setting at night.

# GOOD TO GLOW

BEAUTY EDITOR OLIVIA FALCON HAS TRIED EVERY TREATMENT FROM LONDON TO LA. WE THREATEN HER WITH POWERFUL LASER BEAMS AND FORCE HER TO REVEAL HER HAND-ON-HEART, NEVER-FAIL FIX TO GET YOUR BODY READY FOR THE BEACH

PHOTOGRAPH: JAMIE NELSON/BLAUBLUT-EDITION.COM





This is the land of the blowout and celebrity personal trainers, birthplace of the mani-pedi and the Atkins diet. No nation is more dedicated to looking the part, so head across the pond to track the most sought-after new trends. By Olivia Falcon

**NEW YORK** Women in the Big Apple have a big fixation with skin, and pint-sized powerhouse **Tracie Martyn** ([www.traciemartyn.com](http://www.traciemartyn.com)) is the city's most celebrated glowgetter. She uses her fabled hands, a micro-current machine and her own line of products to firm up jawlines. **Isabelle Bellis** ([www.isabellebellis.com](http://www.isabellebellis.com)) was trained by Parisian beauty authority Joëlle Ciocco and practises the Epidermologue method, which is based on clinical analysis of your skin. And **Georgia Louise** ([www.georgialouise.co.uk](http://www.georgialouise.co.uk)), an expert from London, delivers phenomenal results with LED treatment, oxygen blasts and a bespoke massage that seems to lift cheekbones about an inch up your face. Linda Evangelista and Emma Stone are hooked. New Yorkers are also obsessed with hair, and its removal. Those in the know visit **Dr Roy Geronemus** ([www.lasersurgery.com](http://www.lasersurgery.com)) who has the city's largest collection of lasers. The newest Vectus one is the Ferrari of hair removal; whole limbs can be defurred in minutes. At **Completely Bare** ([www.completelybare.com](http://www.completelybare.com)), which is in four locations across New York, therapists are so thorough they even defuzz toes.

No trip to Manhattan would be complete without the obligatory mani-pedi. For something a bit edgy, head to one of **Jin Soon's** three salons ([www.jinsoon.com](http://www.jinsoon.com)). She specialises in on-trend nail art: Missoni-like swirls and a rather chic Dolce & Gabbana-style leopard print. Or, if you're happy to DIY, get your hands on a bottle of In the Mood nail varnish – the colour changes with your body temperature.

**DALLAS** Texans like things big: cars, steaks... and hair. For a badass hairdo, make a beeline for **The Songbird Society** ([www.thesongbirdsociety.com](http://www.thesongbirdsociety.com)), manned by hair veterans Richard Hayler (a Brit) and colourist JT Osgood, who is so popular there's a year-long waiting list for one of her appointments. Also not to be missed is Holly Dear at **Dear Clark** ([www.dearclark.com](http://www.dearclark.com)), who has her own range of sublime-smelling products to rejuvenate stressed hair.

Make-up junkies will love **Blushington** ([www.blushington.com](http://www.blushington.com)), which may remind them of the beauty parlour in *Steel Magnolias*. It's a beauty lounge that offers master classes, lash extensions, even chin waxing, all in a blush-coloured boudoir-like space. It also stocks hard-to-find American make-up ranges including Kevyn Aucoin and Stila.

A session with French facialist **Renée Rouleau** ([www.reneerouleau.com](http://www.reneerouleau.com)) is the hot ticket in Texas. She understands that skin doesn't just fit neatly into three boxes (dry, normal, oily), and has a massive following, both online and in her two salons in Dallas and Plano. Now she has upped the ante with My Skin Prescription, her one-on-one telephone or Skype skin consultation service. She can look at your diet, whittle down the contents of your medicine cabinet and your make-up bag and give tips on how to apply sunscreen.

**LOS ANGELES** The LA-LA-land fitness craze continues apace. Angelenos love heart-thumping hybrid workouts designed to

tweak muscles Brits don't even know we have. The places to be seen sweating include stretch-and-tone concept **YAS** ([www.go2yas.com](http://www.go2yas.com)), a combination of yoga and spinning that burns fat fast, and **Circuit Works** ([www.circuitworksla.com](http://www.circuitworksla.com)), a draconian loop of treadmills and resistance stations with routines that change weekly to keep you on your toes. More peaceful is **Anti Gravity yoga** ([www.antigravityyoga.com](http://www.antigravityyoga.com)) at Crunch gym, in which traditional poses are performed in a hammock-like harness suspended from the ceiling – just remember to breathe.

Post-workout, Hollywood refuels at health-food megastore the **Bodyfactory** ([www.bodyfactory.com](http://www.bodyfactory.com)) on Sunset Boulevard. Get in line with Jessica Alba and Halle Berry for the green Bodyfuel shake.

At the end of a long day, unwind with a massage from the celebrated Shelby Henderson, based at **Nava Skin Care** salon ([www.navaskincare.com](http://www.navaskincare.com)), a Zen-like gem. Nava Hadad herself is the woman to see for a mind-blowing facial; she specialises in sensitive skin and problems relating to long-haul travel.

And to fix your hair, you'll have to elbow Brad Pitt and Reese Witherspoon out of the way to bag some time with **Lorri Goddard** ([www.lorrigoddardhaircolorist.com](http://www.lorrigoddardhaircolorist.com)), inventor of balyfoi, a technique that uses the balayage art of hair colouring and foils to deliver California-cool highlights. Also stop at **Mèche** ([www.mechesalonla.com](http://www.mechesalonla.com)), where 'lock stars' Tracey Cunningham (colourist) and Neil Weisberg (stylist) have joined forces to create the hippest salon in town. 