

# Cbeauty



## Warp-Speed Workout

A space-age machine puts exercise in the express lane

How it works: Perform a normal workout atop the Power Plate (created by the Irvine-based company) and the effect of a single set of squats or sit-ups is multiplied. The Advanced Vibration Technology causes muscles to contract 30-50 times per second compared to 1-2 times during standard exercise. Bonus benefits: increased bone density and pseudo-massages. *Classes available at Power Plate—The Experience, Brentwood; Equinox, West Hollywood; powerplate.com. J.M.H.*



**SAN FRANCISCO**

# Shape Shifter

The Bay Area's go-to personal trainer, **Shanon B. Smith** creates customized workouts and weight management programs for a private mogul-to-mom-type clientele. "The common struggle seems to be learning how to eat moderately on a consistent basis," says Smith, whose first step is to assess a client's metabolic type (protein, carbo or mixed). "Then it's a matter of balancing specific ratios of macronutrients to determine the best balance for that person." But there are no secrets. "The key to success is moderation, balance, consistency and planning ahead." 415-370-0786; shanonbsmith.com. J.M.H.

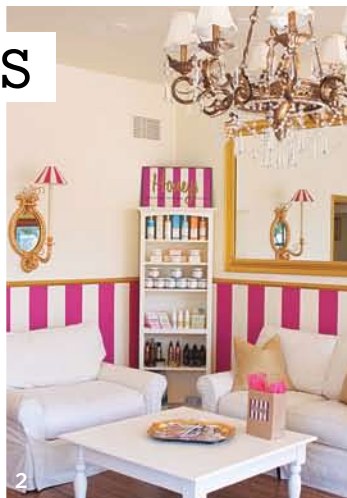
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NEW

## INDULGENCES

SAVVY SANTA BARBARA SALONS ARE UPPING THE SKINCARE ANTE



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**1. AXIS SKIN & BODY STUDIO** Organic skin rejuvenation therapy + makeup application 4141 State St., Ste. C2, S.B., 805-845-3182; axisb.com. **2. HONEYS** Airbrush, tan + wax salon 209 W. Canon Perdido St., S.B., 805-963-8300; ilovehoneys.com. **3. FLOAT LUXURY SPA** Eco-friendly day spa 18 E. Canon Perdido St., S.B., 805-845-7777; floatluxuryspa.com. J.M.H.

**FREEZE FRAME WILL DYSPORT REPLACE BOTOX? IT CLAIMS TO BE MORE AFFORDABLE, LONGER LASTING (BY A MONTH) AND FASTER ACTING (NEXT-DAY RESULTS).**

**SAN FRANCISCO**

## SCISSOR SISTER

Hipster hairstylist for the likes of Zoey Deschanel, **Michelle Fiona** is splitting her salon time between DiPietro



Todd in her native San Francisco and, most recently, the new Whittemore House in NYC. 177 Post St., S.F., 415-397-0177; dipietrotodd.com. J.M.H.

**SANTA MONICA**

## 21ST CENTURY FITNESS

The evolution of exercise has hit a new high at the **Core Performance Center** in Santa Monica, a breakthrough private training facility. Rooted in the principles of fitness coach Mark Verstegen's three noted centers for top professional athletes, Core Performance eliminates all the ambiguity from working out for gym-going civilians with a finely calibrated combination of precise evaluation, close supervision and cutting-edge technology. Stepping up to one of the facility's patented touch-screen CPro stations, which guide and measure each client's movements and progress, has the same eye-opening effect on aspiring athletes as a music lover picking up an iPod for the first time. 2020 Santa Monica Blvd., S.M., 310-573-8866; coreperformancecenter.com. N.C.

