

Now in Los Gatos

PALO ALTO'S SKINSPIRIT HAS A NEW LOCATION AT CORNERSTONE CENTER.

When Stanford-trained, board-certified plastic surgeon Dr. M. Dean Vistnes opened the first **SkinSpirit** in 2003, he envisioned a center that would bring together the best of both worlds: cutting-edge technology and a luxurious spa-like setting. Since then, the company has grown to become a leader in the industry with multiple locations in California and Washington.

The new Skin Spirit location in the South Bay will offer state-of-the-art, non-surgical cosmetic treatments for body and face, including BOTOX® Cosmetic, dermal fillers, IPL/Photofacials, Ulthera, Liposonix, ActiveFX laser resurfacing, laser hair removal, microdermabrasion, physician-designed facials, chemical peels, and medically supervised weight loss. www.skinspirit.com



From the beginning, **YogaForce** has been a labor of love. When **Anne E. Appleby** first became addicted to yoga in the late 80s, she was frustrated by the lack of hip, fun, comfortable clothing in which to practice it. By 1995, it seemed the only solution would be to found her own company. Her clothing line went on to be carried by over 650 retailers across the US.

After surviving a few bad car accidents, Appleby was told by several orthopedic surgeons that she would never run again. Determined to get her life and healthy movement back, she created and produced her revolutionary patented YogaForce A-Line Mat. The patented alignment system on the YogaForce Mat aides in physical therapy, yoga, Pilates, and all floor exercises as it helps guide your body in proper positioning to maximize performance. The Yoga Force Mat is recently endorsed by The College of Sports Medicine and the American College of Sports Medicine. Since then, Annie has run a few marathons and has no signs of any injury after aligning her body with the YogaForce A-Line Mat. "The Mat has put me in the best shape of my life in the easiest way; I am mindful about healthy eating and keeping my body in alignment. It is so simple."

Recently teamed with Appleby for a delightful morning of beauty at the new Bloomingdale's at Stanford Shopping Center, titled a "New Year a New You," spotlighted YogaForce with Appleby, the latest in skin and cosmetics care, and fitness training with VIVRE Fitness. www.yogaforce.com