

D Beauty

DALLAS / FORT WORTH

The New Dallas Diet

Forget the Zone: We have the hottest plan in town. [p. 46]

Get Fit

Hot New Power Workouts [p. 50]

"I LOVE THE NEW ME!"
7 Great Dallas Makeovers

145

TOP TRAINERS, SALONS, SPAS, DOCTORS, AND SURGEONS

THE LATEST IN COSMETIC ENHANCEMENTS

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FALL/WINTER

\$4.95

the new beauty hangout ▶

Another reason to head to Sephora: **Klinger Advanced Aesthetics** has taken over some 5,000 square feet to create spa treatment rooms, including eight "express rooms" for quick manis, pedis, and facials; the Klinger Color Lab; and a med-spa area for Botox and Restylane injections. But the most interesting thing to come out of this partnership is the 360-degree Diagnostic Station, which measures skin's elasticity, texture, UV damage, hydration levels, visible spots—even tooth whiteness. Talk about your one-stops. 220 NorthPark Center. 214-654-9800.



▲ DYNAMIC DUO

We love **Blinx's** new **lash primer** and **mascara** (above). Apply the primer before mascara for truly incredible length and volume or wear the clear gel to bed as an overnight lash treatment. The mascara is a stay-put-against-all-odds, water-resistant formula that survived not only a day at the lake but a Caribbean vacation. *Primer, \$15, available at www.sephora.com and mascara, \$24, at Sephora, 220 NorthPark Center. 214-378-8177.*



Early Christmas Present
Oscar de la Renta will open a new boutique in NorthPark this December. The store will carry the ready-to-wear collection; a full range of shoes, handbags, and jewelry; and select items exclusive to de la Renta boutiques.

◀ IRRESISTIBLE

We're crazy about **Prada**, the fashion house's first signature fragrance for men. \$49.50-\$90 at *Saks Fifth Avenue, 13550 Dallas Pkwy. 972-458-7000. www.saksfifthavenue.com.*

Money Pit

American women spend more than \$300 a year on skincare products that don't work.

More than 80 percent of women misunderstand—and mismanage—their skincare "problems." Enter **Prescribed Solutions**, a customized skincare line of physician-strength formulations that are distributed solely through doctors' offices.

After a brief assessment of your skincare needs, the physician or aesthetician selects "boosters," natural, botanical additives that address specific skincare concerns. The boosters are mixed into your choice of base products such as face and body cleansers and serums. For instance, adding a hydration booster to a cleanser can help improve dry skin, and an eye serum with a firming booster minimizes expression lines (what your mother called "crow's feet"). Others lighten brown spots, inhibit free radicals, control acne and rosacea, or manage skin problems associated with menopause. Licensed Aesthetician Jennifer Rosencrance of Bent Tree Family Physicians uses Prescribed Solutions herself because, "It's a great product; I see results almost immediately."

And here's a plus: You're not stuck with a particular product after a problem has been eradicated. As your skin changes, so will your formulations. (This is customized skincare, after all.) Products, which stretch over eight to 12 weeks of use, are reasonably priced, ranging from \$25 to \$95. *Bent Tree Family Physicians, www.benttreemd.com. To find the nearest source of Prescribed Solutions products, visit www.prescribedsolutions.com.*