

Best of Atlanta 2018

BEST NEW STUDIO: BARRY'S BOOTCAMP

Harnessing innovative interval and strength training, the workouts at Barry's are as intense as they are effective—aka the key to achieving that sexy summer bod. @barrysbootcamp

BEST PERSONAL TRAINER: BRYAN JEAN-PIERRE

This former NFL player—who's total eye candy, might we add—will whip you into shape in no time. @b_jeanpierre

BEST SPECIALTY FITNESS STUDIO: BURN BOOT CAMP ROSWELL

Prepare to burn an average of 700 cals per 45-minute bootcamp-style workout at this OTP fitness outpost with a young, motivating staff. @burnbootcamproswell

BEST SPIN STUDIO: 191 RESOLUTION FITNESS

Commit to the 45-minute cardio-intensive spin seshes offered at this Downtown fitness spot, and you'll be showing off toned legs in no time. @191resolutionfitness

BEST SPRAY TAN: RAW BRONZING STUDIO

When the sun just isn't working in your favor (pale-skin peeps, we feel you), know you can still sport a glowing shade thanks to the boss babes at this Buckhead studio. @rawbronzingstudio

BEST SUGARING STUDIO:

SWEET PEACH WAX & SUGARING STUDIO

Owner Raquel Souza is taking over the A—from Va-Hi to Buckhead to Sandy Springs—with her waxing studio, the first in the city to offer sugaring hair removal. @sweetpeachwax

BEST WAX: ART OF WAX

Nestled inside Emory Point's shopping district, the Brazilian waxing studio promises nothing but smooth sailing—and a superfun staff. @artofwaxatlanta

BEST WORKOUT PLAYLIST: VIBE RIDE

Not many cycling studios in the A have you sweating it out to music videos in classes like Trap, Twerk & DJ Werk. Say hello to your new workout obsession. @theviberide

BEST YOGA STUDIO: RED HOT YOGA & MASSAGE

The talented instructors at this power and hot yoga studio—classes are heated between 98 to 110 degrees—will have your figure looking just as the name suggests: red hot. @rhyandmassage

BEST ANTI-AGING DOCTOR: DR. THERESA JARMUZ

A *Wrinkle in Time* may be a great movie, but a wrinkle on the face isn't as big of a hit. Luckily this skin expert is quick to fix any unwanted facial lines. @buckheadfacialplasticsurgery

BEST BODY CONTOUR PROCEDURE: SMART LIPO, WIFH

Smart Lipo—aka laser-assisted liposuction—lessens the possibility of any tissue trauma by using a laser to gently melt body fat before it's suctioned from the body, and this medical center near Perimeter Mall is a smart choice for the job. @wifh

BEST BOTOX & INJECTIONS: ATLANTA PLASTIC & RECONSTRUCTIVE SPECIALISTS

Update your profile—literally—with this center's top-of-the-line Botox, Juvederm injections and more. atlplasticsurgeon.com

BEST BRAZILIAN BUTT LIFT: DR. ASAF YALIF

To put it simply: The double board-certified plastic surgeon can have your booty looking like you've been doing squats since you were born. @drasafyalif

BEST BREAST AUGMENTATION: THE SWAN CENTER FOR PLASTIC SURGERY

With more than 20 years in biz, this center's three board-certified plastic surgeons have all the right tools to perk up what Fergie might call your lovely lady lumps. @theswancenter

BEST BREAST REDUCTION: ATLANTA PLASTIC & RECONSTRUCTIVE SPECIALISTS

If you're looking to slim down the ladies, look no further than this cosmetic surgery center, where the team is just as noteworthy as the results. atlplasticsurgeon.com

BEST CHIROPRACTOR:

TAYLOR CHIROPRACTIC & WELLNESS

Thanks to the handsome twin docs at this chiro office, ATL has never been more aligned. @thetaylordocs

BEST COSMETIC DENTIST: DR. DEBRA GRAY KING, ATLANTA CENTER FOR COSMETIC DENTISTRY

Having been featured in national mags like *InStyle*, *Vogue* and *Glamour*, this doc is a goto for a stunning smile—just ask the roster of celebs who visit her on the reg. atlantacenterforcosmeticdentistry.com

BEST DERMATOLOGIST:

GARDNER DERMATOLOGY & MED SPA

From rejuvenating facials to Botox injections and more, you'll be hard-pressed to find a better skin doc in the city. @gardnermedspa

BEST ESTHETICIAN:

MEGHAN SCOTT, ATLANTA FACE & BODY

As skincare ambassador of the Cobb County surgery center, beauty maven Meghan Scott will have your skin sporting a healthy glow from the inside out. @atlantafaceandbody

BEST FACIAL PLASTIC SURGEON:

DR. LOUIS DEJOSEPH

A specialist based in Sandy Springs, this MD has more than 15 years of experience helping Atlantans put their best face forward. picosmeticsurgery.com

BEST INTEGRATIVE MEDICAL PRACTICE: PROGRESSIVE MEDICAL CENTER

For the au naturel type of Atlantan, this natural medicine therapy-focused practice takes a more organic approach to healing your body—and the outcome is a happy bod and a happier patient. @progressivemedicalcenter.com

BEST LASIK DOCTOR: THOMAS EYE GROUP

While glasses have their perks of accessorizing your #OOTD, few things feel better than being able to see sans eyewear, which is where the pupil pros at this optometry practice come into play. @thomaseyegroup

BEST MEDISPA: AYA MEDICAL SPA

From the Northside to Phipps Plaza to Avalon, this medspa's three locales make it easy for ATLians to access top-notch docs for all their Botox and CoolSculpting desires. @ayamedicalspa

BEST MICROBLADING: BROWS BY MILLY

Milly Marques has ATL's brow game stronger than ever with her superpopular technique that applies semi-permanent pigment to the skin's surface for a fuller, more fabulous look. @browsbymilly

BEST NONSURGICAL PROCEDURE: COOLSCULPTING

Send the waving hand emoji to your body's not-so-instantworthy spots thanks to this innovative procedure that freezes fat right off—and just in time for swimsuit season. @coolsculpting

BEST OB-GYN: DR. E.J. ASPURU, NORTHSIDE/NORTHPOINT OB-GYN

Visiting the lady doctor is no one's fave activity, but the top-notch doc at this OB-GYN outpost makes the yearly task a lot more tolerable. @nsnpobgyn.com

BEST PLASTIC SURGEON: DR. JOHN CONNORS

Not only is this doc quite the looker (he was named one of *JEZEBEL's* 2017 Most Beautiful Atlantans), but his talent is incomparable—so we'd call that a win-win for any patient. @johnconnorsmdplasticsurgery

BEST RHINOPLASTY:

DR. PRADEEP SINHA, ATLANTA INSTITUTE FOR FACIAL AESTHETIC SURGERY

Say hello to an improved sniffer this season with the unparalleled skills of this double board-certified doc. facialaestheticsurgery.com

BEST BATH AND BODY BOUTIQUE: ONA ATLANTA

Stock up on uberluxe sea salts, detoxifying face masks, cozy candles and more at this boutique bursting with pampering goodies. @onaatlanta

