

# 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 VaHi 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

