

# no. three: staying relaxed looking fabulous

GOOD TIME GIRL AISHA TYLER'S PICKS FOR HOW TO BE HEALTHY WITHOUT BEING A NUT



## UP-AND-COMING PLASTIC SURGEON

**WE ASKED:** Dr. **Amelia Kaymen**, head of dermatology at CPMC **HER PICK:** Dr. **Carolyn Chang** in San Francisco (415/923-3067, [www.lookingyourbest.com](http://www.lookingyourbest.com))

At 37, Stanford-educated Chang is a lot younger than better-known cosmetic surgeons around the city, but she's trained with the best—and learned well, says Kaymen (who had some minor work done by her). Not only does Chang know her way around an eye lift, Kaymen says, “she’s open and honest with all my clients. She treats them with respect. Women feel confident going to see her.”

## DERMATOLOGIST AND COSMETOLOGIST

**WE ASKED:** **Kimberly Guilfoyle Newsom**, legal analyst on *Larry King Live*, *Court TV*, and *Good Morning America* **HER PICKS:** Dr. **Richard Glogau** (415/564-1261) and **Elegant Nails** (415/441-7177)

To keep her skin camera-ready (“sometimes I have people putting makeup on me at 2 a.m.”), Newsom relies on regular checkups with Glogau, one of the top derms in the country. “His whole thing is less is more,” she says appreciatively. Glogau is best known as the guy who practically invented Botox, but Newsom sings the praises of his Hydraflight moisturizer: “I love it for when I fly.”

For her other beauty needs, Newsom is generally too busy to bother with the fussy service at a top spa. Instead, she has a secret weapon right in her neighborhood: beautician **Triss Tran** at **Elegant Nails**, tucked into the Marina Inn on Lombard. “If my eyebrows need a touch-up,” she says, “I go to Triss. She also does manicures, pedicures, bikini waxing. She’s great.”

## WINE COUNTRY MASSAGE

**WE ASKED:** **Dione Carston**, owner of St. Helena’s chic Dione Carston Cosmetics Edited boutique **HER PICK:** **Paul Vorland** (707/963-4971)

Carston has been to more than 30 “assembly line” masseurs at spas and hotels in the Napa Valley. “With most massage techniques, they say that three strokes are supposed to relax the muscles,” she says. But then she found Vorland, a Reiki master who works independently. “You actually float out of his room. He warms up your muscles one at a time, then goes in and starts working. One time I tried to count, and after 134 strokes on my shoulder blade, I stopped.” Vorland explains his technique this way: “I feel the energy of the body, find the blockages, and get those squared away so clients feel better when they leave. It’s a full mind-body-spirit practice.”



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([www.pratherranch.com](http://www.pratherranch.com)) and ended up ordering a bunch of meat. They have a closed herd, so it’s a low kill. They can be meticulous. And it’s the best beef I have ever tasted.”

**GOOD WAY TO SPEND A SATURDAY MORNING:** “I love the **Ferry Plaza Farmers’ Market**, not just because my dad, James (everyone calls him Tyler), works there. He’s the official ‘market ambassador.’ I get my Peet’s and fried oysters for breakfast and buy stuff to take back to L.A.—the last time it was eight pounds of Italian runner beans, which I had to shell and put in a giant bag for the plane. I like it better than anything in L.A. because the commitment to organic agriculture is stronger. There’s more diversity in the organic food you can buy.”

**GOOD CLEAN FUN:** “I am a spa whore. I started going to them out of necessity—in my job, people would notice if my nails weren’t done. Now I go at least once every two weeks to relax. In San Francisco, I love **Tru spa** (415/399-9700)—I took my mom (jazz singer Robin Gregory) there for her birthday recently. The massages and the Moji-Toe pedicure were great, and the environment is modern and austere—very soothing. I also like the **Claremont Resort & Spa** in Berkeley (800/551-7266). I tend to like to suffer in massages. Both times there, I had giant Nordic men who were quite well conditioned, not a 16-year-old girl with little string arms.”