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+ INTERVIEW
WITH ELENA

WEDDING
FASHION

ONCE UPON A TIME IN
WINDERMERE

IN FEAR OF
FORECLOSURE?

THE GOOD, THE BAD & THE UGLY
CELEBRITY SOUP

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Snap is back!

May - On Stands until June 15



Stay Away from Wedding Blues and Make Way for Wedding Bliss!

By: Cathleen K. Bode
Credits: Flavia Robinson

Read more at:
StyleToMe.com

> Wedding day: There's no other time in a girl's life when stress reaches levels high enough to transform the sweetest soul into a Godzilla bride. Being hours away from the "I do" moment can put an unrelenting pressure on the bride to be. Everything must go as perfect as the fairy tale demands and the wait can be agonizing; knowing fairy godmother won't show up at the bridal suite to save the day! But here in central Florida we've got something better.

Spa at The Ritz-Carlton Orlando, Grande Lakes is definitely magical. If you're in for a full day of relaxation, just you and your bride-to-be deepest thoughts, The Blushing Bride is the right package for you, inclusive of professional hair styling and makeup suited to skin tone, bone structure and bride's personal style. This special indulgence comes with an aromatherapy treatment that promises to neutralize free radicals as well as renew and recondition the skin.

Planning a wedding can distract you from enjoying precious moments with the girlfriends who have been with you through thick and thin. How about blowing off some steam with The Bachelorette Day of Bliss package? Enjoy the day at a beautiful poolside private cabana stocked with assorted soft drinks, hors d'oeuvres and fresh fruits. Top it off in great style with The Classic Citrus Indulgence Manicure and Pedicure while sipping on a glass of refreshing wine.

After the awaited wedding day rolls up, it's impossible to hide the bittersweet feeling when you know the clock has ticked and your special day has gone by-- Or so you thought! You and your groom can indulge in a perfect Rest and Relaxation package. Rose petals, candlelight and soft music prepare the lovebirds to soak in a gently flowing hydro tub. Champagne and chocolate-covered strawberries are the perfect compliment to this romantic experience.

Located at the heart of the Grande Lakes Resort Development, this three-story 40,000-SF full-service spa is designed in the grand style of an Italian villa. The spa offers a range of treatments that focus on the therapeutic benefits of water (aqua) and is easily accessible to visitors and guests of The Ritz-Carlton and JW Marriott Hotels. The Spa features 40 treatment rooms, a fully equipped fitness center, Vitale Spa Café and Tranquility Spa Boutique.

Voted Best Spa For Body & Soul in our Orlando Style Readers' Choice Award 2011!

The Ritz-Carlton Spa Orlando, Grande Lakes
Tel # 407-393-4200
www.ritzcarlton.com/orlando <

> ASK DR. PALCESKI



Dr. Palceski looks forward to hearing from you and will be accepting questions at drp@reflectionsdermatology.com. Dr. Palceski is a Board Certified Dermatologist and Dermatologic Surgeon and is the founder of Reflections Dermatology & Center for Skin Care. For more information on Dr. Palceski or his practice, please visit www.reflectionsdermatology.com

Q: I recently heard about a new procedure by Zeltiq™ proven to permanently and naturally reduce fat without surgery. Can you tell me more?

A: Zeltiq™ CoolSculpting® is the first FDA approved, non-invasive procedure clinically proven to permanently reduce stubborn areas of unwanted fat. Now, thanks to this amazing technology, it's possible to get rid of love handles, a muffin top, or other unwanted bulges naturally and safely without the need for more invasive surgery such as liposuction.

Q: How does it work?

A: Zeltiq™ CoolSculpting® is a revolutionary new procedure that utilizes a process known as Cryolipolysis™. Cryolipolysis™ is the result of a groundbreaking discovery

by two Harvard University Physicians who discovered that when fat cells are exposed to extreme cold, a process of natural removal is triggered. The procedure has been designed to precisely cool to temperatures that destroy fat cells while leaving the skin and surrounding tissue unharmed. The result is a gradual and visibly noticeable reduction in the thickness of the subcutaneous fat layer treated.

Q: How long does it take?

A: The entire Zeltiq™ procedure takes just one hour to complete. However, many patients opt to treat multiple areas on the same day. In this case, one hour would be needed per treatment area.

Q: Can I return to normal activities immediately?

A: Yes! Since Zeltiq™ CoolSculpting® is completely non-invasive you can resume normal activities immediately.

Q: What results can I expect?

Clinical trials consistently showed a 22-25% reduction of fat in the area(s) treated with just one treatment with an even greater reduction being reported in patients who received multiple treatments.

Q: How soon will I notice results?

A: Many patients report seeing changes in as little as 4 weeks. However, maximum results can be expected after 8 weeks.

For more information on Zeltiq™ or to find a physician in your area, please visit Zeltiq.com