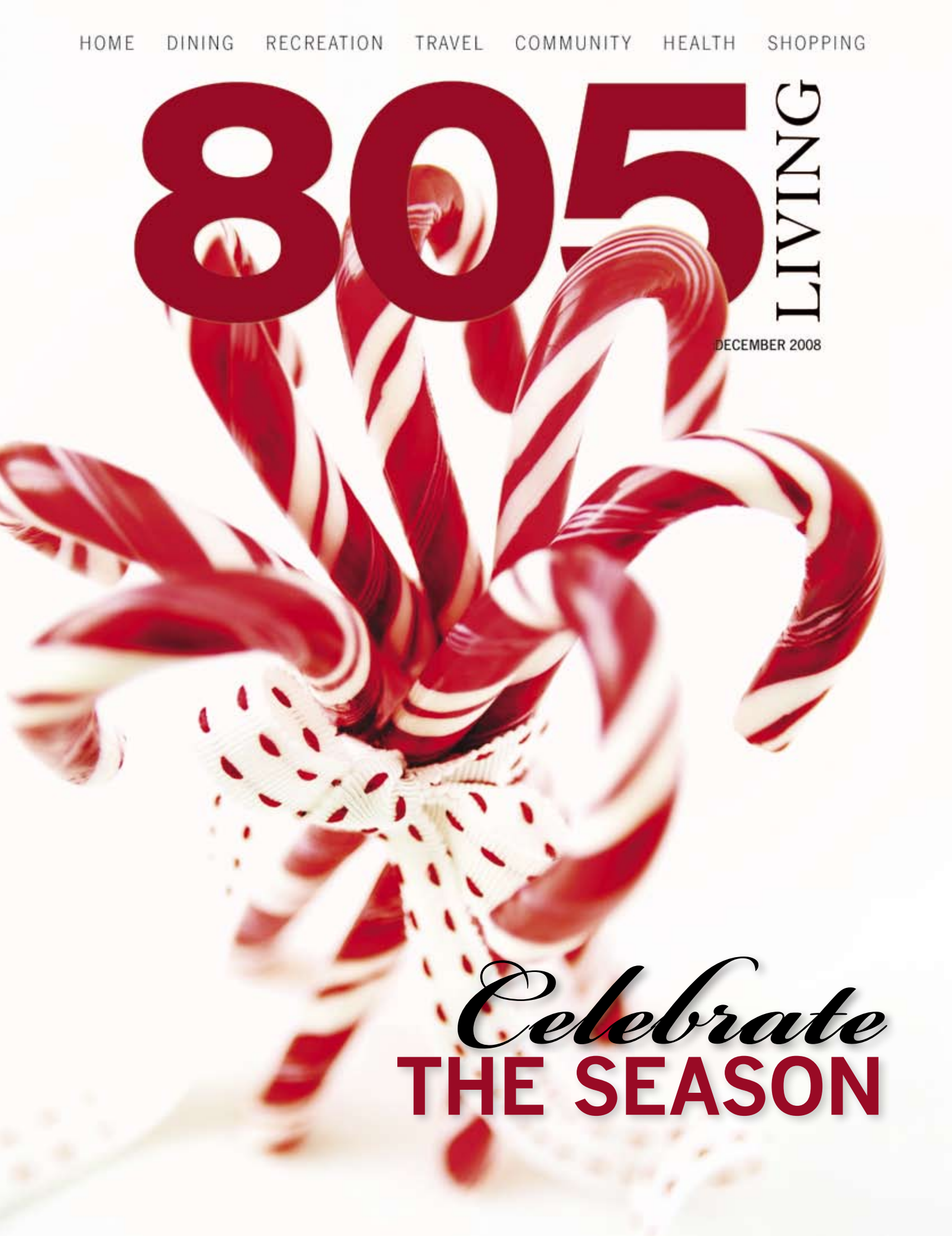


805 LIVING

DECEMBER 2008



Celebrate
THE SEASON

Mind/Body/Soul

By Maryann Hammers

PRETTIEST LOOKS FOR HOLIDAY PARTIES

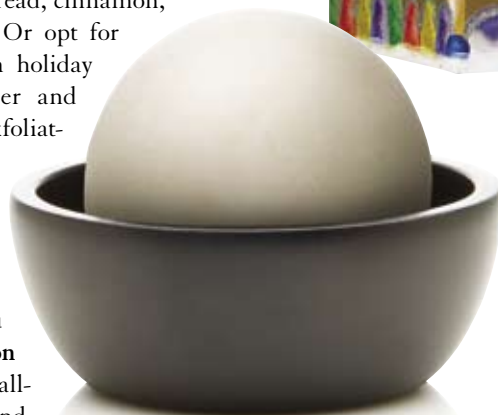
A potpourri of seasonal ideas and a *shocking* new spa treatment.

GINGERBREAD, CRANBERRIES, AND SNICKERDOODLES (OH, MY!)—Philosophy's keepsake **Gingerbread House** (\$30) opens to reveal four bottles of products that do triple-duty as shampoo, shower gel, and bubble bath. They come in gingerbread, cinnamon, gumdrop, and creamy frosting scents. Or opt for the generous 16-ounce bottles (\$16) in holiday flavors like Cranberry-Orange Spritzer and Snickerdoodle. There's also a "Snow" exfoliating gel (\$20). *At Sephora at The Oaks, 338 W. Hillcrest Drive, 805-370-9833; www.philosophy.com.*

SNOW WHITE—It never snows in this part of Southern California, but you can still have a white Christmas. **Ojon Tawaka's "White Ball"** (\$65) is a snowball-shaped, all-over cleanser that conditions and purifies as it lathers. It comes with its own wooden bowl. *At Sephora at The Oaks, see above; www.ojon.com/tawaka_c.php.*

PRETTY PUCKER—Smashbox's **Rapture Lipgloss Collection** (\$29) includes six shimmery holiday shades, from pale nude to deep plum. *At Beauty Collection, 4732 Commons Way, Calabasas, 818-225-9494; www.smashbox.com.*

JEEPERS PEEPERS—Colorescience's **Silent Night** mineral eye shadow palette (\$35) comes in four smoky, charcoal shades with luminous blue, green, violet, and gold highlights. *At Kalologie, 2200 E. Thousand Oaks Blvd., Thousand Oaks, 805-497-9400; www.colorescience.com.*



WHITEN UP

The holiday season may not be the most opportune time to try a new diet or throw yourself into an exercise program. No worries: just direct everyone's eyes to your dazzling smile.

WHITE TEETH IN A WEEK—For maximum whitening with minimum sensitivity, cosmetic dentist Dr. Rodney Burton of the **Conejo Valley Dental Institute** suggests comfortable custom-designed trays, which can be made in just 15 minutes. Take them home, apply a thin ribbon of whitening gel, and wear just 30 minutes daily for five to seven days (\$200, including gel). Even easier: Burton also offers **Opalescence Trèshwhite Supreme** (\$75), an over-the-counter professional alternative to drugstore strips. You get preloaded trays that mold to your mouth. Unlike drugstore strips, they cover all your teeth, not just the front. Wear 60 minutes daily. *Contact Dr. Rodney Burton at 75 Long Court, Thousand Oaks, 805-494-1500.*

WHITE BY TONIGHT—In a hurry? The super-speedy in-office **Zoom Advanced Power Plus** uses a new high-tech light to activate the bleaching gel while you sit in the dental chair. In 45 minutes, your teeth will be up to eight shades whiter. It's offered at the **Oaks Center for Cosmetic Dentistry**, a spa-like setting with waterfalls and fountains, aromatherapy scents, and comfy massage chairs. Many people experience sensitivity or discomfort during the treatment, but you'll forget about your mouth being full of goo and gauze as you enjoy an arm-and-hand massage, hand-softening paraffin treatments, and catch up on the news on your private satellite TV. December special: \$400 (regularly \$650), which includes custom trays and bleaching gel for at-home maintenance. *Contact Dr. Michael Kosdon at 253 Lombard St., Thousand Oaks, 805-777-7227, www.modernsmiles.com.*

Get a Charge From New "Lunchtime Face-Lift"

Attention spa hounds: There's a new treatment in town. **Thursday's**, a small, discreet spa and salon in Calabasas, recently introduced the UltraLift Nonsurgical Face-lift, an innovative procedure that tones skin, lifts facial muscles, and softens lines and wrinkles in just one hour.

The noninvasive treatment takes place in a room with soft lighting and soft music punctuated by birdsongs. The session begins with an aromatic cleansing and microdermabrasion to prep your skin. But don't expect a relaxing facial—UltraLift is a serious procedure that delivers ultrasonic waves, light therapy, and electrical microcurrents that stimulate and retrain facial muscles. Though noninvasive, to me it felt like a series of small, sharp shocks, and I experienced a strange metallic aftertaste. (The aesthetician claims that most people drift to sleep during the treatment, but with the intermittent pulses, sharp zingers, and mild tingles, I wonder how this can be possible.)

Here's the payoff: After a single session, before-and-after photos show sharper chin definition, higher eyebrows, and softer facial lines. No wonder it's a pre-party favorite. "We were absolutely bombarded before the Grammy and the Oscar awards," says spa director Jill Sugar. (Results last about a month; for more noticeable, longer-lasting results, up to 10 biweekly treatments are suggested, with monthly maintenance thereafter.)

Thursday's offers a variety of Yon-Ka (a French beauty treatment line) face, body, and massage treatments, plus non-surgical hair replacement. The staff staggers appointments so clients usually have the spa to themselves; and the salon offers individual rooms with televisions. (Anyone who's felt mortified about being seen with foil in their hair or dark dye covering their roots will appreciate the discretion.)

UltraLift treatments range from \$75 to \$225. Thursday's Spa and Salon is at 23945 Calabasas Road. For more information call 818-225-2000 or visit www.thursdays-spa.com/calabasas. ■

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