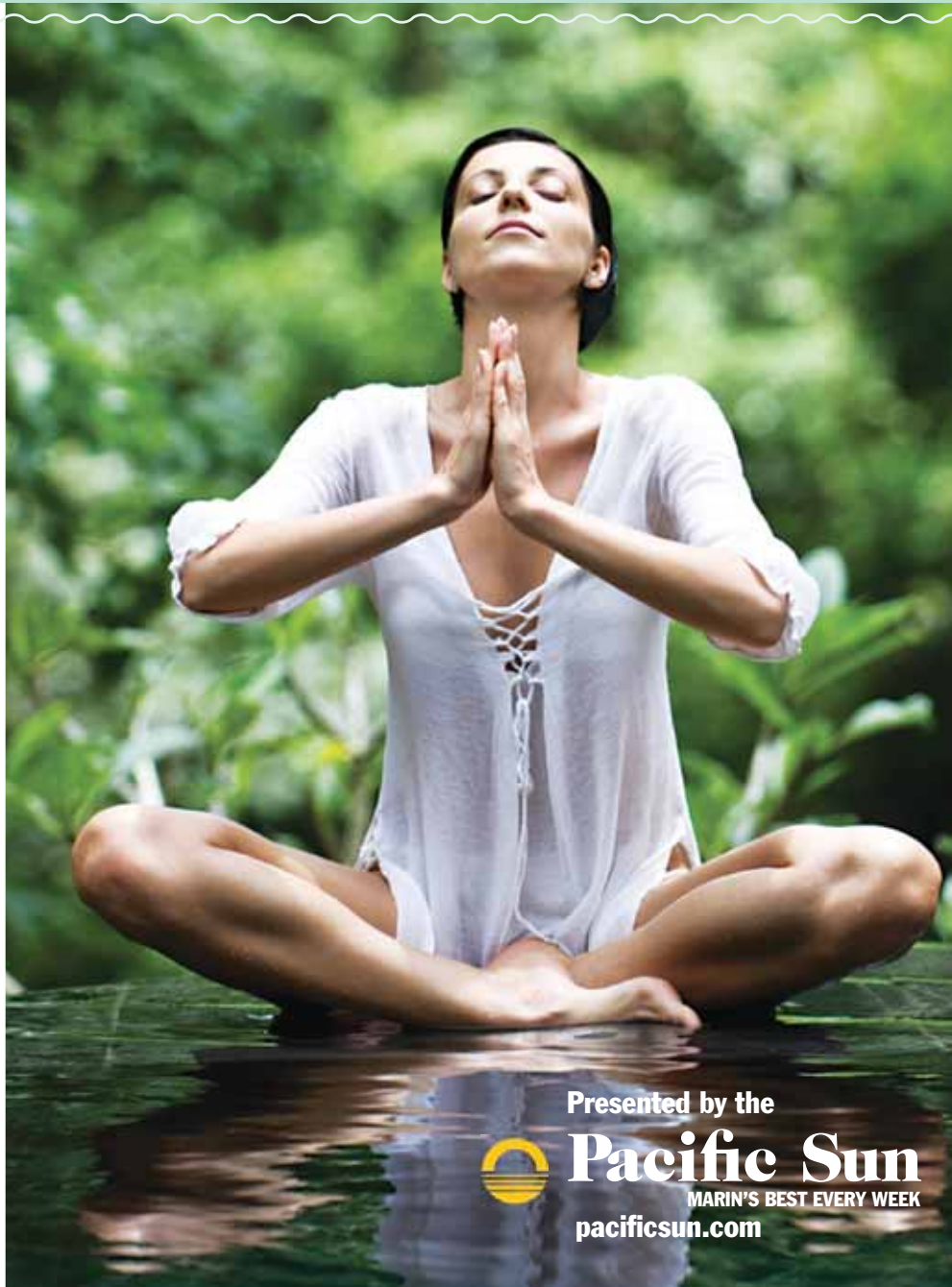




*Beauty + Health + Fitness*

Marin's Best Resource Guide to Better Living Spring 2009



Presented by the



**Pacific Sun**

MARIN'S BEST EVERY WEEK

[pacificsun.com](http://pacificsun.com)



The future belongs to those  
who believe in the  
beauty of their dreams.

ELEANOR ROOSEVELT



## SPRING IS COMING...

---

ARE YOU READY? FROM BOTOX  
TO BODY CONTOURING WE CAN  
HELP YOU REALIZE YOUR DREAMS  
WITH LONG-LASTING RESULTS

---

BOTOX • RESTYLANE • SKINCARE • BREAST AUGMENTATION  
• BREAST LIFT • TUMMY TUCKS • BODY CONTOURING •  
'NATURAL FACELIFT' • EYE AND BROW LIFT • AND MORE

Call for a Complimentary Consultation with Dr. Henry through April 15, 2009

PLASTIC SURGERY  
*results that last*

*Kimberly Henry* MD

350 Bon Air Road Suite One Greenbrae

**415.924.1313**

WWW.DRKIMBERLYHENRY.COM

# Contents

4..... At The Top Salon  
 4..... Benvenuto Salon  
 4..... Danielle Lane, M.D.  
 6..... Breast Thermography  
 6..... Marin Beauty Company  
 6..... Marin Pilates Studio  
 8..... Elan Fitness Center  
 8..... Judy Bell, Esthetician  
 10..... The Spiritual Healing Center  
 12..... Osher Marin JCC  
 14..... The Laser Center of Marin  
 16..... 20/20 Optical  
 18..... Alessandro Salon  
 18..... Ann Hathaway, M.D.  
 20..... Aegis of Corte Madera  
 21..... Shoes at Bon Air  
 23..... Harbin Hot Springs  
 23..... Marin Dental Wellness  
 24..... Barbara Newlon, D.O.  
 24..... Mt. Tam Laser  
 26..... Preventive Medical Center  
 27..... Bikram Yoga  
 27..... Evo Spa  
 28..... Pound Melters  
 30..... Kimberly Henry, M.D.



## Advertiser Index

20/20 Optical.....25  
 Aegis of Corte Madera.....29  
 Alessandro Salon.....13  
 Ann Hathaway, M.D.....11  
 At The Top Salon.....27  
 Barbara Newlon, D.O.....13  
 Benvenuto Salon.....17  
 Bikram Yoga.....11  
 Breast Thermography.....19  
 Danielle Lane, M.D.....21  
 Elan Fitness Center.....17  
 Evo Spa.....13  
 Harbin Hot Springs.....17  
 Judy Bell, Esthetician.....23  
 Kimberly Henry, M.D.....2  
 Marin Beauty Company.....19  
 Marin Dental Wellness.....11  
 Marin Pilates Studio.....19  
 Mt. Tam Laser.....15  
 Osher Marin JCC.....31  
 Pound Melters.....7  
 Preventive Medical Center.....9  
 Shoes at Bon Air.....15  
 The Laser Center of Marin.....5  
 The Spiritual Healing Center.....32



### Design and Production

Art Director/Production Manager: Beth Allen  
 Creative Director/Production: Gwen Aguilar  
 Graphic Designers: Gabe Lieb, Brindl Markl,  
 Michelle Palmer, Ken Piekny, Missy Reynolds

### Advertising

Advertising Director: Linda Black,  
 Senior Display Representative: Dianna Stone  
 Display Sales: Linda Curry, Ethan Simon,  
 Inside Sales: Gail Usilton  
 Courier: Gillian Coder  
 Traffic Coordinator: Angela Pourtabib

### Writer

Samantha Campos

### Proofreader

Carol Inkellis



**Pacific Sun** [www.pacificsun.com](http://www.pacificsun.com)

Embarcadero Publishing Company. (USPS 454-630) with offices at 835 Fourth St. Suite B (entrance on Cijos St.), San Rafael, 94901 Telephone: (415) 485-6700, Fax (415) 485-6226. E-Mail: letters@pacificsun.com. Entire contents of this publication Copyright ©2009 Embarcadero Publishing Company ISSN; 0048-2641. All rights reserved.



Member of the Association of Alternative Newsweeklies

## At The Top Salon

### *Hair Therapy*

For smoother, shinier, healthier looking hair

Entering a new frontier in hair care, At the Top Salon is the first in Marin to be certified for the Keratin Complex Hair Therapy by Coppola smoothing system, a conditioning treatment that restores natural keratin into the hair cuticle. It's a non-chemical treatment perfect for all types, including colored or damaged hair. Designed to make hair soft, shiny and more manageable, Keratin Complex is truly a life-changing experience! It's replaced Japanese straightening and is much better for the hair, eliminating 95 percent of frizz and curl, and reducing daily styling time.

Winner of the Mill Valley Business of the Year Award 2007, At The Top Salon has been one of Marin's premier salons for over 21 years, supporting the First Tuesday Artwalk and the Marin County Breast Cancer Council. ❀

*At The Top Salon, 10 E. Blithedale Ave., Mill Valley.*

*For complimentary consultations, call (415)381-3707 or (415)381-3708. You can also visit us on the web at [www.atthetopsalon.com](http://www.atthetopsalon.com).*

## Danielle E. Lane, MD

### *Modern Fertility*

Determining the 'right time' to have a child

Women today often opt for career advancement before deciding to start a family. However, our reproductive systems have a different timeline. Dr. Danielle Lane believes that it's just as important to plan to have children as it is to plan when not to have them.

#### **When should I plan to have children?**

This is a personal decision for everyone, but what is important is to recognize that for women trying to have children with their own eggs, fertility begins to decline as early as age 32. At age 30, women will release 10 healthy eggs each year, by age 38 they will only release 6 per year and by age 40, they may only release a single healthy egg annually. Every other egg released over the course of the year will be too unhealthy to result in a pregnancy. By age 35 there is a significant decline in fertility.

## Benvenuto Salon

### *Efficient Beauty*

Looking your best at a reasonable price!

Maintaining a beauty regimen isn't always about spending hours—and hundreds of dollars—luxuriating at a spa. Sometimes it's just about getting the job done and well, at a reasonable price by experienced, friendly professionals who understand your time restrictions and budgetary constraints. Whether it's a simple manicure or a beautiful bridal updo, the staff at Benvenuto Salon will not only have you looking great but also feeling great about yourself. The salon is very clean, with a comfortable atmosphere, and the work is fabulous—ensuring that stylists have made a difference in someone's life.

Benvenuto Salon has been providing very busy Marin residents with great hair and nails for 30 years, employing many of their stylists for nearly as long—all of them passionate about what they do, working as a team to help you look your best, every day. ❀

*Benvenuto Salon, 536 San Anselmo Ave., San Anselmo, (415)454-1347.*

#### **How do I know if my fertility is starting to decline?**

The problem is, you don't know. A fertility evaluation may be done by your obstetrician-gynecologist but time is of the essence, so don't delay partnering with a fertility specialist if problems are suspected. The evaluation is going to include understanding your family history, such as when your mother underwent menopause or if she had difficulties getting pregnant. You and your partner may need to undergo testing to determine if there are any issues that may impact your ability to conceive. You may not need to undergo treatment, but you should at least find out how your results may affect your timeline for conceiving. ❀

*Dr. Danielle Lane is a Reproductive Endocrinology and Infertility Specialist. Her fertility practice is located just north of San Rafael at 101 Rowland Way, Suite 305, Novato. Call (415)893-0391 or e-mail [info@drdaniellelane.com](mailto:info@drdaniellelane.com) to schedule a consultation.*

# Get a Lift Without Surgery

The Titan Procedure is a safe comfortable, non-surgical process that uses an infrared light source to tighten skin and reverse the signs of aging. The Titan Procedure treats lax and redundant skin throughout the body including the abdomen, thighs and underarms, but is most commonly used to tone, lift and tighten skin on the face, jowls and neck. In addition, the Titan stimulates long-term collagen rebuilding that leaves you with younger looking skin. Unlike other skin tightening options, the Titan treatment is virtually painless and has no downtime.

**Call to schedule a complimentary consultation**

## SERVICES INCLUDE:

- Titan™ For Lax Skin
- Fraxel® Laser Resurfacing
- Laser Hair Removal
- BOTOX® Cosmetic
- Restylane®, Juvederm™ & Perlane® Wrinkle Fillers
- IPL™ PhotoFacial
- Obagi Nu-Derm System
- Clinical-Grade Peels
- ClearLight® Acne Treatments
- Microdermabrasion
- Jan Marini & Jane Iredale Products



*Located in the beautiful Town Center Professional Building*



model

**50% OFF**  
**First Laser Hair Removal Treatment**

Bikini - \$80  
 Underarms - \$45  
 Full Back - \$200  
 (After Discount)

**Valid through 4/30/09**

**SAVE \$600**  
**with Fraxel® Laser Resurfacing Package (4)**

(Each Full Face Treatment = \$850 After Package Discount)

**Valid through 4/30/09**

**RECEIVE A FREE IPL PhotoFacial**  
 (\$400 value)  
 with each **Titan® Skin Tightening Treatment**  
 (\$600 per area)

**Valid through 4/30/09**

the **LASER**center  
 Susan Martling, M.D. of Marin

Laser Center of Marin Medical Group, Inc.  
 770 Tamalpais Drive, Suite. 301, (3rd Floor)  
**Corte Madera Town Center Professional Building**  
 (Lobby entrance across from Charles Schwab offices)



**www.marinlaser.com • Mon.-Sat. 8:30am-6:30pm • 945.9314**

*Designated a Platinum Medical Facility by Allergan (makers of BOTOX®), and Medicis (makers of Restylane®).*

## Marin Beauty Company

# Longevity In Beauty

Family-owned supplies & salon satisfies

☺ A family-owned business since 1988, Marin Beauty Company carries all the current beauty products you desire. Specializing in customer service and product knowledge, all three locations feature full-service salons offering “everything you need from head to toe,” “have it done” or “to go!” Plus, Marin Beauty Co. stocks a dizzying array of brand-name products for hair, nails, skin, cosmetics, waxing, bath care and gifts, as well as appliances and accessories.

Check out their 1,000-square-foot retail floors and 1,000-square-foot salons, where their friendly professional staff—many of whom have been with the company for over a decade—can answer questions on all your beauty needs. Be sure to visit their web site for special coupons, and pick up a discount card to earn valuable savings with every purchase. ❁

*Marin Beauty Company: Strawberry Village, 120 Strawberry Village, Mill Valley, store (415)381-6275, salon (415)381-1231; Montecito Plaza, 417 Third St., San Rafael, (415)454-4500; Vintage Oaks, 208 Vintage Way, Novato, (415)892-3600, (415)899-1160. Visit online at [www.marinbeautycompany.com](http://www.marinbeautycompany.com).*

## Marin Pilates Studio

# Synchronized Bliss

Personal, passionate, progressive...Pilates!

☺ Pilates is a healthy form of daily exercise for just about everybody. In it, you exercise to achieve a breakthrough by gained strength, thus helping your physical, (postural) obstacles and limitations. This is why many medical professionals recommend Pilates to their patients.

“Pilates has affected me personally,” says Marin Pilates Studio owner and master instructor Janette Jones. “So much so, that I’ve made a career out of it!” Coming from a massage therapy background and having worked among chiropractors, Janette could see how the whole concept of Pilates helps to promote a healthy posture by core training and gained flexibility. “This path has, in a way, set me on a mission to share my personal experience, first through personal mastery of the Pilates forms and ultimately passing it on to others who desire this excellence.”

At Marin Pilates Studio they strive to maintain the highest level of instruction by staying true to form when it comes to the original synchronized sequences of the

## Donna-Marie Scippa

# Breast Thermography

Earliest detection and risk assessment

☺ Research suggests that breast cancer survival rests upon its earliest possible detection. When discovered early, 95 percent cure rates are possible. Breast Thermography is an essential test in risk assessment and early detection, based on the principle that metabolic activity and vascular circulation in both pre-cancerous tissue and the area surrounding a developing breast cancer is almost always higher than in normal breast tissue—thus creating temperature variations that are detected and analyzed by ultra-sensitive medical infrared cameras and sophisticated computers.

Current methods used to detect breast cancer depend primarily on both physical examination and mammography. While this approach has become the mainstay of early breast cancer detection, mortality from this disease has gone relatively unchanged for 40 years. Thermography is an FDA-approved, painless, noninvasive, inexpensive screening for women of any age...information that is vital to maintaining health! ❁

*For information, call Donna-Marie Scippa at (415)299-0396 or e-mail [dscippa@yahoo.com](mailto:dscippa@yahoo.com).*



exercises. When you go to the studio, you can expect a complete Pilates workout, with the latest equipment, classes, private and semi-private sessions offered at all levels. “We want our clients to adopt Pilates as a way of life, simply put.”

If you have the dedication and the desire to take care of yourself, Marin Pilates Studio has the knowledge and information on how to achieve the results you want. They succeed in taking function and strength all the way through until you reach the bliss on the other side—called Pilates! ❁

*Marin Pilates Studio, 804 San Anselmo Ave., San Anselmo, (415)459-0112. Visit online at [www.marinpilatesstudio.com](http://www.marinpilatesstudio.com).*

# POUND MELTERS

A MODERN APPROACH TO WEIGHT CONTROL MEDICALLY SUPERVISED

WEIGHT MANAGEMENT  
FOR A BUSY LIFE

\$95/MONTH

BRING THIS AD IN FOR

\$15 OFF

YOUR FIRST VISIT



4460 Redwood Hwy., Suite 5, San Rafael | 415-446-7331

## Élan Fitness Center

# Community Of Fitness

A supportive environment for the healthiest you can be

More than just a fitness center, Élan is an award-winning, locally owned and family-operated health club where, for the past 25 years in Marin, they've offered a community of people coming together to be the healthiest, fittest and best they can be. In some cases, it's become a neighborhood destination and a place where the county's residents can feel like part of a family—generation after generation. Élan prides itself on being different from other fitness centers by creating an environment for your mind, body and soul.

At Élan, their certified personal trainers will create a program designed just for you! All 130 monthly classes are included with your membership so you don't have to worry about additional class fees. They offer Pilates, yoga, group fitness classes, Zumba and Latin dance, free weights, Nautilus weighted equipment, spa services, in addition to personal training, nutrition and weight-loss programs.

We understand you may have a busy schedule these days,

so we are open seven days a week. If you have children, you can bring them, too. Élan's friendly, devoted staff in Kids Korner would love to look after your children while you work out.

Not in the mood to work out? Come to Élan to relax and soothe your mind and enjoy Élan's full spa service. Deirdre O'Neill's Skin Care is located inside Élan to make a day of relaxation. From Jacuzzi, sauna, facial, waxing or full-body treatments—they have it all!

The Élan fitness family invites you to visit their spacious, conveniently located facility, experience the welcoming supportive atmosphere and get to know their staff who are all dedicated to your health and fitness, and who will encourage you to relax, have fun and be yourself. ✿

*Élan Fitness Center, 230 Greenfield Ave., San Anselmo, (415)485-1945. Visit online at [www.elanfitness.com](http://www.elanfitness.com).*

## Judy Bell, Esthetician

# Relaxed Mind, Revived Skin

Looking younger doesn't have to take much time

Being busy and stressed-out sometimes means your skin pays the price. Judy Bell understands how important your time is, and she will ensure your treatment will both relax and revive you, while giving your skin the attention it needs. Whether you opt for a rejuvenating facial or a long-term, result-oriented skin program, Judy will help you achieve a more youthful complexion by improving the surface texture of your skin and tone of your facial muscles with an array of non-surgical services and the skill her 19 years of experience can provide.

She offers "express facials" for the man or woman on the go; full European-style facials with specialty masks and peels; the latest in microcurrent facial toning technology and microdermabrasion; as well as professional waxing services, massage therapy and reflexology. While all of Judy's European facials include a wonderfully relaxing neck and shoulder massage, other treatments can be combined as well. For instance, you can make the most of your time by



trying Judy's famous foot exfoliation and massage as your facial mask is setting.

Additionally, Judy will be donating two facials per month to those who cannot afford to pay the usual costs of service, in an effort to educate and care for those with either mild acne, sensitive, mature or damaged skin, and environmentally affected skin. The products she uses have performance-proven ingredients, innovation of science and the wisdom of nature, cruelty-free testing, with a declaration in support of beautiful skin. ✿

*Judy Bell, Esthetician and Certified Massage Therapist, located at Skin Care Solutions, 710 C St., Suite 14, San Rafael; also available at Deirdre O'Neill Skin Care, Élan Fitness Center, San Anselmo. For info or appointments, call (415)342-4525.*



# PREVENTIVE MEDICAL CENTER OF MARIN

## **Over 100 Years of Alternative Healthcare at one Facility**

Celebrating its 25th year of Integrated Healthcare, Preventive Medical Center of Marin is proud to announce the alliance of three long standing colleagues with more than a century of combined experience in family and alternative medical practice.



**Elson M. Haas, M.D.**  
Founder & Medical Director  
Family & Children's Health  
Author & Teacher



**Richard L. Shames, M.D.**  
Integrated Medicine  
Thyroid & Hormonal Balancing  
Author & Teacher



**Michael E. Rosenbaum, M.D.**  
Nutritional Medicine  
Allergies & Chronic Fatigue  
Healthy Aging

### **Additional Practicioners:**

**Georjana Shames, L.Ac.**  
Acupuncture,  
Herbal Therapy

**Carol Butterfield, Dip.Ac**  
Medical Intuitive

**Alex Forman, PA**  
General Practice

**Janara Iman-Thomas, CN**  
Nutrition & Detox



**Judy Lane, NP, MS**  
General Medicine, Women's Health,  
Natural Therapies  
Menopause/Bio-Identical Hormones

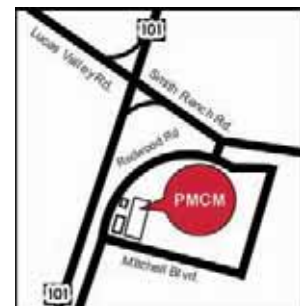


**Tom H. Reece, DO, ND**  
Osteopathic Manipulative Medicine,  
Cranial Sacral Therapy  
Accupuncture

Conveniently located in northern San Rafael, the Preventive Medical Center of Marin offers a full range of healthcare and nutrition services with an integrated and contemporary perspective.

**Insurance accepted for many services.**

**Come to our  
Open House &  
Complimentary Clinic  
April 30th 5:30-7:30 PM**



**Integrative & Preventive Healthcare . . . and We Work with Insurance Plans**

25 Mitchell Blvd., Suite 8 San Rafael (in Terra Linda just off Smith Ranch Road)

**Tel: 415.472.2343 [www.pmcmarin.com](http://www.pmcmarin.com)**

## The Spiritual Healing Center

# Divine Wellness

Purifying the mind, body and spirit

☯ In this current devastating environment, with people losing their homes and the global economy in collapse—war, disease, famine on the rise—there is a big wake-up call to focus on what’s really important, to maintain our integrity and connection. We invite you to create your own reality.

The Spiritual Healing Center is a nondenominational Interfaith Sanctuary that practices universal truths from all religions. We recognize that all people are a divine spark from God. Our basic teachings consist of Christian Tenants, esoteric truths, the Yoga of Jesus, the Integral Yoga of Sri Aurobindo and the Mother. Prayer, meditation and healing are the backbone of our public services.

We study the Bible, the Urantia Book, Course in Miracles, practice the Yoga of Jesus, The Integral Yoga of Stir Aurobindo and the Mother. We honor the truth in all spiritual paths and one another. WE agree to live in oneness with the divine in all dimensions and agree to live in a state of grace. WE agree to keep our energy in our own space and not to trespass into others.

We practice the art of spiritual healing, prayer, meditation, yoga, fitness, herbs and nutrition wellness. We believe all healing is self-healing rather than the relief of symptoms. This is a foundation for spiritual development and growth with the purpose of raising the consciousness of humankind. We are devoted to sharing wisdom, higher destiny, universal truths and healing with everyone who truly is ready to change.

The Spiritual Healing Center is a foundation for spiritual development and growth with the purpose of healing ourselves first. The Bible says, “Seek ye first the kingdom of heaven.” We offer Spiritual Healing, Spiritual Healing Certification, Clairvoyant Training, Ministerial Program and our four-year Divinity Program.

We offer ongoing private spiritual healing sessions, Higher Power Healing and Purification courses. The first step in spiritual development is the purification of the spirit and physical body. Integrate your Higher Self or God-self physically through our ongoing meditation and healing clinics and classes.

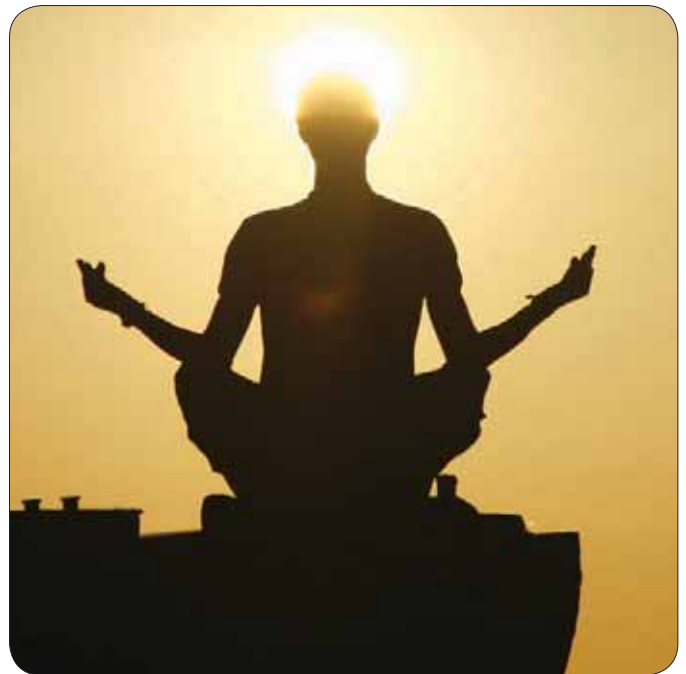
Our new Sanctuary store offers rare spiritual writings, books and journals, music, tea, herbs, crystals, yoga

wear and a vegan protein powder that is sugar-, dairy-, wheat- and soy-free, and available in vanilla, chocolate or chocolate-mint flavors.

Join us for our Tuesday evening prayer and healing clinic, where your chakras will be cleansed and your communication with God brought into present time. Surrender your problems and worries, stress and tension, and relax as you embrace your own spiritual energy, energizing your true soul path and purpose—by donation only.

Our regular monthly Golden Harp Concerts and ongoing weekly programs are devoted to healing and purifying the spirit and body, Heal your spirit and bring your own energy in to heal your body and your symptoms will disappear. Ours is a holistic approach designed to assist you in the transition away from medications and disease, uniting the body, emotions, mind and spirit with their highest potential and divine purpose. Change your energy and you will automatically regain your inner peace and balance. ✿

*The Spiritual Healing Center, 260 E. Blithedale Ave., Mill Valley, (415)381-4465. Visit online at [www.thespiritualhealingcenter.org](http://www.thespiritualhealingcenter.org) or [www.innervisionsinc.com](http://www.innervisionsinc.com).*



## marin dental wellness



*Dentistry*  
With a holistic  
approach.



*Create*  
a healthy mouth  
with the body in  
mind.



- Ⓞ Mercury-Free Restoration
- Ⓞ Biocompatible Materials Testing
- Ⓞ Gentle Teeth Whitening
- Ⓞ Natural Approach to Gum Health
- Ⓞ Ozone Therapy
- Ⓞ Treatments for TMJ, Snoring, Sleep Apnea
- Ⓞ Accepting New Patients Accepts Most Insurance

Brian J Smith DDS

924-6551 • 33 Montecito Dr. • Corte Madera

## ANN HATHAWAY, M.D. 25 YEARS IN MEDICAL PRACTICE!



### WHOLISTIC NUTRITIONAL MEDICINE

For Women, Men & Children  
**The Best of Western  
and Alternative Therapies**

- Comprehensive Health Evaluations
- Menopause & Male Andropause
- Bio-Identical Hormones & Herbs
- Complex Digestive Issues
- Challenging Fatigue Problems
- Depression & Anxiety
- Insomnia
- Thyroid & Adrenal Balancing
- Detox/Lead/Mercury
- Enhancing Brain Function
- Insulin & Weight Issues
- Nutritional Evaluation Including Vitamin & Mineral levels

## BIKRAM YOGA

S A N R A F A E L

HOT AS YOU LIKE IT  COOL AS CAN BE

PROUDLY AFFILIATED WITH BIKRAM'S YOGA COLLEGE OF INDIA

**THE SAFEST  
INVESTMENT:  
YOU!**

Bikram Yoga is the most popular beginning yoga series for men and women of all fitness levels. This complete workout is done in a heated room and will help you achieve your fitness and wellness goals: lose weight, improve flexibility, increase strength, enhance endurance, reduce stress, heal injuries, improve concentration and strengthen the immune system.



INTRO SPECIAL

**\$29**

UNLIMITED MONTH

Change your  
**BODY**  
Change your  
**LIFE**

One Intro Special per customer. Intro Special for new students valid any time. Not valid with any other offers.

1295 Second St., Suite 21 • San Rafael, CA

415-453-YOGA (9642)

[www.SanRafaelYoga.com](http://www.SanRafaelYoga.com)

## BIO-IDENTICAL HORMONES

tired? depressed?  
irritable? low libido?  
poor sleep? brain fog?  
hot flashes?

IN DEPTH, INDIVIDUAL  
TESTING AND TREATMENT FOR  
WOMEN & MEN

25 MITCHELL BLVD. #3 SAN RAFAEL  
**(415) 499-0966**

[www.AnnHathawaymd.com](http://www.AnnHathawaymd.com)

Osher Marin JCC

## Get Centered...

At the Osher Marin JCC!

Nestled in the hills of San Rafael, the Osher Marin Jewish Community Center is part of a unique campus-like environment, offering programs and activities for all ages. The Center includes a recently renovated state-of-the-art fitness facility with three pools (winner of *The Pacific Sun Readers' Poll* Best Health Club & Best Pool in Marin, two years in a row), a 300-seat theater, a library, youth and family center, and an early childhood education center for infants and toddlers.

The award-winning Koret Center for Health and Fitness features state-of-the-art equipment, three fitness studios, a full complement of free weights and a full-length basketball court. Membership includes a wide variety of group fitness classes from Belly Dancing, Afro/Caribbean Dance and Pilates to Cycling, Abs & Stretch, Total Tone, Dance Fitness, and Zumba! There are also many choices for Yoga instruction, so you can find the right class for you, including Yin, Vinyasa, Advanced, Iyengar and Yoga Groove. And if you need that extra push to get you going, their team of professional personal trainers will make sure you have the perfect customized program to maximize your workout, and fit your schedule.

Taught by highly trained aquatic professionals, their swimming program has classes for all ages from 6 months to seniors, including private and semi-private lessons, group lessons, Adult Masters Swim Program, Youth Swim Club and even Red Cross Lifeguard training. They offer three pools—outdoor, indoor and tot. The indoor pool features a U.V. chlorine-reducing system, an outdoor pool with year-round lap & family swimming, and a summer tot pool.

The Rejuvenation Zone is a personal retreat for renewal and relaxation. Escape with a massage to recharge your energy. You feel a sense of well-being as their team of certified, talented and experienced massage therapists help your aches, pains and imbalances subside. Choose from over 10 types of treatments including traditional Swedish, hot stone or sport massage to suit your needs. You can relax in



their saunas, spa and steam room.

If you need a break from the kids while you work out or relax, your little ones can enjoy the best in care and have fun with their KidCare programs. Available once a month, their Parents'

Night Out gives you a well-deserved break to do whatever you like—while they watch your kids and serve them dinner!

The Kanbar Center for the Performing Arts also offers the best in performances from world and classical music to Broadway cabaret, author events and children's programs. You can get the best in dance, humor and music right here in Marin! Their popular upcoming Summer Nights series offers family-friendly outdoor concerts and movies in a safe and beautiful venue—a great way to share the joy of music under the stars. Other adult programs include day trips, overnight excursions and classes.

Their acclaimed preschool, teen programs and amazing summer camp programs give your children an inspiring and joyful place where they can create lifelong memories and friendships. Their summer camp takes advantage of their 11-acre campus: outdoor pool, state-of-the-art gym, art studio, new field, basketball courts, traversing wall and playground. Make sure to check out their Sundays at the J from noon to 4pm, where families relax and swim together in the award-winning pools, play in the jumpy house and make art projects in their beautiful art studio.

Regardless of your age, background and interests, you truly belong here! ❀

Osher Marin JCC, 200 N. San Pedro Rd., San Rafael, (415)444-8000.  
Visit online at [www.marinjcc.org](http://www.marinjcc.org).

Your Hair  
Your Look  
Our Salon



1440 4<sup>TH</sup> ST.  
SAN RAFAEL  
**456-6471**  
For your appt. today

- Revolutionary Hair Extensions **NXS**
- Japanese Hair Straightening
- Bridal and Prom Services
- Special Occasion Make-Up
- Full Service Nail Offerings
- Highlight and Color Specialists



facials • massage • body polishes & wraps • waxing  
natural face-lifting • detox/wellness programs • airbrush tanning  
acupuncture • thermography • spa boutique • gift cards

*Enroll in our Premiere Rewards program.  
Earn points for every dollar spent.*

216 STRAWBERRY VILLAGE, MILL VALLEY  
WWW.EVO-SPA.COM

CALL FOR RESERVATIONS 415.383.3223  
MONDAY - SATURDAY 9AM - 9PM • SUNDAY 10AM - 7PM

## Osteopathy for Babies & Children



**Dr. Barbara Newlon**  
*Fully licensed family physician and homeopath, in practice for 26 years*

*"My children and I all notice a real sense of well being after seeing Dr. Newlon for osteopathic manipulative treatment . . . she provides a type of care that can be an important adjunct to conventional medical treatment."*

– **Michael Harris, M.D., Pediatrician, Marin County CA**

Dr. Newlon specializes in cranial/sacral manipulation and homeopathy as an alternative to allopathic drugs. Osteopathy works on the principle that the body has the capacity to resist disease and heal itself and is designed to support and stimulate the body's natural ability to heal itself. Doctors of Osteopathy hold the same unlimited practice rights as M.D.'s.

### Babies

- Reflux, Colic
- Improper Sucking
- Sleep Disorders
- Constant Crying
- Abnormal Crawling Patterns
- Misshapen Head
- Development Delays
- Ear Infections • Torticollis

### Children

- Scoliosis • Asthma • Sinusitis
- Migraine Headaches
- Ear Infections
- Learning Disabilities
- Behavior Problems
- Speech Disorders
- Immune Dysfunction
- Low Back & Hip Pain

**818 Fifth Avenue, Suite 202, San Rafael, CA 94901 • Phone 415-459-2522**

**For more information and a video presentation go to our website:**

**[www.drbarbaranewlon.com](http://www.drbarbaranewlon.com)**

The Laser Center of Marin

# The Laser Center Of Marin

Cosmetic improvements without surgery

It seems that everywhere you look many people, especially celebrities, are having some sort of cosmetic procedure to look more attractive in today's demanding world. Cosmetic surgery seems to be the rage, but if you are still unsure about going "under the knife," there are ways to improve your appearance without surgery. Today is a new era in cosmetic improvements where non-surgical procedures can give you that coveted youthful look. Injectable treatments are a great starting point in your search for "the fountain of youth." These injections are great for erasing wrinkles, plumping up lips or smoothing skin around your eyes. Popular injection treatments include Botox®, which relaxes the muscle, creating a smoother appearance on the forehead, crow's feet or between the eyebrows. Fillers like Restylane®, Perlane® and Juvederm™ reduce laugh lines and can also plump up lips or fill in the hollows under the eyes.

However, if needles scare you, there are other options to keep your skin looking young and fresh. Fraxel® Laser Resurfacing is a popular treatment for smoothing wrinkles and acne scars. The Titan™ is excellent for tightening lax skin and Intense Pulsed Light (IPL) treatments target pigment problems from sun damage.

Wrinkles are not the only concern of cosmetic improvement seekers. With laser hair removal, women can have their underarm, facial, leg or bikini hair permanently reduced, making life much easier without the constant fuss of shaving or waxing. Men can also have unwanted hair removed to give them that clean and smooth look.

Everyone has different needs when it comes to skin rejuvenation. Imperfections at the surface, deeper in the epidermis or at the deep dermis are common. Unfortunately, as we grow older, our imperfections turn into multilayered problems—brown spots, poikiloderma, vascularity, rosacea and wrinkles, to name a few.

## The 3-D Approach

With their broad array of laser and light-based options, The Laser Center is able to offer a comprehensive approach to skin rejuvenation—resulting in noticeably improved skin tone, texture and tightness—all during the same appointment. With IPL (Intense Pulsed Light), they treat red and



Before



After

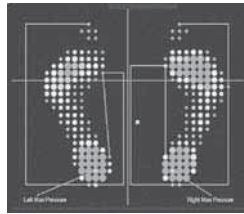
brown spots. With Laser Genesis, they treat pore size, texture and fine lines. With Titan, they focus on tightening lax skin. Combining these treatments can give you that overall improvement you've been looking for, all with minimal downtime.

The Laser Center of Marin is a full-service laser skin care clinic located in the Corte Madera Town Center Professional Building. Specializing in laser treatments for skin laxity, skin rejuvenation and hair removal, Dr. Susan Martling and her staff offer a comfortable setting with state-of-the-art technology for clinical skin care. Services include Fraxel® Laser Resurfacing, Titan™ Skin Tightening, BOTOX®, Dermal Wrinkle Fillers (Restylane, Perlane and Juvederm), IPL Photo-Facials, Laser Hair Removal, Acne Photo-Therapy, Microdermabrasion and a full range of medical-grade Chemical Peels. In their fifth year of operation, The Laser Center is locally owned and operated and emphasizes a total approach to aesthetic skin care. ❁

The Laser Center of Marin, 770 Tamalpais Dr. #301, Corte Madera. Call (415)945-9314 or visit [www.marinlaser.com](http://www.marinlaser.com). Hours of operation are 8:30 a.m.-6:30 p.m. Monday through Friday and 9 a.m.-5 p.m. on Saturdays.

**FOOT HEALTH DAY**  
featuring

**iStep** For the Blueprints  
of your feet



We are proud to feature iStep technology. iStep incorporates high-quality digital scanners and pressure sensors to accurately measure feet and determine foot type and pressure points. This patented technology will then immediately recommend appropriate footwear and orthotic options from our own inventory.



**aetrex**®

Living My Way™

Aetrex Performance Footwear combines the latest developments in pedorthics with state-of-the-art shoe design. More and more individuals across the globe are experiencing the comfort and performance of Aetrex, wearing styles including runners, hikers and casual walkers.

Fashion Comfort • Men • Women • Children

**SHOES**  
**AT BON AIR**

Bon Air Shopping Center  
Sir Francis Drake • Greenbrae



**Mt. Tam  
Laser &  
Skin Care**

PHYSICIAN OWNED AND DIRECTED

- Laser Hair Removal All Skin Types
- Platinum Providers of Botox® Cosmetic
- Dermal Fillers
- Skin Tag Removal
- Rosacea Treatment
- Sun Damage
- Treatment for Facial & Leg Veins
- Chemical Peels
- Private Parties Available
- Microdermabrasion
- BLU-U® Acne Treatment
- Skin Rejuvenation
- Gift Certificates Available

*Helping you look and feel your very best!*  
*It's more than our mission, it's our passion!*

**415-482-3888**

1030 Sir Francis Drake Blvd.  
Suite 130 • Kentfield

**707-778-3888**

755 Baywood Dr.  
Suite 190 • Petaluma Marina



Voted **BEST** Laser Clinic  
2006/2007/2008 Northbay Bohemian

Laurence E. Wolf, M.D. Diplomate: American Board of Plastic Surgery,  
American Board of Surgery  
Jan Meier, R.N., Sandi Selig Farney, R.N, Practice Managers

[www.MtTamLaser.com](http://www.MtTamLaser.com)

## 20/20 Optical

# All That Jazz

A self-described frame-a-holic hits a high note with savvy clientele

David Schwartz is crazy about jazz. Tucked away in the basement of his 20/20 Optical shop in San Rafael, just one floor below his polished showroom, is a small chamber containing two drum sets that once belonged to Rufus Speedy Jones, who played with Duke Ellington in the late 1960s. Schwartz himself is a drummer; for years he played regularly at a local nightclub, and he continues to perform every six weeks or so. “But alas,” says the retailer, “time in the office keeps me from playing as much as I’d like.” This room, hidden in the depths of his busy store, serves as a reminder of his once unbridled musical passion.

These days, Schwartz’s first passion is creating and selling luxury eyewear. He pours most of his energy into his two optical shops in Marin County, just north of San Francisco. Both stores feature a sleek interior, a vast assortment of designer frames and a savvy clientele. “Marin is known for its exclusivity,” says Schwartz, noting that some of his customers are athletic, some trendy, while others prefer more classic styles.

But there’s no doubt that residents of both markets demand the best, and Schwartz delivers. “I’m a frame-a-holic,” says the retailer, who stocks frames from a diverse range of international designers, including Gold & Wood, Face a Face, Oliver

Peoples, Paul Smith, Anne et Valentin, Chrome Hearts, Theo, Judith Leiber, Robert Marc, I.a. Eyeworks, Alain Mikli, Starck, Betsey Johnson, Chanel, Francis Klein, and Italee. “I look for the most eclectic, fashion-forward, cosmopolitan eyewear,” says Schwartz. “Our customers know that when they come in they can expect something unique.” Price points range from \$185 all the way up to \$3,000 or more for an 18-karat-gold, horn-rimmed frame



by Lindberg. Sunwear represents 30 percent of inventory.

Schwartz employs 11 staffers, including six opticians, between the two locations. He says he looks for employees who have not only extensive industry knowledge, but also convivial personalities that enable them to connect with patrons.

“Our goal is to make every customer’s experience personal,” Schwartz explains. Adds optician Judith Borowsky, “We take our time to help each person choose something optically perfect, comfortable and fashionable. Our job is to listen, listen, listen. We listen to the customer explain what they do for a living or how they spend their day. We note if they’re soft-spoken or if they’re funny and extroverted. We try to give them something that fits their personality and lifestyle.” ❁

20/20 Optical, 1127 4th St., San Rafael, (415)453-2020 and 181 San Marin Dr., Novato, (415)892-2020.

Visit at [www.2020opticalinc.com](http://www.2020opticalinc.com)



# harbin hot springs

massage, watsu® & yoga

clothing-optional soaking

rooms, camping & day visits

hidden in the hills north of Calistoga

www.harbin.org/ps • 707-987-2477



- Locally Owned and Family Operated
  - 25 Years in Marin
- 130 Monthly Classes Included with Membership
- Pilates, Yoga, Zumba, and Latin Dance
  - Nautilus and Free Weights
- Nutrition and Weight-loss Programs
  - Child Care Available
  - Full Spa Services

**Elan**  
FITNESS CENTER  
"Where Women Support Women"

230 Greenfield Ave. • San Anselmo

**485-1945**

www.elanfitness.com

**GET THE LOOK**

**Benvenuto**  
SALON



SEXY SHINY  
HAIR NAILS

**454-1347**

536 San Anselmo Ave.,  
San Anselmo

## Alessandro Salon

# Italian Inspiration

Salon changes hands—but not heart!

☞ Alessandro Salon, located in downtown San Rafael, originally opened 20 years ago. Designed and built by Alessandro Miglietta, the once-small building with a vacant lot next door soon became a gorgeous, granite- and glass-front, 2,200-square-foot, full-service salon, with state of the art equipment and an Italian-style courtyard for enjoying espresso. Alessandro quickly became well-known for not only having one of the most successful salons in Marin, but also for always making people feel special—and often singing his favorite Pavarotti while busy at work.

After many years and careful consideration, Alessandro sold his business to his longtime stylist, Sherri Bihn, and her husband Bill. “I’m forever thankful to have Alessandro as a mentor—it’s such a great opportunity for me to learn so much from someone I truly admire,” says Sherri. “He’s created the foundation upon which I will keep building, and I hope that one day I can be as well-respected as him—although I could never sing Pavarotti quite as well!” ❀

*Alessandro Salon, 1440 4th St., San Rafael, (415)456-6471.*

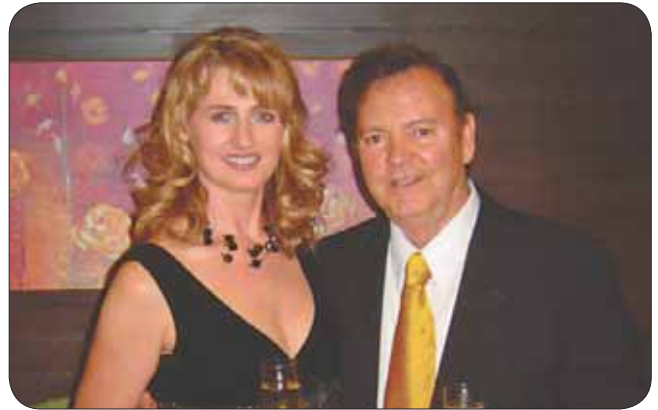
## Ann Hathaway, M.D.

# Medical Detective

Nutrition-based preventive medicine

☞ Do you often ask yourself, “Why am I dragging around/having low energy/feeling depressed?” Often it takes the work of a medical detective to find the causes of your fatigue, which may include hidden biochemistry malfunctions. There might be an underlying fundamental issue, like toxin exposure, inherited nutrient deficiencies, hidden food allergies, gastrointestinal malabsorption or hormonal imbalances—factors that generally aren’t looked for in a routine medical visit. Dr. Ann Hathaway is committed to helping you uncover these factors.

Dr. Hathaway began emphasizing preventive medicine in her practice in 1995. After experiencing significant frustration with the limitations of conventional medicine she started an intensive search for solutions. After reviewing medical research and attending conferences of the American Academy of Environmental Medicine and the Institute for Functional Medicine she developed her own unique way of practicing nutrition-based preventive medicine. She incorporates cutting-edge medical knowledge generally overlooked



Sherri Bihn (owner) & Alessandro Miglietta (founder)

## Alessandro Stylists

Alessandro Miglietta (founder)	Robert Harvey
Sherri Bihn (owner)	Don Haney
Thyra Bruschera	Donna Morosi-Illnicki
Pamela Carlson	James Lica
Patty Daily	Jessica Masucci
Dorothy DeVere	Shideh Nouri
Laurel Emminger	Elisa Ordonez
Bette Ghaffara	Katheryn O’Shaunessy
Jane Graham	Gina Sabella

by conventional doctors. For example: Inflammation can promote cardiovascular disease; low vitamin D level increases the risk of breast, colon and prostate cancer; poor digestion can cause depression; and environmental exposures can precipitate Parkinson’s disease.

She works with women, men and children with the awareness that physical symptoms can be linked to emotional, cognitive or learning problems. Physical symptoms can be a message that diet and environment may be adversely affecting both the body and the brain. Mind and body are one. She works with you in a collaborative effort—one in which both doctor and patient contribute significantly to the decisions that are made. Her goal is to increase healthy life span, often substituting dietary alterations, lifestyle changes and nutritional supplements for medications that are causing significant side effects. For Dr. Hathaway, health is a positive vitality not merely the absence of disease. ❀

*Dr. Ann Hathaway, Integrative Medicine and Bio-identical Hormones, 25 Mitchell Blvd. #3, San Rafael. Call (415)499-0966 or visit online at [www.AnnHathawaymd.com](http://www.AnnHathawaymd.com).*



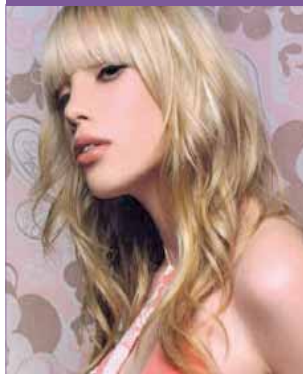
**20 Years**  
in Marin

**\$20 OFF**

Color or Hi-Lites  
(New Clients Only)

**20% OFF**

All Retail Products  
(With mention of this ad)  
exp. 12/31/09



*Beauty Supplies  
and Salon*

**Everything You Need –  
From Head to Toe!  
Have it Done or to Go!!**

<b>Montecito Plaza</b> San Rafael 454-4500	<b>Strawberry Village</b> Mill Valley 381-6275	<b>Vintage Oaks</b> Novato 892-3600
--	--	---

[www.marinbeautycompany.com](http://www.marinbeautycompany.com)

**GIVE YOURSELF THE GIFT  
OF AWARENESS**



"Donna's professionalism  
& concern made for a  
painless, comfortable  
experience."

**BREAST  
SCANS \$209**

**BREAST  
THERMOGRAPHY**

- *Earliest Breast Cancer detection available*
- *Sensitive, non-invasive screening for women of any age*
- *FDA Approved Since 1982*

Donna M. Scippa, **RN, NP, CTT**  
Please Call **415.299.0396** for an appointment



# Marin Pilates Studio

## Timeless Beauty

Curve appeal  
is still all it's  
made out to be



# \$145

## 1 Private & 4 Intro Classes

### Marin's Boutique Pilates Studio

- Customized Private Lessons
- Group Workout (Matwork, Reformer, Tower)
  - All Levels Accomodated
- 1 Master Trainer & 4 Instructor's Available
  - Teacher Training Program
- Pure Alkaline Water on tap for your hydration!

WHAT YOU DESIRE MOST IS ONE CLICK AWAY

## [www.marinpilates.com](http://www.marinpilates.com)

804 San Anselmo Ave., San Anselmo  
**(415) 459-0112**

Aegis of Corte Madera

## Jake A Breather

Assisted living, respite services

“Respite” as defined in the dictionary is “temporary relief.” In the world of caregiving, respite can mean security and peace of mind for a short period while you refresh and renew. For some it can be an opportunity to turn attention to overlooked home projects that were impossible while consumed as caregiver.

The task of caring for a senior with physical or cognitive frailties can be overwhelming, to say the least. Occasionally

Respite can also be the opportunity to try community living on for size. A breather for you could turn into an unexpected discovery for the senior who in the past had shown resistance to living anywhere but with family.

Once exposed to a full complement of staff doting over them, reminiscing about summer vacations past with their peers, and encountering fun distractions during the day, they realize that senior housing has changed, and for the better. These days,

seniors can enjoy the best of both— support and a sense of independence.

Something to note is that assisted living communities are regulated by the state and there will be paperwork to complete even for temporary stays. If you are planning a vacation, be sure to understand the admittance process and allow plenty of time for the community to satisfy their regulations. It is also a good idea to allow mom or dad a day or two at the community while you are still accessible. This way, you can spend a bit of time helping them get settled, and if they have forgotten anything, you will be on hand to pick it up.

Whether you are a devoted son or daughter and just need a well-deserved vacation, or you are looking at options as a permanent new home, Respite may be your answer. ❀



it is important to have your day be your own, take a break, become refreshed and ready to resume the responsibilities of caring for an elder. Caregivers often overlook their own health needs and end up in crisis, which could have been avoided. Understanding the importance of taking a break from time to time can help you avoid meltdown.

Assisted living communities that provide respite services usually offer a full range of care including medication management and hands-on assistance with bathing, dressing and personal care. Based on what your elders' needs are, be sure to ask about staffing, just to be assured there is nothing that they would not be prepared to handle.

Aegis, 5555 Paradise Dr, Corte Madera, (415)927-4200.

Visit us at [www.aegisliving.com](http://www.aegisliving.com)



## Shoes At Bon Air

# Happy Feet

Comfortable footwear can be fashionable, too

The average person walks the equivalent of two trips around the world in their lifetime. That's a lot of time on your feet! So treating them well could make the journey all the more enjoyable.

Enter Shoes at Bon Air, a one-stop shoe shop that specializes in fashion comfort for men, women and children, with foot-friendly accessories. Owner Steve Baer has been in the shoe business for over 40 years, and understands the importance of providing comfortable shoes that look good and have an ageless spirit. Along with store manager Norma Ajanel, Steve's focus since he opened his Greenbrae store in 2003 is on custom-fitting shoes—whether the style is sporty, casual, dressy or sandal-simple—by utilizing inserts when necessary to provide extra support for your particular foot challenges.

Shoes at Bon Air carries the best in moderately priced, comfort brands from around the world, such as Merrell, Mephisto, Stonefly, Josef Seibel, Dansko, Geox, Helle

Comfort, Munro, Naot, Pikolinos, Rieker and Romika. One of their featured specialty brands, Aetrex, also comes equipped with in-store Optifit foot-fitting technology that gives personalized and comprehensive computerized foot analysis when customers stand on its 57-inch flat-screen, revealing their exact size, pressure points and what socks or insoles will accommodate their individual foot problems.

So before you step out on your next trip, visit Shoes at Bon Air and, like Steve says, "put a smile on your feet." ❁

*Shoes at Bon Air, 184 Bon Air Shopping Center, Greenbrae.  
Call (415)464-8612.*

# Danielle E. Lane, M.D.

REPRODUCTIVE ENDOCRINOLOGY AND INFERTILITY SPECIALIST

Dr. Lane is a...highly respected fertility physician with outstanding success rates... who follows her patients individually from initial consultation to completion.



If you are having fertility concerns, schedule a consultation appointment at Dr. Lane's Marin office, and enjoy the easy access and personalized attention.

- Dr. Danielle Lane is highly respected by her patients and referring physicians for her extensive knowledge and clinical expertise of fertility issues.
- Dr. Lane is Board Certified. Her expertise is complemented by an outstanding certified Embryology team.
- Selected as a Best of the Bay physician by KRON TV. Featured on ABC View From the Bay and KGO Radio with Ron Owens.

## Danielle E. Lane, M.D.

101 Rowland Way, Ste. 305 • Novato, CA 94945  
415.893.0391 • [info@DrDanielleLane.com](mailto:info@DrDanielleLane.com)

[www.DrDanielleLane.com](http://www.DrDanielleLane.com)

# SIGN UP TODAY

**NEW!**

## A Free Weekly Update

# express™

Your link to Marin™

## express™

is a free e-weekly from the Pacific Sun that provides the perfect quick-read weekly digest of Marin news, opinions, restaurant and film reviews, and entertainment picks for the coming weekend and week.

**Sign up today at**  
**[www.pacificsun.com](http://www.pacificsun.com)**

brought to you by

**express**  
Thursdays via e-mail

**Pacific Sun**  
Thursdays in Print

**[www.pacificsun.com](http://www.pacificsun.com)**  
24/7 Online

» Ask us about advertising options in express!

Call 415-485-6700 for more info

**[www.pacificsun.com](http://www.pacificsun.com)**

is 100% about Marin:

- News highlights
- Marin's community forum – TownSquare
- Online Community Calendar with searchable local event listings
- Best of Marin winners from 1983 to present
- Searchable restaurant and film reviews
- and much more...



## Marin Dental Wellness

# Holistic Dentistry

Taking care of your smile and well-being

Marin Dental Wellness is pleased to provide a holistic approach to dental care, offering alternatives to traditional dentistry. They believe that many dental problems impact not only your smile but your general health, well-being and comfort. Brian J. Smith, DDS, graduated in 1995 from UCSF Dental School. After graduating Dr. Smith focused his attention on the relationship of oral health and its effect on the overall well-being of the body. This led him to complete coursework with the Institute of Nutritional Dentistry. Dr. Smith has also concentrated three years of study with Oral Systemic Balance and the use of OSB therapy. He is a certified massage therapist through the Alive and Well Institute in San Rafael, and is a trained cranial sacral therapist through the American College on Integrative Medicine and Dentistry. Marin Dental Wellness strives to participate in eco-dentistry, carefully considering the impact they have on the environment as they make product choices for the office. ❀

Marin Dental Wellness, 33 Montecito Dr., Corte Madera, (415)924-6551. Visit online at <http://marindentalwellness.com>.

## Harbin Hot Springs

# Soaking Splendor

Start a tradition of “taking the waters”

For more than 150 years, Harbin has been the destination for those wishing to relax and renew in Northern California. Tucked in the wine country north of Calistoga, this historic resort is now operated as a nonprofit retreat and workshop center. Hot, warm and cold spring pools are available for clothing-optional soaking; afterwards, hike 1,700 acres of wilderness, attend yoga classes, or curl up by a fireplace with a good book. “Unlike more structured retreats, we allow our guest to set their own pace, selecting which of the activities—if any—they would like to experience,” says manager Elke Murphy.

Visitors may choose from day visits, camping, dorms, private rooms or cabins for overnight stays. And since Harbin is world-renown for its massage offerings—including Watsu® (water shiatsu), invented here—you’ll want to schedule an appointment as soon as you arrive! ❀

Harbin Hot Springs, 18424 Harbin Springs Rd., Middletown, CA, 95461 (707)987-2477. [www.harbin.org/ps](http://www.harbin.org/ps)

# Skin Care Solutions

Judy Bell, Esthetician



**FREE Express Facial  
& Consultation**  
**Plus \$25 off First Treatment**

European Facials • Microcurrent Facial Toning  
Microdermabrasion • Waxing • Massage

**2 Locations:**  
**710 C Street Suite 14, San Rafael**  
**Deirdre O’Neill Skin Care at**  
**Elan Fitness Center**  
**342-4525**  
**[www.askincareresolution.com](http://www.askincareresolution.com)**

**Mt. Tam Laser**

# Pampered Skin Care

Look and feel your very best

Mt. Tam Laser & Skin Care represents the finest in skin care for Marin and beyond. To help you achieve the results you desire, their friendly and professional R.N. staff is trained to provide topnotch service with the latest in skin care products and technology.

Locally owned and operated, Mt. Tam Laser has been serving the community in Kentfield since 2004, and is excited about opening their second location at the beautiful Petaluma Marina. Working with Dr. Laurence Wolf, a board-certified plastic surgeon, each of the practice managers Jan Meier, R.N. and Sandi Farney, R.N.—has over 20 years of acute care nursing experience.

Voted “Best of North Bay” for three consecutive years, Mt. Tam Laser is also designated as a “Platinum Provider” of Botox Cosmetic by Allergan. Their versatile skin care products include SkinCeuticals, Biomedic and ColorScience.

The staff at Mt. Tam Laser offers full esthetician services,



as well as chemical peels, acne treatment, dermaplaning, microdermabrasion, and facial and leg vein therapy. Services also include laser hair removal, sun (age) spot removal, and skin tag removal—all with complimentary consultations.

At Mt. Tam Laser and Skin Care, patients feel pampered, never pressured. Dr. Laurence Wolf and his R.N.'s enjoy talking with patients and educating them about their options. The entire staff sincerely wants you to be comfortable. Their mission is “Helping You Look and Feel Your Very Best!”—or, as they say, “It’s not just our mission, it’s our passion!” ❀

*Mt. Tam Laser and Skin Care, 1030 Sir Francis Drake Blvd., Suite 130, Kentfield, (415) 482-3888. Visit online at [www.mttamlaser.com](http://www.mttamlaser.com)*

**Barbara Newlon, D.O.**

# Whole Healing

Osteopathy and cranial sacral treatments

What is Osteopathy? Osteopathic medicine is a system of healthcare practice that focuses on the whole patient. The structure and function of the body are considered interdependent, with a normally functioning musculoskeletal and organ system playing an important role in wellness, disease prevention and recovery.

In cranial sacral osteopathy the movement of the brain and spinal cord, cerebral spinal fluid and membrane surrounding the brain and spinal cord are addressed, as well as cranial bone movement and movement of the sacrum between the hips. With a method similar in feel to acupuncture, Dr. Barbara Newlon carefully releases restricted muscles, bones, ligaments, membranes and fluid motion. This unique treatment helps relieve a variety of ailments in children, including reflux, chronic ear infections, sleep disorders, headaches, asthma, developmental delay and failure to thrive. Dr. Newlon received her Osteopathic Doctorate in 1981 from the Kirksville College of Osteopathic Medicine in Kirksville, Missouri, and has been treating children

in Marin County since 1985. Dr. Newlon has taught the cranial concept since 1982 at the Osteopathic College in Pomona, and at Touro College of Osteopathic Medicine in Vallejo. She has served on the board of the Osteopathic Center for Children in San Diego.

Dr. Newlon is honored to have studied with several of the leading cranial sacral osteopaths in the United States, all taught directly by William Garner Sutherland, D.O., the founder and originator of the cranial concept in osteopathy, including Robert Fulford, D.O., who is discussed in Andrew Weil, M.D.'s best-selling book, *Spontaneous Healing*; and Viola Frymann, D.O., founder of the Osteopathic Center for Children in San Diego.

Doctors of osteopathy hold the same unlimited practice rights as M.D.'s in the U.S. ❀

*Dr. Barbara Newlon, Osteopathic Physician specializing in Pediatric Osteopathy, 818 5th Ave., Suite 202, San Rafael, (415) 459-2522. Visit online at [www.drbarbaranewlon.com](http://www.drbarbaranewlon.com).*



# 20/20 optical

FINE EYEWEAR

Bay Area's largest selection  
of distinctive eyewear  
from around the world.

Gold & Wood  
Face a Face  
Oliver Peoples  
Paul Smith  
Anne et Valentin  
Chrome Hearts  
Kieselstein-Cord  
Theo  
Judith Leiber  
Robert Marc  
LA Eyeworks  
Alain Mikli  
Starck  
Lindberg  
Beausoleil  
Chanel  
IC Berlin  
Italee  
...and many, many more.

*"Our passion is to give our  
customers the best service,  
sense of design, comfort and  
individuality in their eyewear."*

- David Schwartz, Owner

San Rafael • 1127 4th Street • 415.453.2020  
Novato • 181 San Marin Drive • 415.892.2020

# Integrative Healthcare During Troubled Times

Staying healthy is the key

It was the late 1960s and early 1970s—Vietnam. “The Summer of Love.” Nixon had just opened relations with China. During this era of upheaval and change, many of the Pioneers of Integrative Healthcare began practicing in Northern California, bringing with them a unique blend of classical medical training and teachings from ancient and indigenous cultures.

I recently had the privilege of interviewing three of these Pioneers:

- **Elson M. Haas, M.D.** *Founder/Director, Preventive Medical Center of Marin Integrated Medicine Family Practitioner*
- **Richard L. Shames, M.D.** *Harvard graduate, Author, and Practitioner Using Natural Hormone Therapies*
- **Michael E. Rosenbaum, M.D.** *Physician, Teacher, and Expert in Nutritional Medicine and Healthy Aging*

Outspoken philosophers, authors and teachers, these three healers have more than a century of combined experience in Preventive Medicine and Integrative Healthcare.

I sat down with Drs. Haas, Shames and Rosenbaum recently to discuss their views on the current status and future of Integrative Healthcare, especially during these present troubled economic times.

**Question to Dr. Haas: As Founder of Preventive Medical Center of Marin, how have you attempted to fulfill your vision for Integrative and Preventive Medicine while addressing the very real challenges of medical care delivery in this economy?**

Dr. Haas: Bringing together a multi-disciplinary medical team and great staff allows us to fulfill our mission of “Serving as many people as possible with the best quality healthcare.” To my knowledge we are the only Bay Area alternative-oriented facility that works within the insurance model, accepting many common plans. Even though this is challenging, in that it takes additional cost and effort to bill and collect from insurance companies, plus it can partly limit the amount of time we may have per patient visit, it does allow us to fulfill our mission. It also supports many people who might not be able to afford more expensive,



non-insurance practitioners. I am proud to have a successful, healthcare service business for the past 25 years, and we look forward to continuing this endeavor.

**Question to Dr. Shames: You were trained in “Conventional Western Medicine”—what attracted you to a more integrative approach?**

Dr. Shames: In 1971, while an intern, I saw film footage of a demonstration of acupuncture anesthesia from the (then) People’s Republic of China. It was a dramatic and crucial turning point in my career—I witnessed a very simple and age-old intervention as very powerful. I decided to learn more about acupuncture and a variety of other traditional therapies. One of the major advantages of an integrative and preventive approach is that it is much more effective as a “first line therapy,” since the body’s own healing forces are given a “push” in the right direction.

**Question to Dr. Rosenbaum: What major changes in healthcare have you seen over the past 30+ years?**

Dr. Rosenbaum: Thirty years ago, our concept of Nutritional Medicine was limited. Over the years I have witnessed a rapid development of this field—Antioxidants, Coenzyme Q10, nutrients for memory, energy and the anti-aging movement. Thirty years ago doctors who prescribed fiber were regarded with disdain in some medical circles. Now it is common practice for conventional doctors to prescribe fiber. The AMA journal recommended that everyone take a multivitamin just two years ago. Nutritional Medicine is coming of age, and its importance in overall health is becoming widely accepted. ❀

*For more information about the interviews with Drs. Haas, Shames and Rosenbaum, please contact Ernie Hubbard at eh20006@yahoo.com. Interviews were conducted by Ernie Hubbard, Bay Area Healthcare Business Consultant.*

# Think.Shop.Buy. LOCAL

This year, we are thankful for your ongoing readership, enthusiasm and support of the Pacific Sun, Online and Express™, our e-weekly news digest.

This year is challenging for our local independent businesses. There is something simple and proactive you can do to help: **Shop Local.**

Where we shop, where we eat and where we have fun helps ensure that our one-of-a-kind Marin community businesses will continue to be integral to the distinctive character that is our home.



Thank you for shopping and dining locally. Your patronage will make a major difference to our fine area retailers.



**Pacific Sun**

835 Fourth St., San Rafael CA 94901  
(415) 485-6700 Fax (415) 485-6266 • PacificSun.com

## Say Goodbye to Bad Hair Days!



Now Available  
Brazilian Keratin  
Smoothing System

- can be used on all hair types including color treated hair
- eliminates frizz
- not a chemical treatment, will not damage hair like Japanese straightening
- less maintenance, reduces styling time
- leaves hair softer, silkier and shinier



[www.atthetopsalon.com](http://www.atthetopsalon.com)

10 East Blithedale • Mill Valley • 381-3707 [thetopsalon@hotmail.com](mailto:thetopsalon@hotmail.com)

## EVO Spa

### 'Pampering With Purpose'

Where beauty and wellness are one

EVO Spa is a beauty and wellness spa where we use the finest natural and organic, results-oriented products in all of our treatments. Our amazing staff of massage therapists and aestheticians are all very experienced and exceptional in their field of expertise.

We coined the phrase "Pampering with Purpose," as our treatments are luxuriously pampering, while they are created to give you the absolute best results possible.

#### Some of our newest services include:

*The Rejuvenation Oxygen Infusion Treatment*, which uses hyperbaric oxygen to infuse moisture, vitamins and antioxidants into the skin. It has been reported that Madonna loves this treatment so much that she has her own intraceuticals technician. *The Jade Total Body Detox Treatment* is an East Asian advanced royal treatment to powerfully detox your body and mind. We also offer the *Ginseng & Jade Slimming Wrap* to tone, tighten and detoxify. At EVO, it is our passion to support you on your journey to beauty and wellness. ✿

216 Strawberry Village, Mill Valley, (415)383-3223, [www.evo-spa.com](http://www.evo-spa.com)

## Bikram Yoga

### Medicinal Fitness

Total mind-body-spirit health

Bikram yoga is the fastest growing yoga practice in the world today. A total body workout that includes a series of 26 postures done in a specific order over 90 minutes, Bikram yoga is practiced in a warm room heated to just above body temperature to increase flexibility, provide a cardio workout, flush toxins and melt away stress. This encourages weight loss, prevents injuries, boosts the immune system, improves concentration and physical balance, strength, flexibility and stamina.

The Bikram beginning practice is suitable for both men and women of all fitness levels—no prior experience is necessary.

Bikram Yoga San Rafael is Marin's only official Bikram yoga studio, with Bikram-trained and certified instructors, and has been voted "best yoga studio in Marin" by *Pacific Sun* readers for the past three years. ✿

*Bikram Yoga San Rafael*, 1295 2nd St., Suite 210.

Call (415)453-YOGA (9642), e-mail [info@sanrafaelyoga.com](mailto:info@sanrafaelyoga.com) or visit online at [www.sanrafaelyoga.com](http://www.sanrafaelyoga.com).

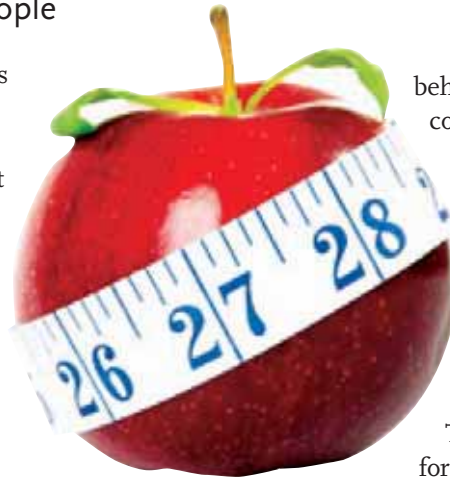
## Pound Melters

# The Modern Diet

Prescription plan for busy people

Most of us know that obesity is unhealthy—leading to disease, disability and shortened lifespan. But in today's hectic world, it can be difficult to manage your weight and maintain a healthy diet: Criminally fattening fast food is oh-so-convenient and tempting on every corner; skipping meals only slows your metabolism; a demanding schedule means exercise often gets low—or no—priority. And on top of that, most people do tend to gain weight when under stress, possibly further heightening metabolic problems and fat storage, decreasing energy levels, as well as increasing cravings for nutritionally damaging foods.

Pound Melters, founded in 1995 by Stuart J. Warner, M.D., is a time-tested program seeking to change diet and



behavior, leading to permanent weight loss. Of course, you should always keep your fat grams low, drink plenty of water, exercise regularly, eat more fruits and vegetables, and watch your portions. But changing your eating habits and activity level while juggling everything else in your busy life can be very difficult. Pound Melters Medical Group Inc. can help you with the judicious use of prescription appetite suppressants. These medications have been on the market for 50 years, and combined with proper nutrition and exercise, can help achieve these difficult-to-maintain changes.

Pound Melters' medical staff sees their patients on a monthly basis, but welcomes you to come in throughout the month at no charge if you want to be weighed or have any questions at all. The cost of the program is \$95 per month, with some medications included.

In an industry of weight-loss fads and "here today, gone tomorrow" diets, Pound Melters' overriding concept is that of lasting lifestyle change, with medicated management and personal support. Especially catering to those who are busy "doing it all," Pound Melters is an affordable medical weight-control program that is simple, direct and extremely effective. ❀

*Pound Melters Medical Group, Inc.,  
4460 Redwood Hwy., Suite 5,  
San Rafael, (415)446-7331.  
Visit online at [www.poundmelters.com](http://www.poundmelters.com).*





# Short-Term Stay Program

*Offering you much needed time and rest*

If you're a full-time caregiver, you know it requires time and dedication.

One of the best ways for caregivers to obtain a needed rest is arranging a short-term stay for their family member in a safe and nurturing environment. These stays can range from a number of days to a number of weeks.

Short-term stays let caregivers take care of their own needs while avoiding stress, fatigue, and burnout. At the same time, it provides your family member with lively social interaction, scheduled outings, entertainment, and great meals.

Contact us today about short-term care for your loved one.

## ÆgisLiving Short-Term Stay Program includes:

- Professional, caring staff available 24 hours/day
- Private apartments with phone and television
- Personal assistance with care, including medications if needed
- Wide variety of recreational, social and cultural activities, including transportation
- Nutritious meals and snacks
- All of the Ægis amenities, in a warm, inviting community

≡ ASSISTED LIVING & MEMORY CARE ≡

# Ægis Living

We're the people who make life better.

**Ægis of Corte Madera**  
5555 Paradise Drive  
Corte Madera, CA 94925  
**(415) 927-4200**  
[www.aegisliving.com](http://www.aegisliving.com)



RCFE #216803029

Kimberly A. Henry, M.D.

## Ultimate Beauty

Sophisticated, natural-looking cosmetic surgery

Deciding to have cosmetic surgery is comparable to any other important decision—a decision that's right up there with choosing a car, job, home or anything else that will have a major impact upon your life. Don't trust your body to just anyone.

The role of the plastic surgeon is to help the patient establish realistic expectations of the final outcome, striving for improvement rather than perfection. The surgeon must also prepare you for all aspects of the procedure and inform you of potential risks or complications. Dr. Kimberly Henry is committed to helping patients achieve their goals. She has the skill, expertise and artistic eye necessary to help achieve optimal, beautiful results.

Dr. Henry offers premier plastic surgery characterized by the highest standards of medical excellence and professionalism combined with personal warmth and a genuine, caring attitude. She is highly educated, well trained and active in the medical and plastic surgery community in San Francisco and California. Dr. Henry belongs to a number of prestigious medical and honor societies, including the American Medical Association, American Society of Plastic and Reconstructive Surgeons and the California Plastic Surgery Society.

Her reputation and results have attracted patients from throughout California and the rest of the country who desire cosmetic enhancement from a caring, skilled surgeon they can trust. Her practice has been featured in many publications, including local newspapers and national health and beauty magazines. Dr. Henry has been a guest on numerous television and radio news shows, frequently guest-speaking for local community organizations discussing plastic surgery advancements in San Francisco. She is also the author of *The Plastic Surgery Sourcebook* and *The Facelift Sourcebook*.

Everyone wants healthy, younger-looking skin. Having a more refined appearance can make you look years younger and feel beautiful and self-assured. That's why Dr. Henry



offers a wide variety of products designed to restore your skin to its most beautiful state. These top-of-the-line products, including the Theraderm Skin Care System, Theraglow, Refinity Skin Care, Lumina self-tanning lotion, Jane Iredale's Skincare makeup, and other spa essentials, can mask fine lines and wrinkles, acne and acne scarring, sun damage, hyperpigmentation, chicken pox scars, stretch marks and a host of other skin abnormalities.

Dr. Henry's extensive menu of cosmetic services includes breast augmentation, lift and reduction; body shaping procedures such as liposuction, thigh-buttock lift, tummy tuck and upper arm lift; cosmetic facial surgery and skin care, including dermabrasion, dermal implants, laser skin rejuvenation and scar repair; and facial procedures like cheek implants, chin enlargement, ear pinning, eyelid lift, facelift, forehead lift, jaw enlargement, nose reshaping, and permanent lip enlargement.

From the moment you contact her practice, Dr. Henry and staff are committed to ensuring that your cosmetic surgery experience is a rewarding one. They can assist you as you plan your visit to her practice, whether you live locally or are traveling from farther away. In addition to offering consultations and cosmetic treatments, they also offer supper club evenings in a relaxed, elegant setting as a way for prospective patients to gather for delicious food and a dynamic presentation about the most recent techniques and procedures—participants even receive a voucher for a private consultation with Dr. Henry that's valid for 30 days.

As an additional courtesy, Dr. Henry's staff offers concierge services for patients, ensuring they receive the high level of service they're accustomed to when planning for their cosmetic surgery trip and during their stay in the San Francisco Bay Area—the ultimate destination for ultimate beauty. ❀

Dr. Kimberly Henry, 350 Bon Air Rd. Suite 1, Greenbrae. For consultations, call (415)924-1313 or visit online at [www.drkimberlyhenry.com](http://www.drkimberlyhenry.com).



# Get Centered



- **Best Health Club in Marin** featuring state-of-the-art equipment, 3 fitness studios, a full complement of free weights, and a full-length basketball court!
- **Best Pools in Marin** — indoor pool with a U.V. chlorine-reducing system, outdoor pool with year-round lap & family swimming, and summer tot pool
- Take one of our 80+ cutting-edge fitness classes
- Relax in our saunas, spa and steam room
- Indulge in a luxurious massage
- Challenge yourself with personal training, private yoga, or private Pilates
- Take advantage of our childcare program; 4 months to 10 years old
- Youth & Family center offering family-friendly programs



at the Osher Marin JCC

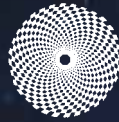
JOIN BY 3/31 & PAY ONLY \$50 REGISTRATION FEE  
Save up to \$200!

Call 415.444.8018 for a tour!

200 NORTH SAN PEDRO RD, SAN RAFAEL | [WWW.MARINJCC.ORG](http://WWW.MARINJCC.ORG)



Joel Andrews  
Master Harpist



## The Spiritual Healing Center

415-381-4465

thespiritualhealingcenter.org



Carol Eckels Gaeddert  
Director

### BECOME DIVINE IN 2009 - SPIRITUALLY GIFTED PROGRAM

OUR PROGRAM MEETING DATES ~ 10-5pm

JANUARY	24th & 25th	Higher Power Abundance™
FEBRUARY	14th & 15th	Higher Power Love™
MARCH	21st & 22nd	Higher Power Energy™
APRIL	25th & 26th	Higher Power Love™
MAY	2nd & 3rd	Higher Power Communication™
JUNE	20th & 21st	Higher Power Clairvoyance™
JULY	25th & 26th	Higher Power Wisdom™
AUGUST	1st & 2nd	Higher Power Records™
SEPTEMBER	19th & 20th	Higher Power Beauty™
OCTOBER	17th & 18th	Higher Power Consciousness™
NOVEMBER	21st & 22nd	Higher Power Universe™
DECEMBER	12th & 13th	Christ Consciousness™

### CHRISTMAS CELEBRATION DECEMBER 15TH

#### WE OFFER

- Clairvoyant & Intuitive Development
- Energetic Healing Protocols for Body, Emotions, Mind & Spirit
- Meditation & Healing Classes
- Higher Power Healing™
- Healing Concerts • Sound Healing • Golden Harp Concerts

#### ON GOING

**URANTIA STUDY GROUP** ~ Every Monday's ~ 11AM - Donation ~ Experience the Yoga of Christ and the divine path to paradise.

**MEDITATION & HEALING SERVICE** ~ Every Tuesday 7 - 9pm  
Experience Yoga, Meditation and Spiritual Healing. Suggested donation \$25

**SUNDAY MEDITATION & HEALING SERVICE** 11am ~ Donation  
First Sunday of the Month. Potluck and Healings after Service.

**HIGHER POWER HEALING ~ MASTER CLEANSE™** Thursday's 7 - 9pm  
Heal & Purify your Body, Emotions, Mind & Spirit! 4-Week \$295  
There is no chemical cure for a spiritual problem

**Take Action Now! Call 415-381-4465**

*Seek the Kingdom of Heaven first; seek it within you. -Jesus*

260 East Blithedale, Mill Valley CA 94941

### ULTIMATE HEALING PRIVATE SESSIONS

- Spiritual Healing & Counseling
- Clairvoyant Readings
- Relationship & Career Direction
- Soul Path & Purpose
- Stress Reduction
- Meditation & Healing Courses
- Wellness Management
- Fitness



#### ON-GOING

- Urantia Study Group
- Higher Power Healing™
- Prayer & Meditation
- Clairvoyant Training
- Yoga & Meditation
- Women's Wellness



### HARP CONCERTS ~ 6PM

- Jan 25 ~ July 25
- Feb 15 ~ Aug 2nd
- Mar 22 ~ Sept 20
- Apr 26 ~ Oct 18
- May 3rd ~ Nov 22nd
- June 21st ~ Dec 13

"The Psychic Surgery Program has given me amazing spiritual tools to add to my acupuncture practice... My heart has been opened and the divine doctors have been invaluable."

-Mindy Singerman, Acupuncturist  
Santa Rosa, CA