

Beauty: The Global Guide



THE BODY REMODELER

New York

THE LOW DOWN: New Yorkers flock to Shellie Goldstein for her Body Contouring Program when they're in need of a complete overhaul. Using both acupuncture and CACI Quantum (micro currents

that prompt muscle contractions), fleshy areas are toned up fast.

DISCOMFORT LEVEL: Needle-phobes may be intimidated, but Goldstein is so experienced you will hardly feel the pinpricks.

THE RESULT: The benefits of a 20-minute treatment are akin to the effects of a series of workouts with a personal trainer.

INSIDER TIP: If you're going after lunch, take a belt – this is most effective on a bloated stomach.

PRICE: \$120 per session. hamptonsacupuncture.com