

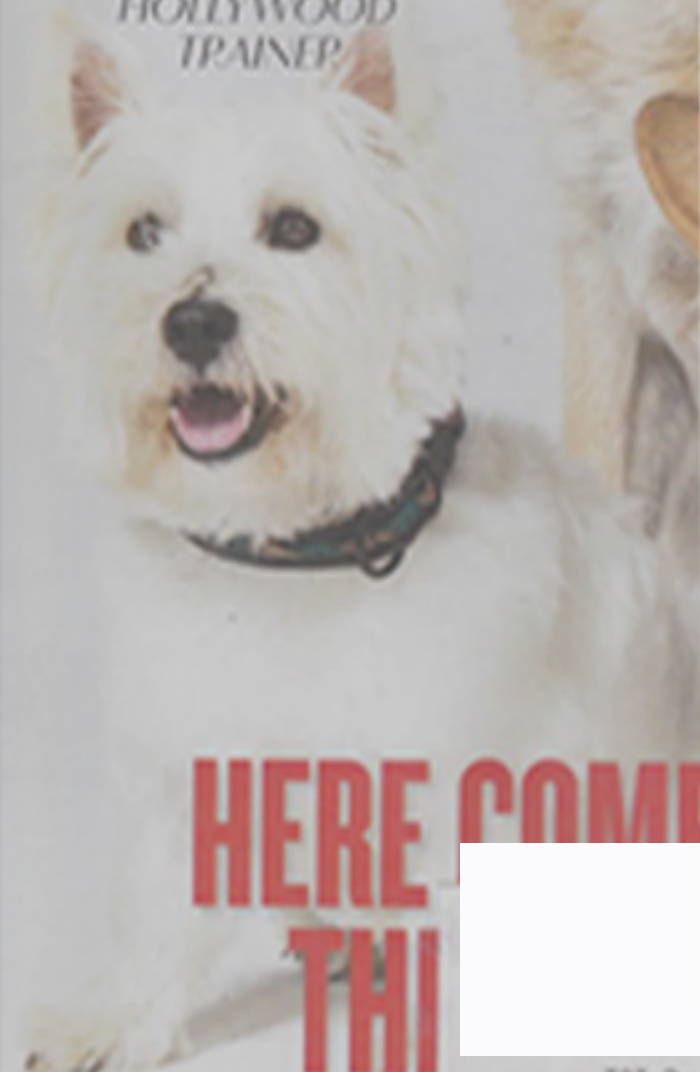
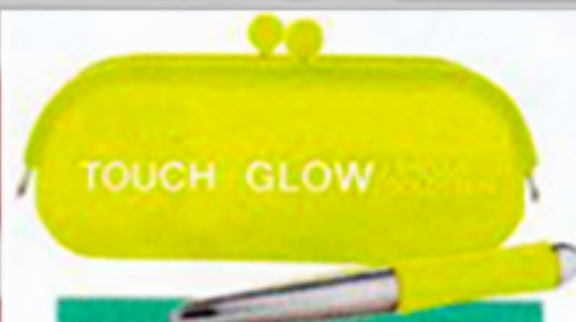


PEOPLE PLACES THINGS

YOU *Need to Know* IN 2016

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JANUARY/FEBRUARY 2016

A DOG'S
BEST
FRIENDA DAY IN THE
LIFE OF A
HOLLYWOOD
TRAINERHERE COME
THIWHAT TO PACK FOR A
FASHIONABLE WINTER GET

TOUCH + GLOW

No. 41
AT-HOME
FACELIFT

Acupuncture expert Shellie Goldstein is known among New York's beauty cognoscenti for her Acufacial Resculpting System, a natural, nonsurgical facelift that combines acupuncture with microcurrent, ultrasound, and LED-light therapy. We saw instant lift after the first treatment, and the effects lasted weeks. Now Goldstein has developed a DIY kit, **Touch + Glow**, to use on the go. Continued practice over 30 days promises toned skin and fewer fine lines. \$100; hamptonsacupuncture.com.

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