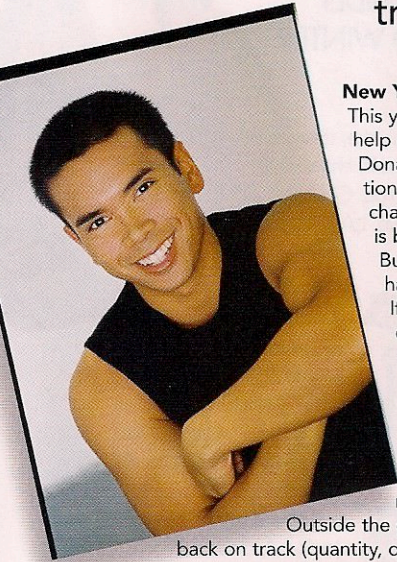


OUT WITH THE OLD, IN WITH THE NEW

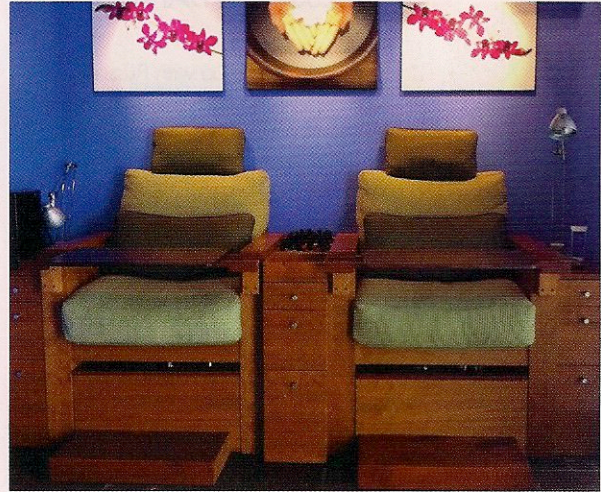
A brand-new year is upon us. Start fresh with one of the Four Seasons' exclusive new facials, or turn over a new leaf with the help of trainer Mike Donovanik. —Dawn Shand Johnson



New You Resolution

This year, jump-start your fitness routine with the help of sought-after celebrity personal trainer Mike Donovanik, CSCS, CPT. Specializing in dynamic functional training—think exciting, varied workouts that challenge both your body and mind—Donovanik is based at über-private Beverly Hills gym The Bunker. (Like an exclusive club, it doesn't even have a sign—just look for the "X" on the door.) If you packed on a few extra pounds this holiday season, Donovanik will help you reverse the damage: "I'll focus on four things to help you take off the weight as quickly as possible: exercise/workouts, diet, hydration, and sleep. During our sessions together, I'll make sure we get the most volume of work done as possible—that means we're going to be maximizing the number of calories burned.

Outside the gym, I'll make sure you get your eating habits back on track (quantity, quality, timing), drink enough water, and get enough sleep." What's more, Donovanik recently developed a group fitness class exclusively for Crunch, which is known for its innovative, cutting-edge approach to fitness. Dubbed "Training Day," it's offered at Crunch's San Francisco and West Hollywood locations and promises to get your blood pumping. Each customized personal training session with Mike, \$150. 310-754-6080, mikedfitness.com



What's New at Ole

This winter, fans of Ole Henriksen Face/Body Spa should check out the company's new nail boutique and Advanced Hydra-Dermabrasion treatment. Stop in for a mani/pedi, check out the SpaRitual Vegan Nail Polish, Axxium OPI soak-off gels, and Minx nail designs. 8622 W. Sunset Blvd, 310-854-7700, olehenriksen.com



Red Carpet Ready

This award season, get red-carpet ready at the Four Seasons Los Angeles at Beverly Hills, which is now offering a host of new facials that promise to impart a flashbulb-worthy glow. Check out the Ultra treatment, which works with the body to stimulate natural biological processes, improving facial tone and texture without discomfort or downtime. Also on offer: the Kerstin Florian Correcting Facial; a 90-minute Four Seasons Regenerating Facial; 60-minute Anti-Gravity Lift; and the 60-minute Ultrasonic Resurfacing Facial. Four Seasons Hotel Los Angeles at Beverly Hills, 300 S. Doheny Dr, LA, 310-273-2222