

Health & Beauty

EDITORS' CHOICE 2012



Men Who Make the Cut

While the ladies and gents of Marin County could succeed on their inner beauty alone, a good haircut makes anyone feel like a million bucks.

We tip our hat to three kings of aesthetic artistry but, now that we've revealed them, good luck getting in.

2 ANDRES SHERLOCK OF ANDRES SALON Andres has had a loyal following for years; some say it's as much for his chairside manner as for his talent. Either way, he is booked weeks out. andreshairsalon.com

3 CHRISTOPHER DOWNS OF CHRISTOPHER'S SALON It didn't take long for this New York City stylist to fill his appointment book with loyal customers at his chic Tiburon shop. Need a transformation and friendly service? Call Christopher. christopher-salon.com

4 RICK COOPER OF COOPER ALLEY In his überhip salon — a mainstay of Marin Country Mart in Larkspur — stylist Cooper has been in high demand for over a decade, and for good reason. cooperalleysalon.com

Spectacular Spa Treatments

We know how to care for our minds, bodies and souls here in Marin; from medi-spa procedures and all-organic facials to meditative sessions and Thai massage, we've seen it all. These four treatments stand out for their restorative powers.

5 EVO SPA'S HAMMAM RITUAL Known as a method for evolving the mind, body and soul, this ancient five-step ritual will detox, recharge, relax and rejuvenate in less than two hours — right in Mill Valley. For the ultimate soulful splurge, add the hydro heaven bed, where 30 minutes is equal to five hours of REM. evo-spa.com

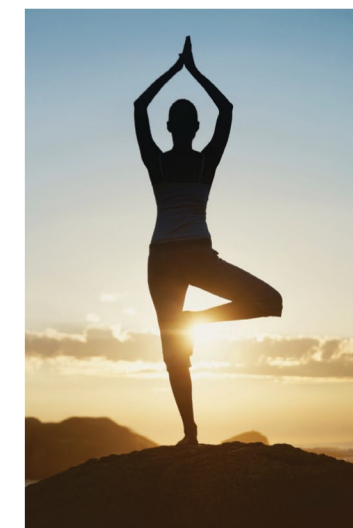
6 STELLAR SPA'S SEAWATER NEGATIVE ION INHALATION THERAPY ROOM It makes sense that this beloved Cape Cod-style spa would offer a seawater room complete with navy-blue walls that emit "vitamins in the air." Inspired by the benefits of negative ions, Patrick Vandeweg found a way to offer this natural mood booster to his Corte Madera clients. stellarspa.com

7 CAVALLO POINT'S CRANIO-SACRAL MASSAGE Seeking some intense energy redirection? Look no further than the trained touch of Shaw Cote, who's been doing hands-on healing for more than two decades. Oh, and the Fort Baker-based spa itself is not too bad either. cavallopoint.com

8 SKINSPIRIT It's here. The latest FDA-approved, celebrity-coveted nonsurgical face-lift is now available at SkinSpirit in Strawberry Village. The Ulthera ultrasound procedure uses sound waves that lift and tighten without cutting into the skin. skinspirit.com



9 A BARBERSHOP THAT ROCKS Musician and Larkspur barber Bill Slocum attracts heads of hair for shearing and styling from all over the bay. Those with long, short, even almost-not-there hair have all found their way to a chair at linoleum-floored **Bill's Barber Shop** on Magnolia Avenue. A graduate of Marin Beauty College in San Rafael, Slocum started his business 10 years ago and since then has raised his prices by only \$2. An adult cut is \$27, a kids' is \$17. While he can do any style, word has it he's really good with pompadours. 415.924.2116



Yoga Yogis

Yoga is unique for everyone. What it is for you depends on your body, your attitude and, to a great extent, your teacher. Here are three who can get you moving in all the right directions.

10 SUSAN HAUSER Break out the chaturangas, turn up the heat and be ready to sweat. Power yoga, replete with challenging vinyasas and lots of athletic moves. susanhauseriyoga.com

11 KAREN KUKULA Find that form, hold that asana and, above all, breathe. Iyengar yoga is better with a teacher who has been doing it for 20 years. She also leads workshops in restorative poses, for when you just can't salute the sun again. karenkukula.com

12 NICK AND AMANDA GIACOMINI When Nick isn't rapping about Ganesh, he and wife Amanda teach gentle flow classes in a former hay barn in Point Reyes Station. yogatoesstudio.com



READERS' CHOICE HAIR SALON: SIREN SALON, SAN ANSELMO, SIRENSALON.NET
MEDI-SPA: SKINSPRINT, MILL VALLEY, SKINSPRINT.COM
YOGA STUDIO: YOGAWORKS, LARKSPUR/MILL VALLEY, YOGAWORKS.COM