



allure

THE BEAUTY EXPERT

NOVEMBER 2009

Shiny, Bouncy Hair

Easy, Speedy At-Home Blowout

Hollywood Skinny

13 Crazy Celebrity Diets

THE SEXIEST NEW HAIRCUTS

Warm & Cozy Style

Great Sweaters, Boots, Skin Care, Lipstick, and More



Directory

November 2009

Magic Fingers

Stress-melting massages from New York City to Los Angeles.

Los Angeles

Exhale Spa

Fairmont Hotel, Santa Monica

Emilie Cross

101 Wilshire Blvd.

310-319-3193

A stress-inducing week at the office had our shoulders creeping up to our ears. So we slouched over to Cross, who uses a combination of Swedish and deep-tissue to neutralize tension. She drizzled aromatherapy oil along our back and burrowed her hands into our knots, kneading and stroking us from head to toe before stretching and rotating our limbs. We left an hour later with straight posture and a sense of calm that lasted well into the workweek. Fusion Massage, \$120.

