NOVEMBER/DECEMBER 2009

THE WAG

COMFORT AND JOY: WAG'S GLAMOROUS GIFT GUIDE

CHEVY & JAYNI CHASE

The Bedford couple discuss his TV show, her

What's "FESTIVE ATTIRE"?

Fashion & Beauty for Every Invitation

The Season's BEST BOOKS

Lisa Battaglia-Ross, 2009 *WAG* makeover contest winner

Kelley Sanders, 2009 *WAG* makeover contest winner

FEATURE ||| makeover

Kelley "Before"

Below on Kelley: Giuseppe Zanotti Boots ; AG Jeans Premiere Skinny Straight Jeans, Sibel Sorel Shirt, a Rag & Bone Chamber Waistcoat, Beirn Handbag. All from Tru Gracy, 419 Main St., Armonk, 273-9600. Mattioli triple circle earrings in 18K rose and chocolate gold, $1,745; Mattioli ring in 18K rose gold, $2,170, from Lewitzero Jewelers, Rye Brook.

Kelley Sanders

By following the workout plan designed by **Andrew Guida** and then implemented by three awesome master trainers—**Mervyn Tugendhaft**, **Doug Sedlmair**, and **Bente Gerber**—I have shed unwanted pounds and achieved the fitness goals we set. Each trainer's routine was unique, with their different approaches and styles combining to form a well-rounded program. I am grateful to each one of them.

As the mother of four young children, life can be hectic and challenging. By working with life coach **Heidi Michaels** and nutritionist **Amy Peck**, I was able to devise strategies and goals not only for myself, but also for my family. Heidi encouraged me to set both short and long-term goals. By the same token, Amy's guidance as a nutritionist has been invaluable. She helped me make better meal choices and kept me on track. I have not felt limited by food or "on a diet," but rather have become more educated in how to eat better.

In the last few months, I have turned back the clock on my skin. Under the care of a wonderful aesthetician, **Jeanne** from **Dr. Palais's** office, my skin has become smoother, more even-toned, and clear. I have enjoyed microdermabrasion treatments, which are painless and give the skin an immediate glow. Under her supervision, I had a light chemical peel, which I strongly recommend. Now I can maintain these results with the Obagi products recommended for my face.

Having healthy, natural looking hair is a huge confidence-booster and **Vasken Demirjian** and his team have given me that! My hair has been trimmed and shaped by a top stylist, **Ayshen**, who also shaped my eyebrows with threading. It's amazing how even that tiny change made such a difference. The conditioning treatments and artistic coloring from Vasken give my hair shine; while the highlights and range of color and contrast add dimension and polish.

Dr. Kenneth Magid and his team offer the best dentistry options that I have found in Westchester. The technology, quality of professionals, and Dr. Magid himself are a wonderful resource! I am glad to have had the opportunity to benefit from his expertise, and I look forward to bringing my whole family to his practice.