



FROM ABOVE
Melanie Simon,
The at-home ZIIP
NanoCurrent
Skincare Device
and serums.

LOS ANGELES + MONTECITO

It's Electric

In-demand esthetician Melanie Simon (who has offices in L.A. and Montecito) has created **ZIIP**, an at-home facial device with a supporting iPhone app that delivers powerful serums using electric currents, waveform and frequency. The four treatments—Energize, Sensitive Energize (which firms and brightens skin), Total Clearing (an anti-blemish fix for stressed complexions) and VitalEyes (decreases dark circles and puffiness)—are used in conjunction with Simon's Golden Conductive Gel Treatment, made with potent ingredients like bio placenta (five human-growth factors known to stimulate skin-cell production) and hematite, which increases collagen. What's more, it's small enough to fit in your carry-on. *From \$495; zipbeauty.com.*

BEL AIR

Feel the Love

Before tying the knot, consider heading to **Hotel Bel-Air Spa by La Prairie** in November, when it will host renowned U.K.-based intuitive counselor **Susan King**. Choose from two packages (both are followed by a 60-minute session with King, who offers insight into your personal life by pinpointing significant events);

the Mind, Body & Spirit, a 75-minute rejuvenating massage that focuses on the scalp; or the Renewal Package, which features a full-body exfoliation, hydrating wrap and caviar massage. Sessions with King are also available without treatments, and for brides who aren't able to make it to L.A. in time, King conducts sessions via phone or Skype. *Nov. 5-9; \$500-\$1,075; 701 Stone Canyon Rd., Bel Air, 310-909-1681; dorchestercollection.com; susankingintuitive.com.*



The Hotel Bel-Air Spa by La Prairie.



A treatment room for two.



BEVERLY HILLS + NEWPORT BEACH

GLOW ON

Dr. Zein Obagi, the Beverly Hills skin-care authority who recently opened **ZO Skin Centre** in Fashion Island, offers his six-month countdown to getting photo-ready:

6 MONTHS For brides with stressed skin, we use the ZO Ultimate Regeneration Treatment. This begins with the Hydrafacial, a crystal-free microdermabrasion that uses a unique Vortex Fusion serum delivery system to exfoliate and extract impurities and dead skin cells while infusing peptides, antioxidants and hyaluronic acid. Next, she receives a custom mask followed by LED light therapy, which speeds up collagen production for a tighter, even-toned complexion. **3 MONTHS** Our 3-Step Peel uses a blend of potent exfoliants including salicylic acid and lactic acid to remove the outermost layers of the skin, and is followed by glycerin to improve hydration. **1 MONTH** Now is the time for Botox and fillers. **1 WEEK** Be sure to increase your daily water intake to flush out toxins and eliminate alcohol and sugars to ensure optimal skin moisture retention and less

bloating. Try our ZO2 Facial for contouring, and to stimulate cell regeneration and reduce fine lines by employing a firming serum combined with topical oxygen technology. **1 DAY** The night before, use our Invisapool Intensive Resurfacing Peel (\$72), which uses an enzymatic process (ingredients include papain and bromelain enzymes and glycolic acid) along with soothing kukui-seed and safflower-seed oils to renew the epidermis and replenish hydration and lipids. *Obagi Skin Health Institute, 270 N. Canon Dr. B.H., 310-275-3030; obagiskin.com; ZO Skin Centre, Fashion Island, N.B., Atrium Level, 949-346-4567; zoskincentre.com.*