

Be Well

What's New, What's Now, What's Next from Salons to Spas to Fitness

1 Maalouf Salon

Cooler Manicure

Maalouf offers our favorite manicure in town – Minx! It looks cooler and lasts longer than traditional polish.

In Five Words ...

Nails that will turn heads.

Don't Miss ...

The Maalouf Design Team blog.

Did You Know ...

Late designer Alexander McQueen outfitted his models in custom Minx nails for his Spring 2010 show.

387 S. Old Woodward Avenue, Birmingham
248.647.1111 | maaloufbeauty.com

2 The Detroit Flyhouse

Off-The-Wall Fitness

The Detroit Flyhouse is perfect for people who have always wanted to be in *Cirque du Soleil*. The aerial yoga studio, founded by Micha Adams, offers mixed apparatus classes using aerial fabric, trapeze and lyra.

In Five Words ...

Not your average yoga workout.

Don't Miss ...

The Detroit Flyhouse performance troupe.

Did You Know ...

It's not just incredibly fun, it will transform your body.

3434 Russell Street, Detroit | 313.674.6424
detroitflyhouse.com



Plymouth Yoga Room
Photography by Dave Lewinski

3 Plastic Surgery Arts & Spa

Destination For A Total Body Overhaul

Plastic Surgery Arts & Spa offers it all, from massage and facials to Botox and breast augmentation.

In Five Words ...

Surgical and non-surgical beauty solutions.

Don't Miss ...

Find coupons for select services on the spa's site.

Did You Know ...

Joseph E. Mark, MD, certified by the American Board of Plastic Surgery, performs all surgeries.

1886 W. Auburn Road, Rochester Hills
248.606.0000 | plasticsurgeryarts.com

4 Plymouth Yoga Room

Where To Find Your Inner Light

Husband-and-wife yogis Brent and Sheri Rieli, along with partner Jenna Osgood, have created a warm, inviting yoga studio where both beginning and advanced students can get the best class of their lives.

In Five Words ...

Just say "om" to yoga.

Don't Miss ...

Vinyasa with Brent or Sheri.

Did You Know ...

In-studio childcare is offered during all classes.

474 Forest Avenue, Plymouth | 734.259.4324
plymouthyogaroom.com



Five Salons We Love Right Now

1 FIGO

When it comes to fashion-forward hair design, FIGO is the place to be. The team, led by master stylists Rino and Kristina Marra, specializes in cutting-edge style and incredible color.

2 LUIGI BRUNI

With a recent trip to Europe to work with style star Orbe under his belt, Luigi Bruni brings years of styling expertise and experience to his Birmingham salon.

3 NADWA HAIR SPA

Nadwa is a salon and spa with a cause. In addition to its full range of hair, face, and body services, Nadwa offers full-cranial prosthesis and a full line of safe products – shampoos, conditioners, LaBella Donna mineral makeup, Dermatologica skin care, and more – for cancer patients.

4 SIX SALON

Cool young stylists create fabulous hair at both of Six Salon's locations, and it's the perfect salon for night owls – the Royal Oak location is open until midnight on Thursdays.

5 HB SALON

Home to stylist Kennice Kallabat and her line of klix hair extensions, HB Salon is the place in metro Detroit to get hair down to there. It also offers incredible cuts, color

1. 265 N. Old Woodward, Birmingham, 248.723.7990, figo-salon.com
2. 706 N. Old Woodward, Birmingham, 248.723.1500, luigibruni.com
3. 6923 Orchard Lake Road, West Bloomfield, 248.851.8100
4. 306 W. Sixth Street, Royal Oak, 248.398.1586, sixsalon.com
5. 2800 W. Big Beaver Road, Troy, 248.649.5900, basharinc.com

5 Powerhouse Gym

Gym That Makes Us Sweat

The just-opened Powerhouse in Birmingham is a premium facility offering Johnny G, Precor, Life Fitness and Star Trac equipment as well as group and personal training.

In Five Words ...

Sculpting a better, stronger body.

Don't Miss ...

Group classes in aerobics, Zumba, pilates, spinning and boxing.

Did You Know ...

Powerhouse was founded in 1975 in Highland Park and now has more than 300 gyms worldwide.

400 E. Brown, Birmingham | 248.885.8909
powerhousegym.com

One To Watch...

WHY

Almaki has been in the salon business for 16 years and just opened his own salon in West Bloomfield this spring.

WHAT'S NEXT

Avant-garde work in the salon and handpicking his staff from the best in metro Detroit.

FIAZ SALON AND SPA

7166 Orchard Lake Road, West Bloomfield
248.737.8781 | fiazsalon.com



Photography by Philip Stakich

HAIRCARE
TRAILBLAZER:
Fiaz Almaki

DID YOU KNOW?

Ken Paves' claim to fame is styling hair for Hollywood celebrities such as Jessica Simpson and Eva Longoria Parker – and he's a Michigan native. Along with salons in LA and Las Vegas, he operates a salon in Clinton Township, bringing star style to metro Detroit.

