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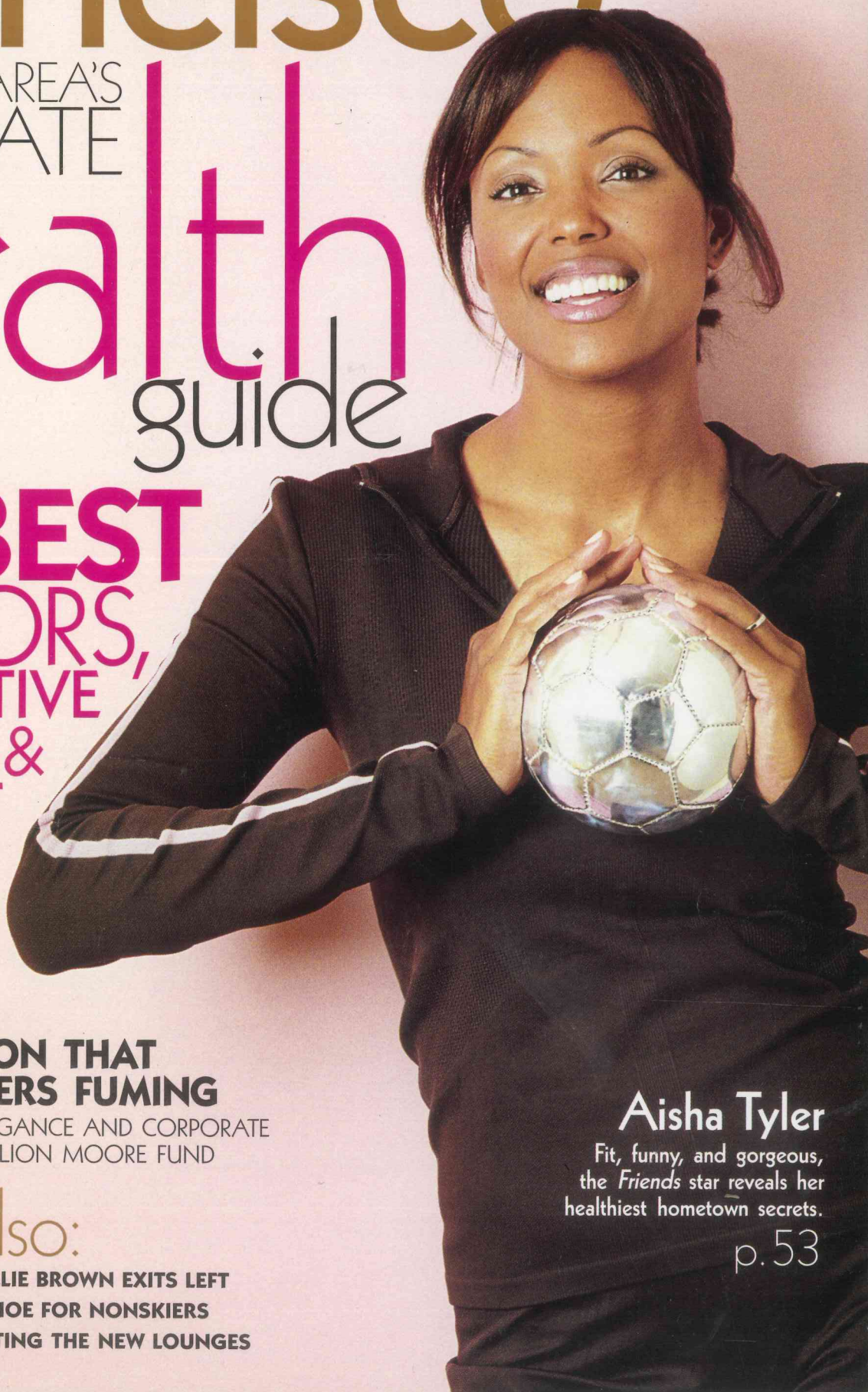
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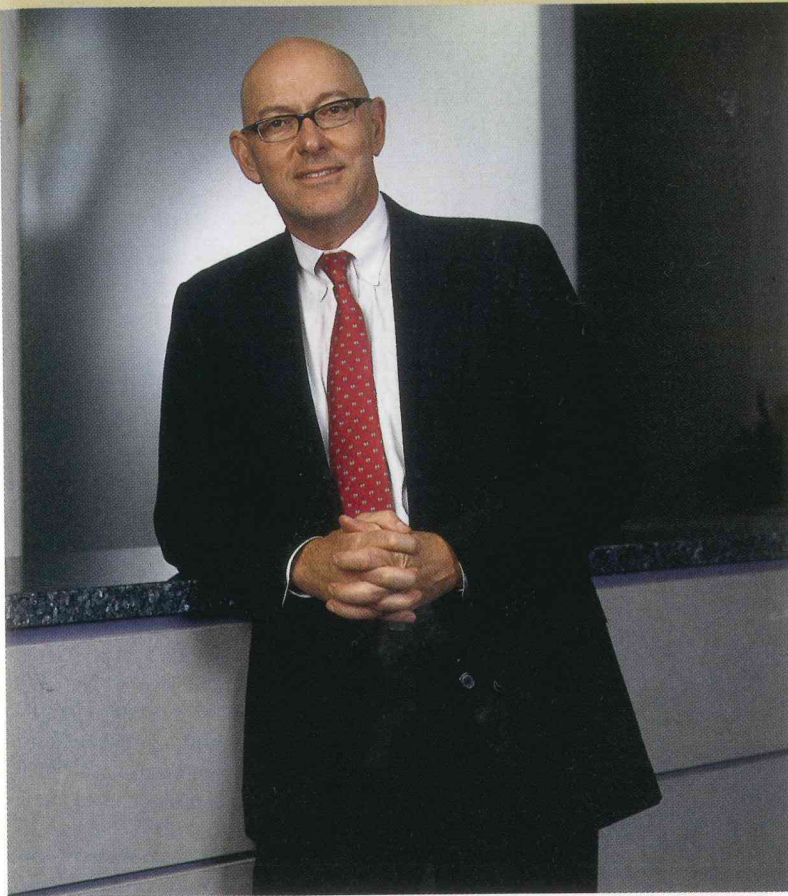
WILLIE BROWN EXITS LEFT
TAHOE FOR NONSKIERS
RATING THE NEW LOUNGES



Aisha Tyler

Fit, funny, and gorgeous,
the *Friends* star reveals her
healthiest hometown secrets.

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**Fiore Med Spa/
James Romano, MD**

Cosmetic Surgery
126 Post St., San Francisco
(415) 981-3911, www.jromano.com

Dr. Romano, a former faculty member at Johns Hopkins University and USC, is not just a surgeon—he is an educator. He counsels patients on the anti-aging effects of vitamins, supplements, hormones, and skin care, and explains how cosmetic procedures can play an integral role in their overall health. His expert staff constantly seeks out the latest treatments and offers superior service. "This is a medical spa like no other," Dr. Romano says. "We emphasize wellness and informing how plastic surgery supports total well-being." Board-certified in both general surgery and plastic surgery, he offers the full spectrum of facial rejuvenation and body contouring techniques, including laser, nonsurgical, and surgical procedures.



Terecita L. Dean, DDS, NMD
Family Dentistry

San Francisco, (415) 398-4400
Alameda, (510) 522-0878
www.terecitadean.com

Dr. Dean first dreamed of becoming a dentist while growing up in her native Bahamas. "I've always been interested in health," she says. "I even assisted a dentist when I was in high school. As I learned about the mouth, I was inspired to learn about the body." That holistic approach is evident in her current practice. Dr. Dean, a recipient of the Academy of General Dentistry's prestigious fellowship award, offers restorative and cosmetic services. But her treatment also involves restoring the wellness of body and mind. She evaluates the patient's digestive tract for heavy metals, for example, and evaluates neuromuscular balance. "I do more than just put a crown in the mouth," Dr. Dean says. "I'm interested in the individual's overall health."