

DINING | NIGHTLIFE | MUSIC | SHOPPING | PEOPLE | CULTURE | SPA & FITNESS | SHORE

BEST OF STYLE



The Best

EDITED BY PETE MAZZACCARO

When we decided to put together a list of the best that Philly has to offer, we went to the people who matter most to us—our readers. After all, you're the ones out there spending cash in these places and returning time and again because they are your favorites. No group of stodgy journalists should tell you what the elite establishments are in your city. Our first Best of Style takes a look at 71 different categories from best new restaurant to best sports figure. We crunched more than 2,000 ballots to reveal the very top choices this city has to offer. And here we offer you a look at the best and brightest Philadelphia has to offer along with the runners up in each category. —Susan M. Stapleton



The art of the manicure at Rescue Rittenhouse Spa Lounge

best manicure/pedicure

karina restrepo of rescue
rittenhouse spa lounge

It always comes down to the same thing: staying power. You can clip, file, scrub and polish your nails to perfection but if you can't ward off the accidental smudge or premature chip then you might as well save the cash and paint your own nails. When it comes down to it, a manicurist is only as good as how long her manicure lasts. And Rescue's nail technician extraordinaire, Karina Restrepo, knows how. She has all the tools (fruity scrubs for the feet, sweet-smelling exfoliating slime for the hands, thick lotions and some peppermint aromatherapy) but all she really needs to create perfect nails are a couple bottles of polish. The difference is in the technique, and after five years on the job she's got it down to a science: thin layers help the polish dry fast (no smudges) and leave little room for chipping (ah, staying power). And without globs of polish piled on the nail, your hands and toes will look clean and feel natural. *Rescue Rittenhouse Spa Lounge, 255 S. 17th St., 215-772-2766. —Tracey Giordano*

runners up

- Stacy Diaz of Pierre & Carlo European Salon & Spa
200 S. Broad St., 215-790-9910
- Connie Martino of Pileggi on the Square
717 Walnut St., 215-627-0565
- Susan Kearney of Red-Red-Red 222 Church St., 215-923-4042
- Teri Scogna of Strands Hair Salon 23 N. Third St., 215-923-5849

IT BEST OF STYLE [spa & fitness]

best facial

linda harding of rescue
rittenhouse spa lounge

Linda Harding knows her stuff. Go ahead, quiz her. After five minutes on the table she'll tell you enough about your skin to have you wishing you could bring her home to save yourself from screwing up all her hard work. After nine years of turning problem skin into something you'd see in a Neutrogena ad, she's certifiably a pro. Rescue's facial menu is comprehensive, but if you want to get your money's worth let Harding choose the best way to work her magic. You won't be forced to make up your mind (as if you knew the difference between a Bio-Lift Facial and a Micro Crystal Power Peel) and Harding can customize the treatment so your skin gets the care it needs. She's the kind of aesthetician you can trust—the kind who can get away with rubbing salmon proteins into your skin (ew) or brushing acid over your face—because she's just that good. *Rescue Rittenhouse Spa Lounge, 255 S. 17th St., 215-772-2766. —Tracey Giordano*

runners up

- Susan Schiano of Pierre & Carlo European Salon & Spa
200 S. Broad St., 215-790-9910
- Danuta Mieloch of Rescue Rittenhouse Spa Lounge
255 S. 17th St., 215-772-2766
- Janet Corvino of Oggi Salon & Spa 1700 Locust St., 215-735-0707
- Jessica Weaver of Spa Terme di Aroma 32 N. Third St., 215-829-9769



For some serious relaxation, go for a facial.

BEACH-READY BODY: BOOT THE GYM, STAY SLIM FOR LIFE, SEX APPEAL IN 8 EASY APPOINTMENTS

PHILADELPHIA

STYLE

...COME...YOUR LIFE

BEST of STYLE

Our Readers Tell All:

356 of the
City's Best

Restaurants, Shops, Spas,
Bars and Hometown Stars

Plus: Best of the Shore

Bohemian
Rhapsody

57

Looks That
Sizzle

\$3.99 JULY/AUGUST 2005



0 74470 97001 4

Summer Skin

Danuta Mieloch answers your summer skin care questions.



Danuta Mieloch

Heat, humidity and harmful rays can make your skin a mess. To help you get glowing skin, Danuta Mieloch, an aesthetician and the owner of Rescue Rittenhouse Spa Lounge, answers your summer beauty questions.

Q: I am allergic to most moisturizers, so I use Cetaphil because it is just so mild. When I wear sunscreen I get oily and break out. Can I buy sunscreen for sensitive skin and mix it in with my moisturizer? —*Janele, Queen Village*

A: There are specific, fragrance-free, light-texture moisturizers that will address your individual sensitive skin with results surpassing Cetaphil. If you have oily or blemish prone skin, go with an oil-free version with a formulation geared specifically for the face. To get the maximum benefits from both your moisturizer and sunscreen, apply them separately.

Q: What brand of sunscreen do you find lasts longest throughout the day? —*Marcy, Berwyn*

A: The most beneficial sunscreens are broad spectrum, offering protection against UVA and UVB rays. A good pick is Skin Medica's Daily Sun Protection for Faces with SPF 20 (\$35, Rescue Rittenhouse Spa Lounge).



Q: Is a suntan less dangerous than a sunburn? —*Aimee, Manayunk*

A: Limit sun exposure. Any burn, even tanning, is stress on the skin. Fair skin is more susceptible to sun damage, but olive and darker skin types can also develop skin damage. I always recommend tanning treatments at the spa, such as a buff-and-bronze treatment. You look radiant and sun-kissed and get the look instantly without the sun.



Q: How can I prevent my skin from getting overly oily this summer? —*Katlyn, Marlton, N.J.*

A: Come in for a professional comprehensive skin consultation. For your home care regimen, cleanse and exfoliate your skin daily and switch to a lighter-textured or oil-

free moisturizer. Biologique Recherche Crème Dermo-purifiante (\$70, Rescue Rittenhouse Spa Lounge) is nice and light for summer heat.



Q: I have heard that an SPF higher than 30 doesn't do much. Is there a point to using such a high SPF? —*Sydney, Society Hill*

A: When you are going to be outdoors for an extended period of time, SPF 30 or higher is perfect. Apply sunscreen 30 minutes before going outdoors and reapply frequently. It is doubtful that a SPF higher than 30 is more effective. Md Skincare has a variety of sunscreens, and one of my favorites is the Sun Pads system with vitamin C and SPF 30 (\$30, Nordstrom). It travels well and is handy for reapplication.

Q: I am fair skinned and tend to burn even if I am wearing the highest SPF. How can I prevent burning but still enjoy the beach? —*Anne, Bella Vista*

A: Wear protective clothing, a broad rimmed hat and sunglasses. Also, take your time applying your sunscreen (don't forget your earlobes, lips and toes) and then reapply throughout the day. Avoid the sun between the hours of 11 a.m. and 3 p.m.

Danuta Mieloch's most frequently asked question:

Q: What is the best way to exfoliate your skin in the summer? —*Lisa, Center City*

A: Get your skin in summer shape with a series of customized facials. Then, follow with home care to maintain your glowing complexion. I recommend a mild lactic acid-based exfoliator called Biologique Recherche P50 (\$75, Rescue Rittenhouse Spa Lounge), an amazing vitamin-enriched exfoliating potion with a formulation for every skin type. I like to call it a facial in a bottle. It gently hydrates, tones, firms and balances the skin.



In our next issue, makeup artist Lisa Severino, owner of The Make-Up Bar, will answer your questions about fall's best beauty trends. Please send questions to beautyqa@phillystylemag.com.