

By Jennifer Scruby



# My BEAUTY BLACK BOOK

Given her enviable looks and wardrobe, Miami lifestyle blogger **Annie Vazquez**, aka The Fashion Poet, could easily be intimidating. But spend time in her world — the one she documents for her nearly 80,000 Instagram followers — and it's clear that her realness is what draws people in. "My most-liked posts are the motivational ones where I'm open and vulnerable," Vazquez said. "You can put on whatever outfit; nobody cares unless the story has a human element." Here, her latest Miami finds and secret sources.



## NAMASTE THEN ROSÉ LEGGINGS LOUNGE

"A once-a-month women's yoga class and happy hour, usually poolside at the W Miami or The Raleigh. Good vibes, cool pop-up shops — and free drinks!" [leggingslounge.com](http://leggingslounge.com).

## FRESH COATS TOO FACED BETTER THAN SEX MASCARA

"I've tried a zillion mascaras, and this is the best. It makes my lashes look really dark and thick. Plus, no animal testing, ever." [sephora.com](http://sephora.com).



## GOOD VIBRATIONS TIERRA SANTA HEALING HOUSE

"The Singing Bowl Massage is so good. They massage you and then play the bowls, placing them on your back. It's like double the massage." [faena.com](http://faena.com).

## ARCH SUPPORT WINKY LUX UNI-BROW UNIVERSAL EYEBROW PENCIL

"My new secret weapon. It matches my brows perfectly, stays on and — at \$12 — rivals pencils that cost three times as much." [winkylux.com](http://winkylux.com).



## CODE RED MAC RETRO MATTE LIQUID LIPCOLOR IN FASHION LEGACY

"I love bright lipstick; I hate getting it on my teeth. This beautiful cherry red is moisturizing and does not move." [maccosmetics.com](http://maccosmetics.com).



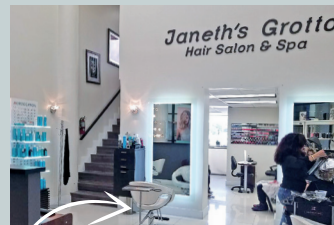
## WELL-POLISHED GLOSS NAIL BAR

"I was raised to always dress up and have my nails done. Now it's like therapy: If I ever get down, I head here. All the technicians are excellent." [glossnaturals.com](http://glossnaturals.com).



## YOU'VE GOT MAIL BOXYCHARM

"Monthly subscription boxes that introduce me to some of the best new beauty products. Whoever's curating them does an awesome job." [boxycharm.com](http://boxycharm.com).



## CHANGE AGENT JANETH'S GROTTA

"In the past two years, I've gone from blonde to red to platinum and back to my natural dark Brunette. Janeth is great at all of them and, miraculously, keeps my hair healthy." 780 Northwest 42nd Avenue, Miami; 305-448-5328.



## DREAM WEAVER

Turns out, not getting enough sleep quality sleep can lead to more than dark circles under your eyes. "Sleep issues make it harder to lose weight," said **Dr. Edward Mezerhane**, a Miami sleep medicine specialist whose confidential patient list is like a who's-who of the city's overachievers. "Regularly getting fewer than six hours a night puts you at higher risk for stroke, diabetes, heart disease, depression, memory loss and Alzheimer's."

Mezerhane's advice? Make sleep as important as going to the gym or eating breakfast. "You need to have a regular sleep routine, and prioritize it." Try cutting off screen time an hour before bed, and avoid coffee or energy drinks after noon. And if you suspect you're snoring more than three nights a week, which could be a sign of sleep apnea, get checked out. "With help, most patients get better in a week or two," Mezerhane said. "They come back and say, 'I'm awake!'" 305-994-1825; [southfloridasleeps.com](http://southfloridasleeps.com).



## The Smile Savant

Patients fly in from around the world to see local cosmetic dentist **Dr. April Patterson**, who goes by Dr. Patty. "I simply created the kind of dental office I would want to go to," she said. That means comprehensive, cutting-edge dental services, plus a gamut of rejuvenating spa treatments, all in a beautiful, airy setting. Anxious? Spend some time with Oliver the Pomeranian mix, Dr. Patty's resident therapy dog. Then settle in for a 3-D preview of your new smile. "Watching people get the smiles they've always wanted," Patterson said, "that's the best." 954-883-9023; [drpattydental.com](http://drpattydental.com).