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## Go to Palm Beach. For a Facial.

BY GARRETT MUNCE

The biggest beauty secret in Palm Beach is found not in a surgeon's office but in a simple brick house on the west side, home to Tammy Fender's Holistic Skincare Spa. Fender developed a cult following when she began using her own botanical skincare products on house calls to treat the pre- and post-op community of Palm Beach. She opened her own spa in 2003 and has since enjoyed a status usually reserved for celebrity makeup artists and Insta-famous dermatologists.

To call the Tammy Fender Signature Treatment a facial is like calling the Garden of Eden a yard. Sure, it has all the classic trappings, like cleansing and extraction, but to Fender skincare is a truly holistic experience. "What we care about is deep nurturing," she says. "You don't need all the different tools and modalities. When you move past the superficial, there's just radiance."

She gets there by combining meditation

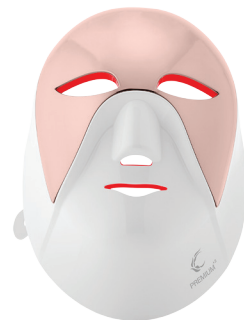
and energy work with her nourishing botanical blends. And then there's Helya Ruth, a master reflexologist who has been working with Fender for 25 years. While Fender is applying masks and manipulating energy at the client's face and crown chakra, Ruth goes to work on the feet, creating a kind of energetic current through the entire body.

The results can convert even a Botox loyalist. While the spa does offer such services as microcurrent and LED therapy, it's the small, energetic changes that do the real work. "It's like fitness for your skin," says Kim Celedinas, a client for 11 years. "The treatments are always evolving to suit my needs at the time."

It's no surprise that every year Fender's schedule is nearly full by August in preparation for the busy Palm Beach social season. As Cornelia Von Rittberg, who jets in from London to get the Fender treatment at least twice a year, says, "When you find something that works, why change it?" **TAMMY FENDER SIGNATURE FACIAL WITH REFLEXOLOGY** (\$365), TAMMYFENDER.COM



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