



MAKING
AN
IMPACT

Gal Gadot's
Latest
Power Move

WELL
INTENDED
PALM BEACH'S
HEALTHY,
WELL-THY
& WISE

MODERN LUXURY
PALM BEACH



3 WELLNESS SANCTUARIES

Palm Beach's health and wellness professionals give the inside scoop on living well.

BY ERIN KAIN

1. TAMMY FENDER SPA

From signature facials and body wraps to massages with hot stones and reflexology, Tammy Fender Spa boasts customized holistic treatments. Tammy Fender, brand founder and namesake, believes that wellness and beauty both shine from within, noting, "When we are at home in our bodies, living in our truth, caring for those around us and practicing self-care, there is an unstoppable, irresistible energy that wells up inside." How does she practice self-care? "Spending time in nature every day—whether in my home garden or at the sea—is essential to my well-being, as is time spent in quiet contemplation." 711 N. Flagler Drive, West Palm Beach, tammyfender.com

2. SANCTUARY MEDICAL AESTHETICS CENTER

Experienced in the latest and most effective, cutting-edge cosmetic procedures, Dr. Jason Pozner of Sanctuary Medical Aesthetics Center knows wellness when he sees it, though he may struggle to implement it himself at times. "Many

physicians don't lead balanced lives," he says. "Many of us take things to heart and have a habit of putting the needs of others before ourselves." Pozner does, however, place a premium on physical activity: "I'm able to offset the hours at the office with exercise. This is what keeps me sane. In particular, I have been a Peloton fanatic for over three years and I love Jess Sims' bootcamps." 4800 N. Federal Highway, Ste. C200, Boca Raton, sanctuarymedical.com

3. ANUSHKA SPA, SALON & COSMEDICAL CENTRE

Founder Anushka Blau's vision of whole-body beauty began in the '70s and endures today at her salon and spa in West Palm Beach. Says Blau, "To me, wellness means designing a life that promotes longevity and sustainability for my body and mind." First on her list? Some good, old-fashioned shut-eye. "I'm getting more REM and deep sleep than ever before, which in turn is giving me more energy and focus during the day—even in my 70th decade!" 701 S. Rosemary Ave., Ste. 200, West Palm Beach, anushkaspa.com



Clockwise from top left: Enjoying a day at Anushka Spa, Salon & Cosmedical Centre; the storefront of Tammy Fender Spa; a treatment with spa owner Tammy Fender.



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