

The Best of our Valley

Be a part of our April issue!

Tell your story with the Valley's #1 luxury lifestyle publication. AZ Foothills is the most trusted resource for the Valley's elite for more than twenty years, featuring the latest and greatest in local luxury lifestyle news. And now, you can be included! Maximize your placement in our annual issue - we've made it easy.

ARIZONA FOOTHILLS MAGAZINE'S BEST OF OUR VALLEY 2018 // HEALTH & WELLNESS

2017 WINNER BEST CO-OP
Dr. Tara Brodtkin



With almost two decades of working in the Valley and providing preventative and alternative care, Dr. Tara Brodtkin has made it a name to be proud of as one of the leading board certified OB/GYNs. Her patient's support throughout her work, as she is a dedicated physician who strives to make a positive difference in the lives of her patients. Her qualifications include preventative care, gynecological procedures, vaginal procedures for women of all ages and providing care to expectant mothers and her own-to-be newborns. After receiving her bachelor's degree in Neuroscience from Cornell University, Dr. Brodtkin studied at Tufts School of Medicine and trained in New York at the prestigious New York Presbyterian Hospital - Weill Cornell Medical Center. [www.tarabrodtkin.com](#)

2017 WINNER BEST BLOW DRY BAR
Park Acne Salon & Blow Dry Bar

As a full-service salon, Park Acne Salon & Blow Dry Bar knows it's important to not have to run all around town for your various beauty services. That is why they offer blowouts, color, curly spray outs, nail services and more. The highly skilled stylists prefer clean, clean looking hair they stepped out of a magazine upon finding their appointment. [parkandblowdry.com](#)

2017 WINNER BEST BOARD-CERTIFIED PLASTIC SURGEON / FACIAL
Dr. Matt Flint

Dr. Matt Flint has the best for this industry in developing new treatments and procedures every year, as he has been the first in his field to create a Sustainable-based Dr. Flint says that being a female surgeon gives her a woman's perspective on her patients' desires for their own bodies. Having performed more than 10,000 cosmetic procedures, Dr. Flint specializes in surgery on the face, breast and body. [mattflint.com](#)

2017 WINNER BEST BOARD-CERTIFIED PLASTIC SURGEON / FACIAL
Dr. Pablo Prichard

The recipient of Dr. Pablo Prichard is appointed the recipient of Plastic Surgery at Lake of the Loops in Scottsdale and Medical Director for Plastic Surgery at the most premier in Advanced Aesthetic Aesthetics in Scottsdale. With his 12 years of experience in the industry, he has more than 2,000 happy patients, specializing in both reconstructive and cosmetic procedures using the latest in plastic surgery technology. Dr. Prichard stays ahead in his industry through his hands-on knowledge and continuous education to stay on the forefront of the latest in techniques and techniques. Certified by the American Board of Plastic Surgery and Diplomate of the American Society of Plastic Surgeons, Dr. Prichard has made a name for himself not just in the Valley, but nationally as well. [dprichard.com](#)

FAST FAVORITES

- BEST HOT YOGA:** The Hot Yoga Movement Club. [www.hotyogamovement.com](#)
- BEST COUNTRY CLUB FITNESS CENTER:** La Quinta, The Club at Encinitas. [www.encinitascc.com](#)
- BEST HOSPITAL GROUP:** Desert Hospital and Medical Center. [dphospital.com](#)
- BEST PHARMACY IN SCOTTSDALE/PALMDEAN VALLEY:** CVS Pharmacy. [www.cvs.com](#)
- BEST PRIVATE SPA:** Spa by Day, Chateau Spa. [www.chateauspa.com](#)
- BEST RESORT SPA:** Spa of the Mountains. [www.mountainresort.com](#)
- BEST GYM:** 100. [www.100fitness.com](#)
- BEST GYM AND BEST INTERVAL TRAINING:** Health City Fitness. [www.healthcityfitness.com](#)
- BEST BOOTCAMP:** AZ Bootcamp. [www.azbootcamp.com](#)
- BEST GYM AND BEST INTERVAL TRAINING:** Health City Fitness. [www.healthcityfitness.com](#)
- BEST HOSPIECE:** Hospice of Maricopa County. [www.hospiceofmaricopa.com](#)
- BEST PRIVATE SPA:** Spa by Day, Chateau Spa. [www.chateauspa.com](#)
- BEST RESORT SPA:** Spa of the Mountains. [www.mountainresort.com](#)
- BEST GYM:** 100. [www.100fitness.com](#)
- BEST GYM AND BEST INTERVAL TRAINING:** Health City Fitness. [www.healthcityfitness.com](#)
- BEST BOOTCAMP:** AZ Bootcamp. [www.azbootcamp.com](#)
- BEST GYM AND BEST INTERVAL TRAINING:** Health City Fitness. [www.healthcityfitness.com](#)
- BEST HOSPIECE:** Hospice of Maricopa County. [www.hospiceofmaricopa.com](#)

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ARIZONA FOOTHILLS MAGAZINE'S BEST OF OUR VALLEY 2018 // FITNESS

BEST MARKETING PROFESSIONAL AND MOST INFLUENTIAL WOMAN IN THE VALLEY
Veronique James

VERONIQUEJAMES.COM



After being off the cover as a graphic designer, Veronique James had had back to back covers in 2016, 2017, and in the months since CEO of the same agency. In the past year, the marketing professional has made major growth for her company which was awarded a best award in office and from her team members on a daily basis. It is difficult to quantify her success and impact work for her clients, many of which are local businesses. The James Agency goes back to the community by offering one job for every two jobs. "For the past few years, we have had the pleasure of working with the United Way Foundation. It's amazing to see how much the organization has grown and building to know that we have played a part in helping them gain important attention."

2017 WINNER BEST BOARD-CERTIFIED PLASTIC SURGEON / FACIAL
Meghan Alfonso

MEGHANALFONSO.COM



Meghan Alfonso is the CEO and founder of The Beauty Family Foundation, a charity aimed to decrease the number of children in foster care. She is currently on the Valley's annual 2018 Top 100 list for her contributions to the community. She is also a frequent speaker at industry events and has been featured in numerous publications. She is also a frequent speaker at industry events and has been featured in numerous publications. She is also a frequent speaker at industry events and has been featured in numerous publications.

2017 WINNER MOST INFLUENTIAL IN VALLEY
Meghan Alfonso

MEGHANALFONSO.COM

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ARIZONA FOOTHILLS MAGAZINE'S

BEST OF OUR HEALTH & SELF VALLEY 2018

By Samantha Stall



BEST HAIR EXTENSIONS AND BEST SALON
LUXXI SALON

Luxxi and Jill Brinkell are the beauty guru behind Luxxi Salon. It is a full-service salon, offering traditional cut, color and styling services, as well as waxing, and more applications and a full range of hair extension options. A large number of Luxxi Salon is perfect for those who prefer more privacy, quiet or relaxation than traditional salons. The salon offers a variety of services including hair styling with the day-to-day color maintenance, hair extensions and more. The salon offers a variety of services including hair styling with the day-to-day color maintenance, hair extensions and more. The salon offers a variety of services including hair styling with the day-to-day color maintenance, hair extensions and more.

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