

D Beauty

The Dallas Guide To Beauty & Wellness

DALLAS/FORT WORTH

The 10 Most Beautiful Women in Dallas

{ 10 Most Beautiful Winner
JAMIE O'BANION }

“Don't neglect to celebrate your successes, no matter how small they are.”

The New Nonsurgical FACELIFT

{ p. 28 }

THE TRUTH ABOUT TUMMY TUCKS: A DALLAS MOM TELLS ALL! { p. 52 }

THE DALLAS GIRL'S GUIDE TO Yoga & Pilates { p. 46 }

142 Top Dallas Beauty Experts

●● no pain, no gain

Trainer Julie Hoang has a reputation for being tough with clients. Now she's bringing that tough approach to Fit180, her East Dallas personal training facility and gym. The modern yet functional 3,050-square-foot space includes cardio, strength training,

floor exercises, a massage room, and an outdoor workout area. Hoang works with clients to create a plan that suits their lifestyles and advises them on nutrition and meal planning. “Eighty percent of training is food intake,” she says. 6060 E. Mockingbird Ln., Ste. C. 214-827-2348.

