



The World of Wellness Cooper Clinic, Fitness Center, and Spa at Craig Ranch

Kenneth Cooper, M.D., has been teaching the benefits of cardiovascular fitness for nearly four decades. Recently, a second Cooper campus opened at Craig Ranch in McKinney, kicking off the next wave of Cooper care. In addition to the state-of-the-art fitness center, day spa, nutrition counseling, and comprehensive physical exams, Craig Ranch offers cosmetic dermatology and gynecology services. Coming soon: CooperLife, a master-planned residential community centered around healthy living. 7910 Collin McKinney Pkwy., McKinney. 214-383-1000 (fitness center and spa) or 972-560-6300 (clinic). www.cooperaerobics.com.



Dress To Impress Melanie Gayle

Owned by Melanie Ramon, a former assistant buyer for Neiman Marcus, this is our new favorite shop for frocks. Unique stock arrives daily, and with an average price point of \$150 (most pieces ring up at less than \$400), we can afford to look our best all the time. Lines we love include Ali Ro, Sine, Lia Kes, Nikka, Amanda Uprichard, and Jenny Han. 6818 Snider Plaza. 214-369-1700. www.melaniegayle.com.



Med-Spa Pioneers Beverly and Donald Breshers

When Somatique Medical Dental Spa opened in 1996, the word med-spa wasn't part of our vocabulary. Now, with two plastic surgeons, an oral surgeon, and a cosmetic dentist on staff, owners Beverly and Donald Breshers have garnered quite a following among the who's who of Dallas—and they won't accept a new client without a referral from an existing client or doctor. There is no waiting room, so there's no bumping into an acquaintance while waiting for your Endermologie treatment. Says Beverly: "We want conscientious patients who want to look the best they can and not like someone else." 5600 W. Lovers Ln., Ste. 212. 214-350-1422. www.somatique.com.

The Sexiest Workout The Girls Room

It's a tad hard to find—look for the bright red door between a pizza parlor and a smoke shop—but it is so worth the search. This funky little studio offers power yoga and belly, burlesque, and sensual dance classes, but we love it for the pole dancing, led by Karyn Lynn and Jackie Carey, who welcome women of all shapes and sizes. The beginners "Pole 'lates" class starts slow, with a little stretching; an hour later, each woman is swinging, strutting, and sliding down the pole like a star. What better way to strengthen your core and spice up your workout? 1921½ Studio B Greenville Ave. 214-887-8880. www.thegirlsroom.us.

GIRLS ROOM: LISA HENDERLING; BRESHERS AND PUMPS: VANESSA GAVALON; ALL OTHERS: COURTESY OF RETAILERS