

THE BEAUTY TEAM

Our picks for the grooming gurus you'll need to keep on speed dial

BY DENISE BALKISSOON AND SIMONE OLIVERO
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We subjected ourselves to manicures and facials, got buffed and peeled within an inch of our lives, spent hours on the massage table—work, work, work—all to smoke out the city's alpha beauty wizards. Here, 15 professional prettifiers who will transform your look from schlubby to show-stopping.

ROCKY-STYLE TRAINER

Chris de Sousa Costa

The staff trainer at the Granite Club and personal trainer for private clients is a CrossFit disciple, so his intense workouts involve little equipment (barbells and medicine balls) and lots of sweat. His client roster includes Bay Street execs and a few Toronto Argos, but he's as adept with newbies as he is with fitness nuts. \$95/hour. 416-807-1769.



BUDGET MANICURIST

Helen Nguyen

At Mani Pedi Spa, the \$15 manicure makes you feel like a hundred bucks. Nguyen, the owner, opened her eight-chair salon five years ago, and it's become a bustling locus for Rosedale ladies seeking chip-resistant Shellac polish and perfectly squared French tips. Clients and nail technicians greet each other by name, regulars get their own dedicated files and buffers, and the nail and cuticle work is as precise as brain surgery. Helen's brother, John, will even go outside and feed your parking meter. 1177 Yonge St., 416-924-2828.

HAIR COLOURIST

Oskar Varela

The stylist and owner of Oskar on Scollard is probably the only Yorkville colourist who teaches his clients how to touch up their own roots. It's not an entirely selfless pursuit—Varela stakes his reputation on how great his clients look between appointments. For longevity, he recommends semi-permanent colour from Schwarzkopf or L'Oréal, which provides a gradual fade instead of a skunk-like stripe. Basic colour starts at \$95, highlights at \$125, and a \$30 to \$50 gloss treatment can help revive hair between full dye jobs. 68 Scollard St., 647-346-3306.

TEETH WHITENER

Georgia Thomas

A stint in Georgia Thomas's chair doesn't come cheap—\$550 for 90 minutes—but you get what you pay for. Thomas, a dental hygienist and the owner of Impressions Dental Hygiene Spa, uses only high-concentration gels and the highest-quality peroxides to reduce post-treatment sensitivity and gum burns. 1956 Danforth Ave., 416-916-6061.



CUSTOM PERFUMERS

Kirsten Menkes and Ashlee Firsten

Aromachology founders Menkes and Firsten let scent seekers choose from several bases—like floral, gourmand and woody—then finish their fragrances with top notes like jasmine-Egyptian musk and juniper berry-carnation. There's a station with all the heady aromas at Jacob and Sebastian, where mixing and matching is as enjoyable as the final product. \$160/100 mL. 622 Queen St. W., 647-345-0478.



SUGAR WAXER

Cailey Ward

With a flick of the wrist, Sugarmoon's Cailey Ward frees you of pesky fuzz using a thick paste of lemon juice, water and sugar, then gleefully shows you the roots of the hair she's stripped off. Unlike traditional hot wax, sugaring binds to the hair follicles but not the skin, minimizing irritation and burns. From \$12. 2 College St., 416-215-7216.



YOGA GURU

Jodi Fischtein

At 889 Yoga's new Thompson Hotel studio, yin yoga expert Jodi Fischtein arranges students into Indian poses chosen to stretch the connective tissues beneath muscles, increasing blood flow and helping joints stay fluid. After a few minutes, stiff hips spasm and then finally release. \$21 a class or \$80 for five. 550 Wellington St. W., 416-601-3589.