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HELLO

My 20+ years of experience in the industry all started in Atlanta after being recruited from the Aveda Institute to Don Shaw (DASS Salon and Spa) in the late 90's. I worked my way up ranks, and currently own and operate Shear Salon -- a premier upscale multi-service salon that successfully caters to health and beauty needs, conveniently located just outside of Buckhead.

I am highly sought after as a trusted beauty advice contributor for many publications such as Jezebel and Best Self Magazine and I am routinely in demand for on location events such as professional photo shoots and corporate promotions. Most recently I've worked onset with Verizon, WSB-TV news (local ABC affiliate), and Jackson Healthcare. I truly love being on set for hair and makeup for film and video shoots. My willingness to travel has allowed me to share my talents both domestically and abroad in places such as New York, Chicago, Switzerland, St. John's, Lake Tahoe, Martha's Vineyard, and throughout the Midwest, which I particularly enjoy as I was born and raised in Dubuque, Iowa.

I am often a featured guest artist for Paul Mitchell, Arrojo, and the Esani Institute, where I use my expertise to educate others through my unique style of hair and makeup. I attribute my success as a hair stylist and makeup artist to my strong foundation and academic background in Theater Arts. My success combined with my desire to master my trade strengthens my creative versatility.

As a business owner, entrepreneur and mother of two small children, I have balanced being the creative director for national ad campaigns, lead stylist for many television shows, and owning/operating a successful salon. I continue to work full-time behind the chair, as well as constantly seek new and innovative ways to evolve in the ever-changing world of beauty and style.

As the sole proprietor of J. Schwartz Hairdressers, LLC since I was 24 years old, I believe my leadership skills, strong work ethic, ability to create and get any job done, speaks for itself. I am constantly seeking new opportunities that will allow me to share my talents and expertise with exclusive clientele. Please contact me directly to discuss any potential partnerships or business ventures.

I look forward to working with you.

Jodi



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Sunshine on a Ranney Day
WSB-TV News anchor - Lori Geary's Charity





Sunshine on a Ranney Day Gala



May 2013



Mother Knows Best

Enlightened moms share their perspective on the most important job on Earth

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on the cover:

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Artists: Tanya Mendez, Jodi Greshap, owner of Shear Salon

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Mother Knows Best

ENLIGHTENED MOMS
SHARE THEIR PERSPECTIVE
ON THE MOST IMPORTANT JOB ON EARTH

She's there to support you, laugh with you and hold your hand when you cry. Deepak Chopra once said, "We should make motherhood the most sacred profession on the planet." For these reasons and many more, we celebrate Mother's Day and all the wonderful ways Mom helps guide and inspire us.

We asked five busy Atlanta moms to share their stories about balancing schedules, keeping a healthy household and to name the one thing every mom should carry in their bag... ☺



LAURA TURNER SEYDEL

Eco-expert and advocate

How many kids do you have? What are their ages?
John R. is 20, Vencer is 17 and L.E. is 15.

How do you balance your work and home life?

It is a challenge, but I could not do it without my husband Rutherford and the rest of our "village." And my great assistant, Kimberly.

How do you carve out "me" time?

My "me" time is spent training with Tammy Stokes at West Coast Workout and with Leslie Clayton at Body Awareness Studio. They inspire and help me stay fit, functioning and healthy.

What are some simple things you teach your kids about living a healthy life?

What you put on and in your body really matters. They don't really like junk food. And they use mostly safe and toxic-free products that are ranked high on the Skin Deep Database at www.EWG.org.

What is your favorite activity to share with your kids?

Family meals and family reunions.

What is the best thing you have learned from your kids?

They teach me how to be a better, more thoughtful person and how to see things from different perspectives.

What advice do you have for moms striving to have it all?

It's really tough to have it all and do a good job, but we do the best we can. I think it's better to have something that interests you if you are a stay-at-home mom because when your children leave (and it happens so fast) you will already have something that you like doing to fill the void. It can be volunteering for a non-profit, a part-time job or a small business venture outside of your home.

What did you learn about yourself when you became a mom?

I learned that I could love more deeply and unconditionally than before. I also learned that it was a great responsibility and I had to rise to the challenge. Because of all that I learned, my husband and I worked together to make our community a better, healthier place so their lives and future can be the best it can be.

What is the most important lesson you learned from your mother?

Along with my birth mother, I have been beyond blessed to have several strong and powerful female role models in my life including my

I love sharing family meals and family reunions with my kids

The one thing every mom should wherever I am my mobile office is with my kids.

Being a mom has made me a m

My idea of the perfect day is: a we go to the beach, we spend time to be doing something good, it is contributing and are oblivious to t

DR. KRYSTAL CHAMBERS

Rehabilitation Spine Physician, Resurgens Orthopaedics

How many kids do you have? What are their ages?
I have three daughters ages 14, 11 and 7.

How do you balance your work and home life?

It can be very difficult at times to balance work and home life. My husband is supportive and very involved with our girls. Knowing that he has things under control at home makes it easier for me to focus on work when I need to.

How do you carve out "me" time?

There was a time when I felt guilty about carving out "me" time, primarily because I already spend enough time away from home. I soon realized how much better I felt after doing something for myself that allowed me to relax and disconnect from the rigors of work. We can usually come up with a multitude of excuses to not carve out "me" time but you just have to make a conscious decision to do it.

What are some simple things you teach your kids about living a healthy life?

Stay active and try to eat well. Fortunately, they enjoy being active with sports so that's fairly easy to encourage. I try to stress the importance of making healthier food choices, which is far more challenging.

What is your favorite activity to share with your kids?

My husband enjoys making home videos so we have lots of video material of the children over the years. Sometimes on rainy weekends we will spend hours watching home videos.

What is the best thing you have learned from your kids?

Enjoy the moment. Don't worry about what's coming next; enjoy what's going on right now.

What advice do you have for moms striving to have it all?

I think the best approach is to do what makes you the happiest, what makes you feel complete.

What did you learn about yourself when you became a mom?

I've learned to not take myself so seriously. With my first daughter, I read every pregnancy and parenting book I could get my hands on. As time went on and the second and third daughters came along, I learned to relax and enjoy the kids more.

What is the most important lesson you learned from your mother?

Be patient, be fair and consider other's point of view and not just my own.

When my kids grow up, I hope they stay true to themselves. Listen to that little voice inside of them that tells them to do what makes them happy.

The next vacation I want to take with my kids is to one of our national parks.

The one thing every mom should carry in her bag every mom should carry an "i" device of some sort, whether it's an iPad, iTouch or iPod. I have been saved many times by one of these devices when waiting for long periods of time with the kids.

Being a mom has made me feel very blessed and very fortunate.

My idea of the perfect day is a day spent with the family, cooking out, playing games and relaxing around the pool.

TANYA MENDOZA

"Good Day Atlanta" Planning Editor (FOX5, WAGA-TV)

How many kids do you have? What are their ages?

I have two beautiful boys. Marcel is my oldest and is 13 and Benicio, "Benzy," is my baby and he is four years old.

How do you balance your work and home life?

I don't think I quite balance it completely, but I try my hardest. My alarm clock goes off at 4:15 each morning. I have to be at FOX 5 ready to greet guests and plan segments starting at 6 a.m. At work I try to manage my time in the best way possible. I have my "to-do" list and try not to divert from it. After work and on weekends, my time is spent driving the kids to various extracurricular activities, church and family time.

How do you carve out "me" time?

When managing a family and a career, things can get stressful. Carving out "me" time is extremely important. I try to stay fit by exercising several times a week, getting a massage once a month and taking care of myself. I am addicted to Zumba and take lessons at Dance Soup Studios and BAPA (British Academy of Performing Arts) in Marietta. Going to Mass and keeping in touch with my faith also helps me stay positive and gives me strength when I'm stressed or feeling down.

What are some simple things you teach your kids about living a healthy life?

I try to get my kids into eating home cooked meals and trying healthy options. I keep them as busy as possible and physically active throughout the week.

What is your favorite activity to share with your kids?

I love snuggling and watching movies on cold days with my kids.

What is the best thing you have learned from your kids?

How to be patient. Being a former news assignment editor ready to deploy crews with a war zone mentality, patience was not something that came easily to me.

What advice do you have for moms striving to have it all?

Set your goals and try to achieve them. Realize that your children are their own individuals and that you can only help mold them into productive people. Give them an abundance of love and never give up on them.

What did you learn about yourself when you became a mom?

I learned that the love that a mother has for her children is eternal. I also learned to appreciate and respect my own parents in a new way.

What is the most important lesson you learned from your mother?

The importance of faith and how to be a giving person. From a young age, she not only provided me with a Catholic education and upbringing, but instilled in me the importance of giving back to those in need.

When my kids grow up I hope...

...they achieve their dreams. I hope individuals with strong faith.

The next vacation I want to take with...

...my family to a tropical island.

The one thing every mom should carry in her bag is...

...being a mom has made me a tough, strong woman that's ready to wake up early, stay up late, dress up as a superhero and drive all over it.

My idea of the perfect day is...

...taking a road trip with my husband and

I have two beautiful boys...I am willing to dress up as a superhero... just to see them smile

Photo by Sanyar Photography



CHRISTINE PULLARA

Host of Atlanta & Company (WXIA-TV)

How many kids do you have? What are their ages?
Christine is four and a half and Catherine is two years old.

How do you balance your work and home life?

It's a constant challenge! My work schedule varies, so if I have a week where I'm doing extra shoots, I make sure the next week is very light so I can spend quality time with them. My mom was a working mom but always made our time together special so I try to do the same thing with my girls.

How do you carve out "me" time?

I love to get a great facial or manicure and just chill out and relax. Exercise is also a great way to de-stress and focus on renewing my mind, body and spirit. My husband is always great about helping with the kids so I can run off to a class.

What are some simple things you teach your kids about living a healthy life?

We stress good nutrition, staying active and how important that is to leading a healthy life. We've also been teaching them about recycling.

What is your favorite activity to share with your kids?

We love to go to the beach and have a picnic! We also love to pile in the bed and watch movies. We have a house on Lake Lanier and last summer they both had a ball on the lake. I can't wait for them to enjoy that again this summer.

What is the best thing you have learned from your kids?

That every moment of my life is setting an example for them. The words that come out of my mouth, my actions, the way I treat others, the way I react to things. They are watching and learning from me. It keeps me in check and helps me strive to be a better person.

What advice do you have for moms striving to have it all?

Really make sure you know what "having it all" means to you. Our priorities are all so different. So set a life goal, a mission statement for yourself and your family and try to live by it. Also learn how to say no. I used to be horrible about it, but now I realize that I can't do it all so I give myself a break and prioritize things and try to figure out how I can give back to the community without sacrificing too much time away from my family.

What did you learn about yourself when you became a mom?

That I needed to be more patient. It's never been one of my best qualities but it's a mom-hare when it comes to kids.

What is the most important lesson you learned from your mother?

Where do I begin? My mom is incredible! She is funny, smart, kind and probably the most considerate, thoughtful person I know. She goes out of her way to help others all the time. She is an amazing role model and I strive to be more like her.

When my kids grow up I hope they...

...are amazing, smart, thoughtful people who follow their dreams and live out their potential in a way that fulfills and sustains them.

The next vacation I want to take with my kids is...

...to the beach. They love the sun and sand and I love watching them be so happy and carefree.

The one thing every mom should carry in her bag...

...hard sunscreen. Oh, and snacks and costumes...make it a big bag!

Being a mom has made me...

...incredibly blessed, humble and beyond happy.

My idea of the perfect day is...

...being with my family, eating, playing and laughing. There's nothing better than the sound of their belly laughs. Heaven! ☺

Photo by Sanyar Photography





The Shear Salon stylists helped us achieve great results! Jodi and her team were flexible and able to make last minute adjustments to both hair and make-up. The stylists were very friendly, professional, and I enjoyed working with the entire team!

Andrea Breuer
Project Coordinator & Print Specialist

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What's Hot for 2014

10 Atlanta bloggers give us the inside on top fitness trends to try this year

Atlanta's "go-to" guide for health, beauty and happy living!

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Over 40 & Fabulous!

Photos by Sawyer Photography

Over 40 & Fabulous! at first glance, seems like a self-explanatory contest name – the winners will be over 40 years of age, and they'll be fabulous. But what does "fabulous" really mean? This year's group takes the definition to a new level.

"Fabulous" doesn't just mean physical beauty; it means a strong belief that beauty is on the inside too. "Fabulous" doesn't just mean physical fitness for its own sake; it means being active with family and friends for overall health and happiness. "Fabulous" doesn't just mean donating money or volunteering your time; it means giving back to your community with the passion and energy of your whole spirit.

Over the next few pages, you will meet this year's top 10 winners and the next fabulous five. These 15 contestants are executives, parents, doctors, runners and coaches. They love books, travel, their families, their friends and life itself. They were nominated and voted on by you, and the vote tallies have spoken. Here are Atlanta's 2014 Over 40 & Fabulous! winners! 🏆

Patricia L. & Duke Carter, Diana Hoffman, Kisha Middleton, Tina Schaefer, Dr. David Jones, Dr. McFarlane Hayes, Sue Cobb, Bob Ann Barry, Virginia Knapf, Peggy Barlow

Thank you to our 2014 Over 40 & Fabulous! contest sponsors.

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"Shear Salon always has a team readily available for shoots or events with Best Self Atlanta magazine. We especially loved their great attitudes and fun makeup at our first Moustache Dash 5K!"

Flannery Keck
Editor
Best Self Atlanta Magazine



Diana Hofsommer - Winner

"I've always had the view that you could be whatever you wanted to be. I feel like I'm just getting started!"

Diana has lived in Atlanta for 18 years with her husband, Jason. In her current role as the development director for Camp Horizon, Diana spends her days building support for Atlanta's youth in foster care.

What do you consider your best accomplishment?

Living in Germany for five years was the toughest thing I've ever done. I changed cultures as an adult and came to realize that my identity wasn't necessarily defined by all of the things I left behind. Learning to live and interact in a new language was an incredibly humbling and rewarding challenge, ultimately, even if it didn't always feel rewarding in the interim.

What is your favorite way to work out?

Snow skiing. It's the most exhilarating way to enjoy nature, physically challenge myself and completely clear my head. More regularly, I run or walk several times a week and do yoga videos, P90X or free weights at home. It seems small, but I think those things add up.

What is your favorite way to give back to your community?

My favorite cause is Camp Horizon, a charity organization providing year-round, no-cost programs to Metro Atlanta's youth in foster care. I've been volunteering as a mentor/counselor for eight years. My current role is development director, which I'm doing pro bono for two years to help grow our organization. Despite 32 years of running amazing programs and changing the lives of hundreds of wonderful kids, Camp Horizon is still unknown to most Atlantans. I'm working to build relationships and create better connections for support.

What inspired you to do this particular kind of charity work?

I'm a former "foster kid." I identify with the issues our kids struggle with, and I have benefited greatly from my community, federal programs and several specific kind and generous people unrelated to me. There is a pervasive and persistent myth that kids from disadvantaged backgrounds are often "troubled" or "bad." Well, if you suffered the same traumas, you might be troubled too. Instead of ignoring the issues, I'd rather see a greater investment in programs that inspire kids to strive for something they didn't think possible before. It's what we focus on at Camp Horizon, and I know there are a lot of other amazing groups doing similar work. Donating to a cause like ours is not just "good" – it's an investment that pays dividends exponentially. A neighbor I hardly knew taught me how to ride a bike when I was 7. I've never forgotten it. And like that example, I have several others that inspire me to put more good in the world than I have received. My hope is that our kids will be inspired to do the same someday too.

What is your most embarrassing moment?

I have so many! Some of the funniest happened while learning to speak German. One day I told my instructor about welcoming spring and cleaning the windows in the back of our apartment. Unfortunately, what I actually said was that I had cleaned the windows in my "behind."

What is your favorite quote?

I find this one from Eleanor Roosevelt quite meaningful, particularly for children who grow up without support or who are abused: "No one can make you feel inferior without your consent." Even if it's your family that tells you that you're worthless, you don't have to believe it.

How do you maintain the balance between self-care, family and work responsibilities, and giving back?

I am not sure I do a great job at this, but I also have autoimmune issues that force me to balance this better than I used to. The four are inextricably linked, and all are a priority for me. If I'm not healthy, I can't do my work or enjoy time with anyone. So I've had to learn how to say no, even when I really want to say yes. Accepting that I have limits was difficult, but finding a way to work within them feels like a success. ☺

www.atlantabestselfmag.com

Debi Ann Bearup

"I thought by 40 I would feel fully grown up, but I am still growing and becoming more confident and independent."

This former pageant titleholder and model has three children with whom she runs an Atlanta-based non-profit organization. Debi Ann also serves as the director of public relations for The ENT Institute.

What is the best thing you've learned about yourself since turning 40?

I have learned what is important in life: being there for your family and friends and letting them know you love them. I have also learned I am stronger than I ever imagined, and the only person who can truly make me happy is myself.

What is your favorite way to give back?

Through Satchring Books, Inc., a non-profit I run along with my three children. We have collected over 300,000 children's books that we send to homeless shelters, orphanages, children's hospitals and schools around the world.

What inspired you to do this kind of charity work?

My daughter, Mackenzie, was injured when she was 10 years old and developed a chronic pain condition called Complex Regional Pain Syndrome. The only way she could get her mind off her pain was to get lost in a great book. Her doctor told her about Murphy Harper, a home for severely abused children that had a library but very few books. Mackenzie started gathering her books, then asked friends and family for books, and before we knew it, she had several thousand books to give them. My sons soon got involved, and we had such a great time collecting and donating the books that we decided to continue. Eventually we turned it into an official non-profit charity and now send books around the world.

Who are the experts who help you be your best self?

I am a big believer that Botox can help you keep from getting wrinkles. I have gotten Botox at The ENT Institute for years. I also love my eyelash extensions from Pleasures Skin Care in Alpharetta. They really make me look more awake!

What advice do you have for someone who isn't yet over 40 and fabulous?

Learn who you are, and if you don't like what you see, work on changing that. You have to love yourself – that's who you're stuck with the rest of your life!

www.kristawhiteatlanta.com

Marsha Middleton

"Hitting 40 made me stop sweating small stuff. I learned to really cherish every moment with my family and friends."

As a mother of two, the owner and president of M-Squared Public Relations and a board member for Meals on Wheels Atlanta, Marsha embraces all her roles while finding time to travel whenever possible.

What do you consider your best accomplishment?

It's really hard to say that I'm proud of just one thing, but I was the first in my family to graduate from college, and I'm absolutely proud of my company and the amazing clients we represent, such as Four Seasons Hotel Atlanta, Kington Hotels and Restaurants, and Moffett Restaurant Group.

What is your favorite book?

My favorite book is definitely the Bible. My pastor, Dennis Rouse of Victory World Church, plays a large role in my ability to remain humble and grounded.

What is your favorite way to work out?

I love a great spin class, and I'm most motivated by the music.

What is your favorite healthy meal?

I am totally obsessed with kale. While I used to judge all restaurants by their french fries, the older me – who can't lose weight so easily anymore – puts the verdict out on a restaurant's kale. One of my favorite places for a consistently good kale salad is Houston's on Peachtree in Buckhead.

What is your favorite way to give back?

I really believe in the mission of Meals on Wheels Atlanta. As a volunteer, you not only deliver food to hungry seniors, but it's also a delivery of conversation and friendship. This year, I'm extremely excited to get myself and colleagues involved with youthSpark, Inc., an Atlanta-based non-profit that provides intervention services for victims of child sex trafficking.

What is your most embarrassing moment?

It was work-related and involved a typo that, as a misspelled word, turned out to be profanity. The document went to the entire company. Oh, and this happened during my first week on the job.

Who are the experts who help you be your best self?

My life coach, David Smith, keeps me grounded, focused and centered. When I have a few too many balls in the air, he tells me it's okay to catch a few and put a few down without feeling like I've dropped them. ☺



Sue Cobb

"In my heart, I'm not a whole lot different now than when I was a teenager!"

This sports coach and mom of six launched Sportabella, Ltd., her own sportswear company, which now outfits many of Metro Atlanta's youth sports teams and donates a portion of proceeds to cancer research.

What is the best thing you've learned about yourself since turning 40?

I can't remember – it was 11 years ago! Honestly, the best thing I've learned about myself since turning 40 is that your passion for life doesn't diminish with age.

What do you consider your best accomplishment?

My six amazing children and my marriage to my high school sweetheart, followed by launching Sportabella.

What is your favorite book?

"The Poisonwood Bible" by Barbara Kingsolver, followed by "A Prayer for Owen Meany" by John Irving. Not to mention the Dr. Seuss books I've read to my kids over the last 20 years!

What is your favorite way to work out?

Hit the pool for a long workout led by a wonderful Masters swim coach.

What is your favorite healthy meal?

Sushi. Not just the fish, but all the veggies as well.

What is your favorite way to give back?

I've been active in youth sports and coaching for the past 15 years. I have a personal passion for fitness and know that participation in sports provides kids with a tremendous opportunity to gain confidence, achieve physical well-being, and along the way make great friends and learn valuable life lessons.

What is your most embarrassing moment?

While living in Japan, I hosted a business dinner party and served what I thought were green beans. Of course, I couldn't read the label. Soybeans in their shells are not a replacement for green beans – I couldn't quite figure out why they were so hard to chew!

What is your favorite getaway?

The Georgia mountains, although my most frequented getaway is on the back porch with my husband.

Where do you see yourself in 20 years?

Surrounded by my husband, kids and a bevy of grandchildren! I also hope to be watching Sportabella being joy to athletes around the world.

Peggy Rainbow

"Life only gets better as you get older. I've heard that all my life and now know it's absolutely true."

As vice president of Worthmore Jewelers and a competitive bodybuilder, Peggy still finds time to give back through Atlanta Pride, House Food the Hunger, W.L.S.H. Society and Make-A-Wish Georgia.

What is the best thing you've learned about yourself since turning 40?

Probably the best thing I've learned is that I still have so much time to learn and accomplish all the things I want to do. I'm not at the end of my rope!

What is your favorite book?

"You Can Heal Your Life" by Louise Hay.

What is your favorite way to work out?

Old-school bodybuilding style.

What is your favorite healthy meal?

Bison and Brussels sprouts. I love Brussels sprouts!

What is your favorite way to give back?

I want to help the gay community, so my favorite way to give back is anything to do with Atlanta Pride. We have come such a long way since I was in my early 20s, and I want the younger gay community to have it easier than we did.



What is your most embarrassing moment?
Showing off doing squats in the gym.

What is your favorite quote?

"Live life as if you were to die tomorrow. Learn as if you were to live forever."
– Gandhi

Name something on your bucket list.

To attend a Sturgis Motorcycle Rally.

Who are the experts who help you be your best self?

My training coach, my posing coach, Yoda (yes, I'm serious) and my very dear friend Harris Bonick.

How do you maintain the balance between self-care, family and work responsibilities, and giving back?

I realize what my limitations and boundaries are and respect them. I have learned to prioritize and give what I can, when I can. I try very hard not to over-commit.

Where do you see yourself in 20 years?

Kickin' butt and taking names. Probably enjoying life and riding my Harley around the country. And, of course, still hitting the gym. ☺

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BEST SELF ATLANTA



Virginia Keagle

"I have a strong mom who told me that I could do anything I set my mind to, and I still believe that today!"

Virginia serves as the executive administrator of information technology at Habitat for Humanity's corporate headquarters. She stays fabulous with a well-rounded workout regimen and a healthy diet.

How has your perception of this age changed since you were younger?

When I was young, my perception was that 40 is just plain old. Obviously, I no longer think this way about 40, 50 or even 60, for that matter. Age is truly a state of mind, and how well you take care of yourself physically can have a huge impact as well.

What do you consider your best accomplishment?

Learning to accept myself the way I am. There is a lot to be said for self-acceptance and self-awareness.

What is your favorite way to work out?

Running and weight training. As you age, you lose muscle tone. It is my goal to remain as much of that as possible.

What is your favorite healthy meal?

I love fresh salmon on the grill and any other seafood dish that is prepared by either grilling or baking. I don't eat anything fried, and I stopped eating red meat more than 20 years ago.

What is your favorite way to give back?

My favorite way to give back to the community is building homes with Habitat for Humanity. Habitat addresses a human need by providing safe, decent and affordable housing throughout the world. Access to adequate housing changes people's lives – it impacts everything from health to socioeconomic factors in a huge way. To date, Habitat has served more than 800,000 families worldwide. Just last year, Habitat for Humanity served 124,946 families.

Name something on your bucket list.

To see the Great Wall of China or some other piece of history dating back more than 1,000 years.

How do you maintain the balance between self-care, family and work responsibilities, and giving back?

I think the most important thing to do is spend your time with those who are important to you, surround yourself with others who you can learn from, and never forget your old friends who have been by your side through the good and the bad.

Dr. David Jones

"I feel that I'm in a new, more exciting chapter of my life."

David, Kaiser Permanente of Georgia's assistant chief of pediatrics, advocates for better health through the Every Body Walk! campaign while maintaining his own health through regular exercise and local, organic food.

What is the best thing you've learned about yourself since turning 40?

I've become more willing to take chances, to challenge myself and to embrace change. As a result, I am happier and more fulfilled both personally and professionally.

What do you consider your best accomplishment?

Graduating from medical school.

What is your favorite way to work out?

I like weight training. It makes me feel good physically and mentally. Also, I am a tennis fanatic! When I cannot do that, I enjoy walking.

What is your favorite way to give back?

I participate in local health fairs and career day at various schools. I join my colleagues in community service events, and I enjoy fundraising for PAWS Atlanta, a no-kill animal shelter, to honor our Great Dane, Monroe.

What makes you laugh?

As a pediatrician, I hear many funny comments from kids. I laugh when they inadvertently embarrass their parents with an unexpected comment. I remember doing it to my parents as a child.

What is your favorite quote?

"I am not young enough to know everything." – Oscar Wilde

Name something on your bucket list.

Two things: I would really love to see the Wimbledon Championships, and I would love to go to South Africa.

Who are the experts who help you be your best self?

Dr. Bob Schreiner and Dr. Charmaine Gray have been close and highly valued mentors for me for many years.

How do you maintain the balance between self-care, family and work responsibilities, and giving back?

I firmly believe that caring for our physical and mental wellness is vital, although it may not be easy at times. If we neglect that, then we cannot be there fully for our family and friends when they are in need. Being physically active and "walking the walk," if you will, helps me be a more effective and credible healthcare professional.

What advice do you have for someone who isn't yet over 40 and fabulous?

Appreciate where you are and what you do right now, and enjoy each day. So much can be learned in both success and failure. ☺

Erika Carter*"Everyone is fabulous in their own way, 40 or not!"**Erika's passion for fitness motivates her to teach FlyBare classes, run marathons and organize charity fitness events. She also serves as the marketing coordinator for Flywheel Atlanta.***What do you consider your best accomplishment?**

Running my first marathon with my dad in 1999. We weren't avid runners, but I had found information on raising money for the Leukemia and Lymphoma Society and asked my dad if he would be interested in doing it along with me. I was living in Boston at the time and would drive to my parents' house in Rhode Island every weekend for our long runs. My dad and I stuck together the whole run and crossed the finish line holding hands.

What is your favorite way to work out?

Every Friday, I do a Fly Triple at Flywheel. I teach two FlyBare classes and then I take a Flywheel class right after. It's the perfect way to start the weekend.

What is your favorite healthy meal?

Sushi. I could eat it every day and never get sick of it. I'm a huge fan of salmon and yellowtail sashimi, seaweed salad and edamame.

What is your favorite way to give back?

I often donate my time to organize and teach classes to raise money for various charities. The charity class I organized for The One Fund Boston was the one closest to my heart. I went to college in Boston and lived there for many years after, so the marathon bombing last year really hit close to home for me.

What is your most embarrassing moment?

In my junior year of high school, I had big hair with lots of hairspray (we're talking the 1980s). When I took my official yearbook photo, perched on top of my bangs was a fly. You could see it clear as day in the photo. I am sure it got stuck in my hairspray.

How do you maintain the balance between self-care, family and work responsibilities, and giving back?

It is sometimes hard to balance. Saturdays are the only day I have completely off, so I make sure that they are 100 percent family focused. We take the time to relax and recharge.

Where do you see yourself in 20 years?

Running a marathon with my two daughters.

Toni Mocerri*"Be the best you can be, and never listen to what others say you can't do."**Toni is a marketing and social media consultant and owner of Toni Mocerri & Company. Her regular networking event and her role as a mom keep her living life to the fullest every day.***What is the best thing you've learned about yourself since turning 40?**

I have learned not to be so hard on myself. Everything in life unfolds the way it's supposed to, regardless of how hard you want to plan.

What do you consider your best accomplishment?

Definitely raising my son, David. A long time ago I never wanted children, but it happened, and I always felt it was meant to be. I am very proud of him today. He has had his own hardships and persevered through them.

What is your favorite book?

"What Got You Here Won't Get You There," by Marshall Goldsmith. My son gave it to me before he left for college, and he wrote on the inside cover, "Mom, this is my way of showing you how hard you worked and sacrificed for me. You are an awesome mother. Thank you for showing me the way!"

What is your favorite way to work out?

Walking or jogging in Chastain Park and listening to music to clear my mind.

What is your favorite healthy meal?

Salads from Zoë's Kitchen. I'm addicted.

What is your favorite way to give back?

I do charitable work with various organizations, and I hold a monthly networking event, Girls on Fire, inspiring other women to continue to help each other.

Who are the experts who help you be your best self?

The many doctors I have been exposed to in my former business and the author Bo Burlingham, who wrote "Small Giants."

How do you maintain the balance between self-care, family and work responsibilities, and giving back?

My son is weeks away from getting married, and I have a lot more time on my hands than I used to when I ran a business with 12 employees. Everything at work falls into place when I take time for myself. ☺

Jen McGowan Guynn

"Find peace in who you are, and that will be reflected in your everyday actions."

Jen serves as the co-founder and executive director of Pebble Tossers, Inc. while staying involved in athletics, modern activism, community groups and mothering her three children.

What is the best thing you've learned about yourself since turning 40?

The best thing that I've learned is acceptance of who I am. I've embraced my quirkiness and the fact that I am so blessed to have such amazing family and friends.

What is your favorite book?

I loved "The Book Thief" by Marcus Zusak and "Chasing Cool" by Noah Kerner and Gene Prossman.

What is your favorite way to work out?

Right now, I'm into cardio kickboxing, and I've practiced yoga for 16 years. They are two completely different workouts but both a lot of fun.

What is your favorite healthy meal?

Grilled fish tacos with lots of red cabbage and salsa verde.

What is your favorite way to give back?

I co-founded and am the executive director of Pebble Tossers, a youth service organization driven to ignite a passion for volunteering in youth. Educating kids and exposing them to the different ways they can individually make a difference in their community has been very fulfilling for me. I love watching kids have first-time experiences with community service, whether it's making sinners for the homeless or painting flowerpots with the elderly.

Name something on your bucket list.

To go on a bike and vineyard tour through Italy.

Who are the experts who help you be your best self?

Dr. Leslie Gray, who is forward-thinking about how healthy living affects your skin, and Dr. Cathy Franklin, who has an amazing holistic approach to physical, mental and spiritual healthcare.

Where do you see yourself in 20 years?

In 20 years, I can see myself teaching my grandchildren how to be servant leaders - while also teaching them how to stand-up paddleboard in the ocean.



Fabulous Five Contest Winners

This year's nominees were so wonderful and the contest itself so close in votes that we couldn't stop at the top 10. Here are the next fabulous five winners, who have launched successful Atlanta businesses, overcome health battles, organized charity events and looked great doing it.

Trudy Davies Davis

Trudy is Miss Georgia International 2013, a six-year survivor of Stage 3 breast cancer, registered nurse and owner of The Image Academy.

What do you consider your best accomplishment?

The love and relationships I share with my family and friends. After that, it would be starting my company, The Image Academy.

What is your favorite healthy meal?

Spinach and salmon salad with all the trimmings.

What is your favorite way to give back?

Volunteering at breast cancer awareness events and sharing my "Breast Cancer Survival Kits" with women who are newly diagnosed. After being diagnosed with Stage 3 breast cancer, I was determined to do something to empower women going through the treatment process. In addition, I know how important it is to meet someone who gives you hope during this incredibly scary time.

What is your most embarrassing moment?

Remaining standing in the front row at church after everyone else was seated. Eventually the pastor said, "When the lady in the front row takes a seat, we will continue."

Who are the experts who help you be your best self?

Randall Smith at RKS Couture, Barbara Weber at Specialist Aesthetics, Dr. John Griffin, Candy at Janelson Shaw Hairdressing at Salon Atrio, The Image Academy and Legend Nails.

LeeAnn Maxwell



As the CEO and owner of Vixen Vodka, as well as a heart attack survivor, LeeAnn hopes to inspire women to go after their dreams.

What is your favorite way to work out?

I am hooked on OrangeTheory Fitness. #obsessed

What is your favorite healthy meal?

When I am looking for a good comfort meal, I turn to roasted vegetables like roasted Brussels sprouts and grilled asparagus with a side of balsamic tomatoes. Just talking about it makes my mouth water.

What is your favorite way to give back to your community?

After surviving a heart attack two years ago, my charity of choice is Go Red for Women. Women need to be educated on the signs and symptoms of heart disease, and now as a survivor, I feel I have been given the opportunity to bring awareness to others.

Where do you go for "me" time?

The dog park. Nothing makes me happier than to see my two rescue dogs galloping across the park.

What advice do you have for someone who isn't yet over 40 and fabulous?

Life just gets better as you get older. I was divorced at 50 and completely reinvented myself to be an owner of Vixen Vodka, got remarried, and I am loving the new me. Be ready to embrace all the twists and turns and get ready for new adventures. ☺

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Photo courtesy of Heidi Gelbohn (bottom right)



Rebecca Walden

At Bernadette's Salon & Wig Gallery, Rebecca uses her skill and humor to support women experiencing hair loss and help them regain their confidence.

What is the best thing you've learned about yourself since turning 40?

Being authentically me is not just allowed – it's celebrated!

What is your favorite way to work out?

CrowFit at Hard Exercise Works of Dunwoody with my husband, Lance, every morning.

What is your favorite way to give back?

I serve on the board of directors of the Georgia Breast Cancer Coalition Fund, and I give back every day through my work. I have been dubbed the "Wigspert of Atlanta," and I help women with hair loss from chemotherapy, alopecia, trichotillomania or hormonal changes. My work goes beyond just styling their wigs – I get to meet the coolest people under unfortunate circumstances and feel blessed to be able to encourage them.

What is your favorite healthy meal?

Spaghetti and a chopped salad from Maggiano's.
Wait... that's not healthy, is it?

Where do you go for "me" time?

I take a bath. I have a crystal bowl of salt with a quartz crystal in it for good energy. I put three handfuls of the salt in my bath: one for love, one for gratitude and one for trust in God. Then I turn on the TV at the foot of my tub and watch whatever I have recorded on my DVR, followed by my skin care ritual. It's awesome "me" time!

What is your most embarrassing moment?

I feel like I embarrass myself every day, but what comes to mind is that more than 20 years ago, when I was pregnant with my son, I sent flowers backstage to Adam Carlin with a card that read, "You are my Elvis." Mortifying.

Who are the experts who help you be your best self? My therapist, Melissa Beddingfield. Therapy keeps your mind and soul growing to become your most authentic self. I think everyone can benefit from it.



Lea Bay

As the president of Gwinnett Medical Center-Duluth, Lea started a running club for employees. She also set a goal to run 1,000 miles in 2013, which she completed 10 days before the new year.

What do you consider your best accomplishment?

Easily my two children, then my work as part of the team at Gwinnett Medical Center-Duluth and then nine half marathons.

What is your favorite book?

"The House of Mirth" by Edith Wharton and "Born to Run" by Christopher McDougall.

What is your favorite healthy meal?

Farm Burger in a lettuce wrap.

Name something on your bucket list.

Take my kids to Washington, D.C. and other interesting cities. Also, run the Covenant Half Marathon that finishes in Neyland Stadium.

Who are the experts who help you be your best self?

Mari Geier of The American Boot Camp Company (TABCC) and Dr. Steve LaScala of 1st Choice Healthcare have brought me back from pulls, strains and other injuries many times. Atlanta also has an amazing array of opportunities to get in your workout before dawn, like TABCC, Pure Barre and Brookhaven Fitness, and I try to take advantage of as many as I can between my runs.

What advice do you have for someone who isn't yet over 40 and fabulous?

Take care of yourself now and don't wait. It is the right thing to do for you and your loved ones. And start running if you don't run already.



Joseph Golshani

As the founder of Joseph & Friends Lifestyle Salon & Spa, Joseph also devotes time to a professional organization of Iranian Americans that helps reconnect families and support students working toward their college degrees.

What is your favorite way to work out?

Soccer, which I play three times a week, and swimming, which I practice in the warmer months.

What is your favorite way to give back?

I love being involved in helping young people, and over the years we have participated in numerous fundraisers and charities that help the young.

What is your most embarrassing moment?

I was giving a haircut, and when I finished and pulled off the cape, my client's hair top came off too! I ran to the back to prevent her from feeling more embarrassed.

What advice do you have for someone who isn't yet over 40 and fabulous?

Believe in yourself and look forward to a great future. When you hit that 40 mark, you'll have a lot of "aha" moments.

Where do you see yourself in 20 years?

Never retired. I love my business so much that I see myself active and taking part in Joseph & Friends in some way, shape or form. I also envision that with maturity I'll be more relaxed and wise. ●



INSPIRATION



QUESTION & ANSWER

Primary care physicians should make immediate referrals to wound care specialists when a diabetic wound is discovered, much in the manner they would refer to a cancer specialist if a female patient discovered a lump on her breast, or a male patient was suspicious for prostate cancer.



Damien M. Dauphinée, DPM, FACFAS, FAENS, FCCWS
Medical Director,
Center for
Wound Healing
and Hyperbaric
Medicine, North
Texas Hospital

What technologies do specialists offer that are different from primary care physicians?

Wound care specialists have advanced training in debridement (surgical removal of infected or dead tissue), access to laboratory grown skin substitutes, negative pressure wound dressings, and highly specialized silver dressings which control bacterial growth. Many specialists also have access to hyperbaric oxygen chambers, which are a powerful adjunct for the wound care professional.



Desmond Bell, DPM, CWS
Executive Director and Co-Founder,
the "Save A Leg,
Save A Life"
Foundation

When should individuals with a wound see a specialist?

Patients with diabetes are at increased risk for ampu-

tation. They should immediately seek the services of a wound specialist at the earliest discovery of an open sore. It has been established that if a wound is not showing signs of healing at four weeks, the odds of successful healing decrease significantly.



Lee C. Rogers, DPM
Co-director of
the Amputation
Prevention
Center at Valley
Presbyterian
Hospital in Los
Angeles, CA

What questions should patients ask primary care physicians?

Wounds are complex and require specialized diagnostics and treatments. The consequence of an untreated or under-treated wound could mean infection and amputation. It is imperative that one see a wound specialist as soon as possible. My recommendation would be to immediately ask for a physician-to-physician referral or to self-refer to a wound healing center.



INSPIRING HEROES. Jeffrey Frenchman, DPM, director of limb preservation at the Atlanta VA Medical Center works with U.S. veterans to ensure no wound is left behind.
PHOTO: ADVANCED BIOHEALING, INC.

No wound left behind

Like many Americans, U.S. veterans face a growing number of diabetes-related lower-limb complications.

A majority of those currently treated for this type of wound management are World War II and Vietnam War veterans. While a high prevalence of long-term smoking habits makes these groups susceptible to difficulties, doctors often find one of the greatest challenges lies in overcoming the grit-your-teeth-and-bear-it attitudes.

"They come in with their arms folded, staring at you and saying, 'What are you going to do for me? I've already seen five or ten different doctors. They've tried everything they can ... the only option is to take my foot off.'" **Jeffrey Frenchman, DPM**, director of limb preservation at the Atlanta VA Medical Center said. "To me, that's an unacceptable parameter to work around."

Ready to fight

According to Frenchman, patients often hold fatalistic views about wound care or feel they created an unavoidable outcome of limb loss by diet, smoking or failure to notice wounds quickly. The best way to approach the care and possibility for closing wounds often draws on veterans' strong team mentality. Frenchman believes in an involved approach—ranging from at-home care to dermagraph solutions—and avoidance of the blame-game for saving limbs.

"I tell my veterans, 'In this room they don't have to be the tough guy—no one's going to sit and reprimand you, no one's going to chastise you,'" Frenchman said. Frenchman also finds talking about improvement percentages rather than a measurement promotes a joint path to success. Understanding the percentage at which a wound has closed not only allows a sense of achievement, but also shows the work remaining ahead to the goal.

Victory and achievement

While he may not give out medals, certificates are issued to commemorate the closing of a wound—or the end of a battle.

"Some of them will tell me they put it on their refrigerator like a little kid going to their mom and dad showing them a piece of schoolwork," Frenchman said. "It actually makes them want to continue. They don't want to have a recurrence of the wound. They're more likely to come in more frequently to be seen or follow the recommended follow-up protocol."

In the end, Frenchman said it's often the battle-mentality that motivates these heroes.

"Working in a VA facility with all the veterans, every story they've told me is 'we leave no man behind.' So the motto that I've actually started to adopt is, 'I don't leave any wound behind.'"

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Reporter Newspapers

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Posted by [Guest](#) on November 25, 2013.

Aprons will provide family ties this Thanksgiving

I'm a sucker for an apron.

I can slip on an apron that has a fetching Provincial pattern and imagine myself domestically stylish.

I used to never wear aprons—I thought them too retro and frumpy. Fortunately, now retro is in and aprons are chic. When I had finally ruined favorite shirt number 34 with a wayward splash of olive oil, I decided that it was time to tie one on.

And tie one on I do — every day — usually around 3 o'clock, as I grab a cup of tea and drive off to the carpool line. I keep it on for the red wine I sip while chopping onions, and I wear it straight through dinner and into cleanup.

It's typically 10 o'clock before I disrobe.

So, when I ran into my favorite kitchen shop indulgence of harvest-scented hand soap and I didn't stand a chance.

It was a lovely shade of autumn gold with an embroidered on the front. It had a handy red Plus, it was 20 percent off.

I tried it on, thinking of what an extra boost would lend to my turkey and side dish prep practical, mini-splurge for my upcoming Thanksgiving on the apron strings...



Robin Jean Marie

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DUNWOODY DONATES: Friends group hosts 11th annual taste event

by [LaTria Garnigan](#)

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From left, Moondog Growlers co-owner Eleanor Benson brings beer samples to Taste of Dunwoody co-chairs Tracey Nies and Amanda Becker.

Children's Healthcare of Atlanta has a network of organizations that are focused on assisting the hospital in reaching its goal of helping children and families across the metro area. There are 35 Friends groups throughout metro Atlanta that do just that, according to Lynn Leslie, program coordinator with the Children's Healthcare of Atlanta Foundation.

"Each year, Friends volunteers collectively raise funds that go towards specific funding goals," said Leslie. "These goals are selected based on specific needs of Children's Healthcare of Atlanta."

Leslie added that in 2013 Friends volunteers hosted more than 100 community events and fundraising initiatives and collectively were able to raise \$2.5 million for the hospital.

On Saturday, the Dunwoody Friends group will do its part in raising funds for the hospital with the 11th annual Taste of Dunwoody. The \$100 per ticket event will be at the Crowne Plaza Ravinia in Dunwoody, from 7:30 to 11 p.m.

"We have about 30 restaurants that will be supplying tastes of food," said event co-chair Amanda Becker. "And so it's various restaurants around Dunwoody and the Sandy Springs area and once again we have a local band, Yacht Rock Revue, to provide entertainment."

The ticket includes two drink tickets. Besides the tasting and entertainment, there will also be a silent auction throughout the event with prizes such as a Royal Caribbean seven-night Caribbean cruise for two.

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MALONEY CENTER FOR FACIAL PLASTIC SURGERY





"Jodi and the staff of SHEAR Salon provided onsite hair and makeup services when we needed a photo shoot for an industry magazine article. They not only met but exceeded our expectations. As a long-time client of Jodi's I know she is an amazing stylist. However, her colleagues were equally professional and the results were just what we wanted – a clean, polished, professional look. They were able to accommodate our early set up time, before 7am. We continue to use these headshots and photos even 2 years later and receive multiple compliments from print marketing professionals, photography staff and our clientele. We would not hesitate to use them for our next photo shoot."



Blair Green
Partner, One on One Physical Therapy and Back 2 Motion Physical Therapy.



FASHION SHOWS

Nicole Miller
COLLECTION | Artelier



SHEAR
SALON

nicole miller
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The logo for SHEAR SALON features a pair of scissors with orange handles and silver blades. The word "SHEAR" is written in a bold, sans-serif font, with the scissors positioned over the "E" and "A". Below "SHEAR" is the word "SALON" in a smaller, all-caps, sans-serif font.

MEDIA MENTIONS

Touch-Up Tips

Take lessons in lookin' good from these local pros.

HAIR APPARENTS!
The ATL's newest color and style talents

1. Mobile Maven
Kevin Payne-Owens will brighten it to your bottom-bra color and style services keep him on the go so that you'll look amazing. 404.966.9755

2. Color Central F.T. Ashley McGarry of Van Michael Salon's Buckhead locale is your go-to girl for trendy ombre color. @vanmichaelsalon

3. Shear Genius Fish rings, hair bows and charitable events keep Shear Salon owner Jodi Schwartz Grieshop on our go-gorgeous list. @shearsalonatl

4. Southern Extensions North Carolina-native Karen Hester at Like The River The Salon in Virginia-Highland is making a name for herself with cut above precision clips and extensions. @katheriveratl

5. Headlines A towheaded herself, stylist Stephanie Goodman of Muse Salon and Spa in Alpharetta is known for her mad skills in achieving perfect shades of blonde for the OTP set. @stephaniegoodman

30

That's the percent increase in bookings for **male laser hair-removal treatments**—“known there” and on the back—in the last 18 months, according to Dr. Jay Kulkarni at Women's Institute for Health. Ladies, tame your hairy beast! @wifh_heer

AT FIRST BLUSH
If the name **MushBaby Makeup Studio** rings a bell, it's because the local makeup studio's lash beauty has turned heads when it

An Eye-Opener
Wink at the recently opened **NUVO Salon**, where eyebrow artists practice the ancient art of threading. This swift and precise hair removal process is perfect for sensitive skin types, as it requires no irritating wax or chemicals (or screaming). And, since the hair is rooted out at the follicle level, it grows back thinner and finer. East Cobb

3 W

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Shear Genius: Best New Hair Talent in Town

by Caroline Cox and Karina Tyrrell | Jezebel magazine | February 22, 2013

Whether you're itching for a hair color change-up, looking for a low-maintenance 'do or finally ready to try some Zooey Deschanel-style bangs, these five stylists in and around ATL are guaranteed to leave you looking fresh and fab.

1. Ashley McCarty
For a top-notch hair hue, look no further than this trendy colorist at the Van Michael Salon in Buckhead—she'll perfect some highlights, an ombré or anything in between. 39 West Paces Ferry Road NW, vanmichaelsalon.com

2. Karen Hester
Head to Virginia-Highland's Like The River The Salon and experience this North Carolina-native's expert cuts and can't-believe-it's-not-yours hair extensions. 240 N Highland Ave. NE, liketheriver.com

3. Stephanie Goodman
If you've got serious blonde ambition, this towheaded bombshell can hook you up. Find her OTP at Alpharetta's Muse Salon and Spa. 4620 Kimball Bridge Road, musesalonandspa.com

4. Kevin Payne-Owens
Forget DIY at-home hair color that comes in a box (and ruins your towels)—this cutie offers mobile color and style services right to your doorstep. 404.966.9755, payneowens.com

5. Jodi Schwartz Grieshop
As the owner of Shear Salon in Chamblee, this experienced stylist and colorist (who's also styled for film and theatre) is always at the top of our go-glam list. 3580 Pierce Drive #140, shear-salon.com

JEZEBEL





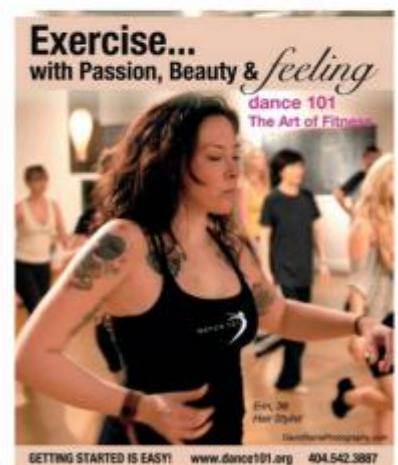
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SALON

WEDDINGS



WEDDINGS

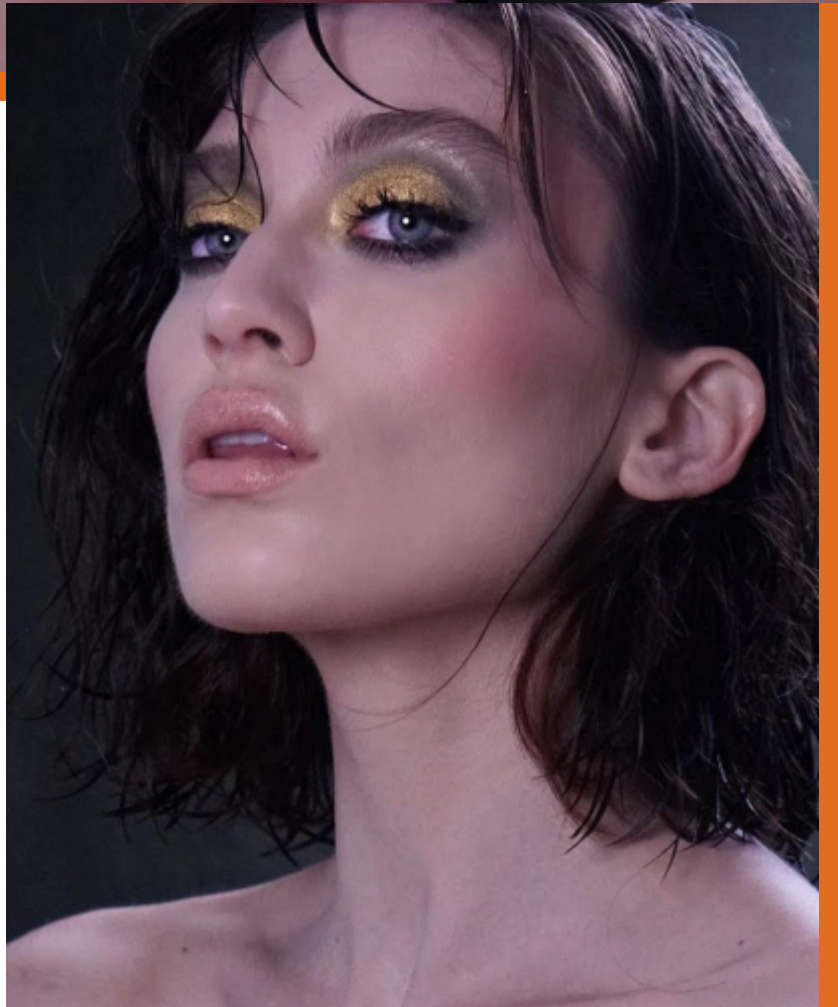
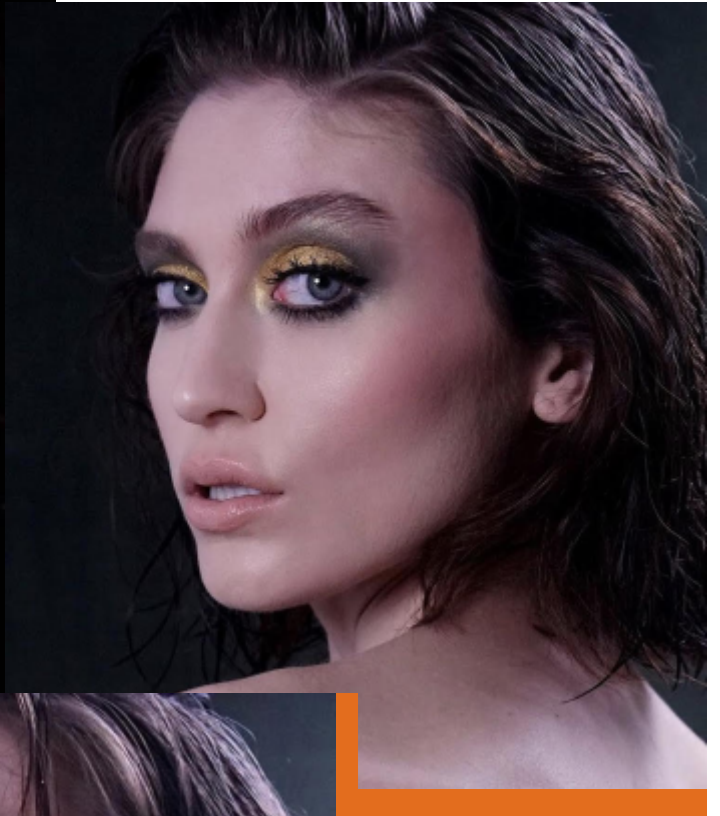


COLORZOOM









THE SALON

Voted best new spot in the city by Yelp for 2013, 2014 and again in 2015!

Shear Salon in Atlanta, the premiere Buckhead / Brookhaven hair salon, offers a contemporary yet relaxing atmosphere in addition to a friendly, creative and highly experienced staff. We take pride in providing top quality salon services such as women's haircuts, men's haircuts, kid's haircuts, highlights, color, Kerasilk blowouts, hair extensions, professional make-up, waxing, bridal services and more.

Shear Salon Staff

Our team of talented professional stylists works with you to create a unique look for your lifestyle. We feel that you are not just customers, but family, so you receive a warm welcome every time you stop by! From the moment you arrive, we are devoted to creating an experience that delights the soul and allows the world to see your beauty. Our Atlanta hair salon features amenities such as complimentary beverages, fresh-brewed coffee WiFi and a friendly support staff.

Owner and master stylist, Jodi Grieshop has developed a salon that is high on style, but carries a social conscious. Shear Salon was developed with an environmentally friendly approach, using energy efficient light bulbs and appliances, minimizing wastes and recycling. Cozy up at Shear Salon which features 19 foot ceilings, an open floor plan boasting European decor and design.



Contact for Bookings

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Brilliantly Unexpected... Since 2007

