

THE BUZZ

in the
Bayou City

by Roseann Rogers
The Buzz Lady



Cool Solution

You may have seen it on TV before and lots of Hollywood's biggest stars are raving about it. With spring break this month, this maybe just what you've been looking for. There's a new technique on the market to try and help you get the body you've always wanted. According to Dr. Shelena Shell, Coolsculpting safely remove areas of stubborn unwanted fat with the only FDA cleared device for non-invasive fat removal. Coolsculpting provides results with no downtime, no surgery or anesthesia. It's ideal for any area on the body that includes love handles, abdomen and inner and outer thighs. Want to know more about Coolsculpting? Call and ask about the exclusive Bay Area Houston Magazine offer of \$250 off @ Dr. Shel Wellness and Medical Spa. www.drshel.com. 281-313-7435.



Before Procedure by Irsh A. Rozales-Barber, MD Patient number: SLP 052
3 months after One Coolsculpting procedure
4 month after Three Coolsculpting procedures



French Cowboy

We have some exciting news about our beloved French Cowboy, Phillippe Schmit. The buzz is he will be given the prestigious, highly-sought after title of Master Chef of France! A year in the making....it will be official in March at a ceremony in France. He is one of 10 being designated this year and the only one in Texas with this designation. This designation also coincides next month with a French Culture Festival happening in Houston (www.francophonie-texas.org) in which Phillippe will be creating a special \$55 three-course dinner to celebrate French classics (Every Wednesday in March.)

Rodeo Chic

Rebecca & Drew Custom Shirts have chic checked shirts perfect with a pair of boots and jeans for the rodeo! These shirts are unique because they're made to fit by your bra size and your height. That means no peek-a-boos in the front. Custom shirts starting at \$165. www.Houston.RebeccaAndDrew.com



Hair News

This is a time of transition ladies. Many of us are bored with our look and need something to feel renewed and special to start the new season. Holidays are over and we begin thinking of the year ahead. "A small change can give you a new look and make you feel totally different," says Bruce Grossman stylist at Michaelydton. Don't underestimate a small change. Grossman adds, "It's time for bangs!" When you simply add bangs to your current hair style it has a whole new look. Often times you'll achieve a younger and fresher look. You'll be surprised at the comments from others. They will think you've changed your whole cut. The two ways of adding bangs are: cut strong thick bangs that do not taper in to the sides of your hair, or cut a thick bang with a gentle blend to the sides framing the face. This will bring attention to the eyes, change the shape of the face, and start the year with a new appearance. Guess who just got bangs!!!



Self-Adjusting Beauty Products

Okay, these products have been popping up all over the beauty market. Through science, these products claim to adapt to your skin tone on contact. "These combinations/formulas are great for women who want a light, effortless glow" says Rachel Gower owner of The Upper Hand. Intuitive Makeup products are great, because they allow you to achieve naturally polished skin without the prolonged prep time. The benefits include fewer colors to choose from. "Basically you have a between three and four shades rather than 12 to 15," adds Gower. Note: Opaque products change color on your skin as a result of the application. The more rubbing you do, the more natural the color appears. Sheer gels also change color due to a combination of moisture and body heat. For more, check out Rachel's on Beauty Blog by going to www.theupperhand.com

Targets for Tourettes

This Texas-style event will feature a sporting clays tournament on Friday, March 23 at the Greater Houston Gun Club. The day begins with a sporting clays tournament, followed by a Texas-size party, featuring recording artist Tommy Alverson and a live longhorn auction! Tourettes is a neurologic disorder that affects nearly 200,000 individuals and is characterized by involuntary motor and vocal "tics". It usually presents in early childhood and is frequently accompanied by OCD, anxiety disorder, and ADHD. The Tourette Syndrome Association of Texas, as an affiliate of the National Tourette Syndrome Association, strives to improve the quality of life of individuals with Tourette syndrome and their families. Teams of four are currently available for starting at \$2,500. Non-shooters are also welcome to join us in the festivities. For more information contact Cindy Sacks TSA of Texas Office at 281-238-8096 or visit www.TouretteTexas.org.

