

COSMETIC DENTIST

WE ASKED: San Francisco plastic surgeon Dr. **Brunno Ristow** **HIS PICK:** Dr. **Samir Ayoub** (415/781-2227)

Ristow, one of the best plastic surgeons in the country, can only do so much with a nip and a tuck. For "smile design" (using porcelain veneers to reshape teeth, which in turn can subtly reshape the face), he recommends Ayoub, who practices near Union Square when he's not teaching or jetting to New York to work with that city's premier cosmetic dentist, Larry Rosenthal. **NEXT BEST:** If you're unable or unwilling to schlep to the city for a few hours of bleaching and bonding, Ayoub recommends Danville cosmetic dentist **Stephen Snow** (925/820-6003), as well as **Gerald Bittner Jr.** of San Jose (408/247-8080) and **John Vellequette** of Sunnyvale (408/245-7500). **INSIDE TIP:** For an excellent general dentist in the city, Ayoub suggests Dr. **Alexander Sze** (415/421-5386).

ALTERNATIVE DENTIST

WE ASKED: eco-activist **Julia Butterfly Hill** **HER PICK:** Dr. **Fred Pockrass** in Berkeley (510/841-3040)

Tree-sitter Hill doesn't just have an unusual tolerance for extreme heights and foul weather; she actually looks forward to getting her teeth cleaned. But then again, Pockrass (a Transcendentalist dentist, whatever that is) runs the Bay Area's only green-certified eco-dental practice and wellness spa. His office is wind-powered, boasts a mercury separation filter to prevent water pollution, and is equipped with digital imaging technology that reduces radiation by up to 90 percent. "It's extremely rare to find a business with this high a level of integrity," says Hill. Plus, aromatherapy, meditative music, and foot massage are standard perks during treatment. "More often than not, people fall asleep in the chair while I'm working on them," Pockrass says.

NATURAL BEAUTY TEAM

WE ASKED: **Roxanne Klein**, owner, Roxanne's raw food restaurant in Larkspur **HER PICKS:** yoga instructor **Deborah Sacks** (415/642-1087), personal trainer **Geoff Skidmore** Klein, the hottest arrival on the Bay Area food scene since Jeremiah Tower, started her all-raw eating regimen seven years ago, inspired by her pal Woody Harrelson. "My husband and I decided to try it for a month. We felt better than we'd ever felt, more balanced emotionally and physically, more challenged creatively." Most recently, Klein has used that vigor to cowrite a cookbook, *Raw* (Ten Speed Press, 2004), that lays out her "living foods" gourmet-vegan philosophy. But her creative juices don't get their zing from blue-green algae and heirloom beets alone. Klein does ashtanga yoga four or five times a week with Sacks, who teaches privately and at **Open Door Yoga** in San Francisco (415/824-5657). Skidmore is her fitness trainer (he works out of **Body Image Personal Fitness** in Mill Valley, 415/370-9167); to stay relaxed, she gets regular massages at **Tea Garden Springs** in Mill Valley (415/389-7123) and **Stellar Spa** in Corte Madera (415/924-7300). And for a little extra help *looking* relaxed, she uses skin care products made by a tiny Sebastopol company called **Sensuous Beauty** (www.milk-and-honey.com).



SOCIALITE, TATIANA SOROKKO'S PICKS FOR A HIGH-MAINTENANCE LIFESTYLE



It's hard enough having to keep up with the Joneses; imagine having to do it with the Gettys and the Grimaldis. Here's how Sorokko—ex-model, *Russian Vogue* editor, and co-owner (with her husband) of the city's Serge Sorokko Gallery on Grant—stays relaxed in the fast lane.

NUTRITIONIST: "Somebody who's spent the summer vacationing in Tuscany and

needs to get ready for the season fast—she puts them on the right track," Sorokko says of **Melina Jampolis**, whose Amarna Medical on Nob Hill (415/885-6474) has all of San Francisco society on a diet—or at least considering one. "She works with athletes as well as people who are extremely overweight or just want to put their health together."

FACIALIST: "Of course, I see Yelena"—Russian-born **Yelena Blumin**, whose Union Square studio (415/397-2484) is the choice of many professional beauties. Sorokko explains the appeal: "So many facialists have their own routine and don't want to adapt. Yelena keeps you on your toes. 'Let's try this,' she says."

MASSEUSE: "I hate when a masseuse just does light rubbing all over my skin," Sorokko says. "I tell them, 'I have a husband for that.'" **Ruth Olin** (415/388-7525), a Mill Valley-based massage therapist who makes house calls all over the Bay Area, uses her body weight to help her knead deeply. "My mom is coming next week from Russia," Sorokko says, "and the only things she is craving are Ruth's massage and Japanese food."

ACUPUNCTURIST: Tatiana uses **Iris Gold** (415/381-3888), a Mill Valley acupuncturist who focuses on women's health and clinical nutrition, for what she terms "general maintenance." Serge, meanwhile, sees **Efrem Korngold** at Chinese Medicine Works in Noe Valley (415/285-0931)—along with his wife, **Harriet Beinfeld**, a Bay Area acupuncture pioneer. "He just puts in one needle and Serge feels better," says Tatiana. "My husband swears by this guy." ●

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