

December 2017 / January 2018

bestself atlanta

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BEST OF 2017

{FITNESS}
{BEAUTY}
{HEALTH}
{FUN}
{FOOD}

PLUS

Peace of Mind

Get your affairs in order
by taking care of these
end-of-life details p.19

Give-Back Guide

Community Volunteer
Opportunities p.77



bestself
BEST of 2017
CONTEST
WINNERS
p.29

BEST OF 2017 CONTEST WINNERS

massage and anticipate the needs of each client to offer the ultimate relaxation experience. purelifemindandbody.com



Best Men's Health Doctor:
Dr. Scott D. Miller

Best Men's Health Doctor

Dr. Scott D. Miller

An advocate for minimally invasive procedures, Dr. Scott D. Miller devotes most of his practice to laparoscopic and robotic surgery. Starting Jan. 15, his services will be based out of WellStar North Fulton Hospital. scottmillermd.com

Best Myofascial Release Therapy

Avery Cotton

Three decades of education and certifications in orthopedic bodywork enables Avery Cotton to help clients ease pain, improve range of motion, and enhance posture. kaimedspa.com



Best Neurologist:
Dr. Lisa M. Billars

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Best Neurologist

Dr. Lisa M. Billars

As the chief of the neurology and sleep medicine departments for The Southeast Permanente Medical Group, Dr. Lisa M. Billars understands the effects aging can have on the brain and offers patients ways to stay mentally sharp. kaiserpermanente.org

Best Orthodontics Practice

Braces Braces

With convenient locations surrounding Atlanta, along with flexible hours and days, this practice helps families fit comprehensive care including metal braces, clear braces, and Invisalign® into their busy schedules. braces-braces.com

Best Orthodontist

Dr. Leon Leonard

Dr. Leon Leonard and his well-trained staff help both children and adults achieve beautiful smiles while providing high-quality orthodontic services in a comfortable environment. drleonard.com

Best Pediatric Practice

Children's Healthcare of West Georgia

Personalized medical care is available for children up to 18. Here, expect a focus on cutting-edge pediatric treatment methods and more. tanner.org

Best Pediatrician

Dr. Terrence Gfroerer

Dr. Terrence Gfroerer and staff at Dunwoody Pediatrics provide a warm-hearted approach to care in an effort to support the growth of happy and healthy children. dunwoodypediatrics.com



Best Orthopedist:
Dr. Kenneth Kress

Best Orthopedist

Dr. Kenneth Kress

Board certified in orthopedic surgery, Dr. Kenneth Kress uses his 25 years of experience to perform innovative knee and hip reconstructive surgeries and provide comprehensive arthritic care management. arthritisanndtotaljoint.com

Best Physical Therapy Center

PT 360

For those that want to make the most of their recovery journey, PT 360 is there to provide manual therapy, dry needling, spine and sacroiliac dysfunction treatments, and more. pt360atl.com

Best Podiatrist

Village Podiatry Centers

Here, you can feel confident that you'll get the results you seek with the help of some of the most knowledgeable podiatric surgeons in the field. villagepodiatrycenters.com

Best Spa Healthy Getaway (in Atlanta or within driving distance)

Jeju Sauna

With over 35,000 square feet, this traditional Korean public bathhouse is fully loaded with hot tubs, showers, and kiln saunas. jejusauna.com

Best Radiology/Imaging Center

OutPatient Imaging

In need of a same-day appointment? OutPatient Imaging has your needs covered. Everything from magnetic resonance imaging and bone density testing to X-rays and mammograms, it's a one-stop-shop. outpatientimaging.net



Best Radiology/Imaging Center: Shirley Phoxanalack, Dr. John Arnold, and Brad Bankston of OutPatient Imaging