

Celebrating the Pleasures of Today's Sophisticated Family Lifestyle

parkland

coral springs **life**

December 2009

Adorable Adoptables

Give a Shelter Pet the Gift of a Forever Home this Holiday

Let Them Eat ...

COOKIES!!! Locals Share Favorite Recipes in Life's Annual Treasury of Holiday Cookies

The God Squad on:

How to Beat the Holiday Blues

Mind Matters:
How To Be the "LIFE" (not Death) of the Party

Life Publications, 101.5 LITE FM & Brandano Displays Invite YOU to Get in the Spirit of

Holiday Fantasy of Lights

at Tradewinds Park!
Benefitting the Alzheimer's Family Center!
See Pg 56

PLUS 'Tis the Season For FUN!

Check Out OUR HO! HO! Holiday Happenings Guide & Datebook Listings for TONS of Great Events to Make YOUR Spirits Bright!

Making it Once & Checking it TWICE? Our "Support Your Local Businesses" Holiday Gift Guide

Art of Possibility

Phenominoes Art of Possibility Studios Collection Pendants feature vibrant artwork on the backs of real dominoes! 27 fine art designs that each come on a color-coordinated ribbon necklace. All feature artwork by two award-winning blind painters striving to earn a living through their craft. \$25. (So cool!)

Visit: www.aopstudios.com/store_necklaces.php to view designs and to purchase.



Wrapped and Ready to Go!

The Woodhouse Day Spa wraps every experience with special touches! Woodhouse's Ultimate Gift Package includes a Paddywax soy based candle, Harney Tea and SpaRitual nail lacquers. Complete the experience with a Swedish Massage and Organic Sugar Scrub Pedicure—ALL for only \$150. And, from Dec. 5-8, receive \$25 Woodhouse cash for every \$150 spent.

Woodhouse Day Spa

6991 North State Rd. 7,
Parkland • 954.753.2300

www.parkland.woodhousespas.com

THE WOODHOUSE
day spa

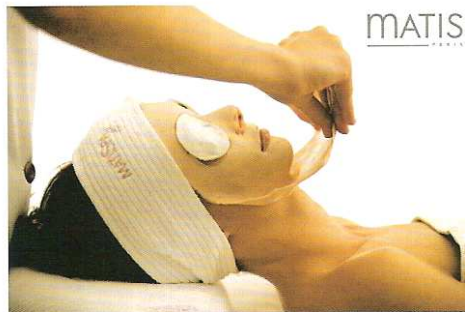


Put YOUR Best Face Forward!

Take a break from the hustle and bustle of the holidays with a Relaxing, PAMPERING rejuvenating facial. Pamper yourself or take advantage of their holiday specials and buy that perfect gift for your special friend. Facials, Botox, Fillers, Latisse, Zerona Laser, Endermologie. ALL GIFT CERTIFICATES discounted 20% for the month of December only.

L'essentiel Clinical Aesthetics

9980 Central Park Blvd. Suite 212,
Boca Raton • 561.558.1181
www.lessentielclinical.com



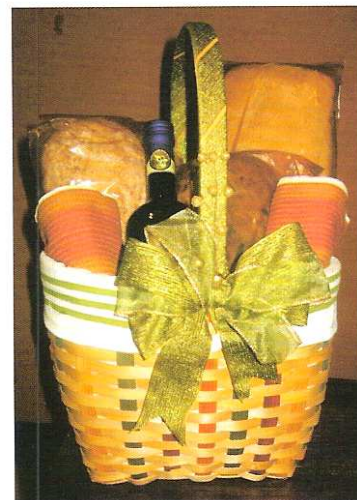
MATIS
AESTHETICS

R-E-L-A-X! Gift Yourself (or Anyone on Your List)

An Oasis garden, waterfalls and Middle Eastern wonders await you in this unique setting creating an indulging experience beyond compare! Give a memorable day with one of their customized Gift Certificates. Their exceptionally trained therapists will take good care of you! Couples Massage: \$160 includes Aromatherapy, infrared sauna, warm stones AND WINE!!

Touch of Class Day Spa

3000 University Drive, CS
954.346.0666
www.touchofclassdayspa.com



Daily Grind Got You

in a Gift Giving Pickle?? Grindhouse Hostess Gift Basket Saves the Day!

When you want to get away from ho-hum and barrel right into the Ho! Ho! Holidays and give anyone on your gift list just a great looking, useful item they'll appreciate, a Grindhouse Hostess Gift Basket is a great way to say "thank you" and can be customized for any occasion. Beautiful baskets start at just \$25 and can include the most heart-(and home) warming selection of fabulously freshly baked artisan bread, infused olive oils or combination of specialty cheeses. Come stop in and take a look! Pre-orders are recommended. ♦

Grindhouse Family Restaurant

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954.341.5901