



color before you continue your day in style, you can also choose from a variety of spa treatments. With customer service a top priority, it's no wonder Arsen attracts a major celeb clientele, including **Emmy Rossum**. Stop by and you, too, will feel like a total A-lister.

Hot CAUSE

February is American Heart Month, and it's time to be proactive! Although the CDC reports that heart disease is the leading cause of death in America, there's a way you can help prevent it. Cut back on sodium, avoid trans fat and exercise 30 minutes per day. But most importantly, don't stress out! Registered dietitian, nutritionist and Slimfast Plan consultant Maryann Walsh advises eating a balanced diet that helps maintain a healthy weight for you (not anyone else).



Hot STORE

Famed New York City department store Henri Bendel has brought fashion and social media together in a recent collaboration with fashion illustrator Izak Zenou. Check out the #coolaf graffiti wall and snap a pic of yourself looking fierce! Can't get to the Big Apple? Then head to your nearest Bendel

store or go online to shop one of the iconic graffiti print accessories. From \$25, henribendel.com



Hot LOGO

Thanks to Gigi, Kendall, and all the model influencers, logos are making a major statement

