

## BISCAYNE BRIEFS

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# February 2008

### **Really Fine Italian Design**

Poliform Miami specializes in award-winning contemporary Italian design, specifically wall-furniture systems. Appropriate for the whole home, Poliform's Varenna line provides a range of kitchen cabinetry and new sofas, introduced in 2007. In collaboration with *Architectural Digest*, Poliform relaunched its only South Florida location during Art Basel Miami Beach 2007. In the adjoining showroom, Flexform Miami offers primarily upholstered products.

Poliform's showroom manager, Maritza Peña, is partial to the versatile Matrix kitchen. Appliances are completely at the discretion of the client. But cooking accessories such as cutlery, utensils, and spices come standard with the cabinet. The showroom's Quick Ship Inventory program allows clients to order any floor model in stock. Depending on availability, delivery takes approximately two weeks.

Poliform and Flexform Miami are located at 180 NE 39th St. The number for Poliform is 305-573-9950. The Flexform showroom number is 305-573-7585. Hours of operation are 9:00 a.m. to 6:00 p.m. Monday through Friday, Saturdays from 10:00 a.m. to 4:00 p.m. For more information call 1-888-poliform or visit [www.poliformusa.com](http://www.poliformusa.com).

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### **Take Care from Head to Toe at Nails, Etc.**

Tucked off NE 50th Street and Biscayne Boulevard, Nails, Etc. has reopened under new management. Now owned and operated by husband-and-wife team Alba Lucia and Carlos Montes, the small salon offers a surprisingly diverse menu of services in a cozy atmosphere. Rest assured that the manicure and pedicure services are sanitary and professional. Alba is licensed to give manicures and pedicures, body waxing treatments, and facials. The array of other services offered at this salon and spa may surprise you.

Ranging from various facials to body waxing using skin-specific wax to hair-styling and color correction, the menu doesn't stop there. Holistic services are also offered, from Bach Essence flower therapies for rebalance and well-being to hypnotherapy, reiki, and reflexology.

All services are reasonably priced. Nails, Etc., is located at the Shops at the Colony, 5084 Biscayne Blvd., Suite 104. Hours are Monday through Saturday, 9:00 a.m. to 6:00 p.m. For an appointment call 305-754-0316, or e-mail the owner at [albamontes2@hotmail.com](mailto:albamontes2@hotmail.com).

**ME Miami Puts Your Good Health First**

Robert Severiano and Juli Ann Brodsky, co-owners of ME Miami, want you to look like a movie star. Their philosophy? "ME first."

The 2500-square-foot Wynwood facility opened on January 1, 2008. Celebrity personal trainer Severiano traded in the high visibility of Miami Beach to provide his high-end clientele with a facility where the focus would be exclusively on their workouts.

The "un-gym" boasts impressive cardiovascular equipment, luxurious spa bathrooms, and complimentary amenities including snack bar, car wash, and overnight laundry services. The facility does not provide memberships but charges \$100 for a single session and \$4000 for 50 sessions. For each session, ME Miami's top trainers deliver individually tailored programs. ME Miami also maintains a network of personal trainers in other cities.

Hours of operation are Monday through Friday, 6:00 a.m. to 8:00 p.m., Saturdays from 8:00 a.m. to 6:00 p.m., and Sundays 8:00 a.m. to noon. But ME Miami will also accommodate the schedules of clients. For privacy-seekers, Me Miami will actually close the gym to others (rates are higher). Call 305-573-1021 to make appointments, or visit [www.memiami.com](http://www.memiami.com). ME Miami is located at 50 NW 29th St. Complimentary sessions are available for first-timers. By appointment only.