

AMAZE YOURSELF

CANYONRANCH.
HOTEL & SPA
MIAMI BEACH



Face It: A Six Step Psychological Guide to Enjoying Your Appearance at Any Age

by Dr. Vivian Diller, Psychologist

Friday, December 10, 2010 | 6 PM | Conservatory

This presentation will address the challenges facing men and women today that are living in a youth and beauty obsessed culture. This six-step psychological process creates internal change that leads to external results. We know it will make your spa experience even more enjoyable.

Replace Magic Potions with Cognitive Solutions

Saturday, December 11, 2010 | 4 PM | Conservatory

Dr. Diller, a Psychologist and former Wilhelmina model will discuss a cognitive approach to beauty that helps men and women enjoy their appearance at any age. Learn how to make your spa experience satisfying inside and out.

Book Reading and Signing by Dr. Vivian Diller

Sunday, December 12, 2010 | 11 AM | Library

Dr. Diller, a psychologist and former Wilhelmina model will discuss her book, *Face It: What Women Really Feel as Their Looks Change* (Hay House, 2010). She will talk about the challenges facing men and women today that are living longer in a youth and beauty obsessed culture.