

# beauty

## Professional Beauty

A peek into the beautiful world of an industry expert

**Name:** Karen Filos

**Occupation:** Hair and makeup artist

Remember your first job? While most people can't imagine making a living today with the same babysitting or fast food-pushing gig where they earned their first paychecks as a teen, that's not the case for Karen Filos. Having started working in the beauty industry at only 15 years of age, Filos continued to develop her skills, and is still creating magic for clients in the salon chair more than 20 years later. As a freelance hair stylist and makeup artist, Filos has worked in a variety of arenas, including movie sets, editorial spreads and perhaps the most daunting of clients: brides on their wedding day. She previously owned two high-end salons in New Jersey, and, earlier this year, Filos joined the team at Dragonfly Salon in West Midtown's White Provision complex. After two decades of making people look (and feel!) their best, Filos is still passionate about her trade and loves teaching her clients about the latest beauty trends. She also mentors new cosmetologists to help them reach their highest potential as stylists. But as much joy as her profession gives her, Filos' heart is at home with her three children and husband of 12 years, whom she calls her best friend. "Balancing motherhood and a career is challenging, but I feel so fortunate to have the opportunity to work with something I love, and also have the flexibility to spend quality time with my family," she says. As a beauty expert, it's important for Filos to look her best, and she considers her twice-weekly Lumière facial therapy sessions at Alpharetta's Solar Dimensions her best anti-aging secret. —EMILY L. FOLEY



Karen Filos photos by Stacey Panassidi

## Filos' Beauty Picks

The subtle pink hue of **Like Linen** by **Essie** keeps Filos' nails looking chic but not flashy. \$8, Ulta or Trade Secret.



Filos loves the multi-purpose **Bumble and bumble. tonic lotion**. She applies it post-shower to detangle, balance and protect her hair from heat styling. \$19/8 oz. bottle, Natural Body Spa and Shop.



Filos keeps **Dove Sensitive Skin Nourishing Body Wash** in her shower. \$8, drugstores.



"My lashes have never looked so long," Filos says of using **Maybelline Lash Stiletto Voluminous Mascara** in **Very Black**. \$9, drugstores.



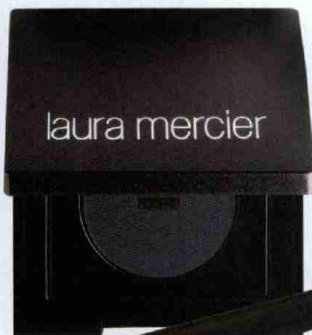
Filos calls her signature fragrance, **Jessica McClintock Eau De Parfum Spray**, an "oldie but a goodie." \$68 for 3.4-ounce bottle, [jessicamcclintock.com](http://jessicamcclintock.com).

**Dermablend Professional Quick-Fix Concealer SPF 30** is the first step in Filos' makeup routine. "It's great for evening out the skin tone of under-eye circles and the red areas around the nose or as an eyelid and lip primer," she says. \$22, Dillard's or Ulta.

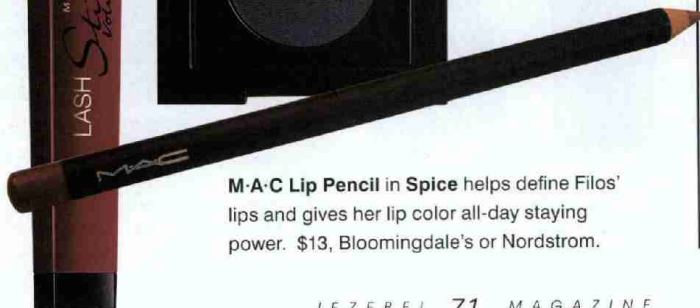


Filos' favorite skincare line is **CosMedix**, and every morning she cleanses with **Benefit Clean Gentle Cleanser** (\$34) followed by **Benefit Balance Antioxidant Prep** (\$34) and **Phytoclear Clarifying Moisturizer** (\$58). Available at Kai the Medical Spa or Jolie the Day Spa & Hair Design.

Filos uses **Laura Mercier Eye Liner** in **Bleu Marine** at the base of her lash line to make her eyes pop without the appearance of eye liner. \$22, Sephora or Neiman Marcus.



**M·A·C Lip Pencil** in **Spice** helps define Filos' lips and gives her lip color all-day staying power. \$13, Bloomingdale's or Nordstrom.



## Filos' Top City Picks

### Best Mani/Pedi

**Spa Sentio**  
1170 Howell Mill Road, Suite 102  
404.733.1820  
[spasentio.com](http://spasentio.com)

### Best Facial

**Magie Jahangard**  
**Spa Om Magie**  
56 E. Andrews Drive, Suite 11  
404.814.2444  
[ommagie.com](http://ommagie.com)

### Best Body Treatment

**Therapeutic Deep Tissue Massage**  
**Cathleen Malkus**  
**Peachtree Yoga Center**  
6050 Sandy Springs Circle  
404.847.9642  
[peachtreeyoga.com](http://peachtreeyoga.com)

### Best Eyebrow Shaping

**Carter Barnes**  
3220 Paces Ferry Place  
404.848.0047  
[carterbarnes.com](http://carterbarnes.com)

### Best Place For Wellness

**Aesthetic Dentistry By Design**  
3155 N. Point Parkway, Suite 230  
770.343.6565  
[adbdonline.com](http://adbdonline.com)