



WESTCHESTER
WOMEN
MAGAZINE

THE 2026
SPA & BEAUTY
GUIDE

chill out
heat up
glow on

SCENT
SATIONAL
SPACES

CHEF'S CORNER
ITALIAN
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**WESTCHESTER
WOMEN**
MAGAZINE

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2026 Spa & Beauty Guide



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is safe, comfortable, and tailored to individual goals. Whether clients are focused on preventative health, enhanced performance, or overall vitality, The DRIPBaR Rye provides innovative solutions that nourish the body from the inside out.



SCENT MARKETING

Caroline Fabrigas is the CEO of Scent Marketing Inc., a leading firm special-

izing in scent and sensory branding. Originally from the U.K., she moved to the U.S. in 1980 and quickly rose through the beauty industry, holding key roles with some of the world's top brands. "My passion for beauty was inspired by my mother, who loved skincare and fine fragrance," she says. "Chemistry was also one of my favorite subjects, so the beauty industry—where art meets science—was a natural fit." Fabrigas built her foundation at Estée Lauder before going on to work with CHANEL, Lancôme, Clarins, and Prada. She also co-created FARMACY Beauty. Today, she channels decades of experience and her lifelong love of fragrance into helping brands craft signature scents that connect with customers on a deeper, more emotional level.



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chill out Heat Up glow on

By Lauren Hurwitz

If you've been scrolling on social media and wondering why everyone's suddenly jumping into tubs of icy water — you're not alone. "Cold plunge curious" is officially a thing. But experts say this chilly ritual isn't just an Instagram stunt. There's real science (and plenty of buzz) behind this fast-growing wellness trend.

the chill factor: why cold plunging works

"Adding a cold plunge session to your recovery routine can help reduce pain and inflammation after an injury, enhance mood, and improve circulation," says Dr. Ali Brunson, Physical Therapist and Founder of Alison Marks Brunson Physical Therapy in Scarsdale. "It can also help reduce muscle soreness and fatigue."

That's a lot of benefit from just a few minutes in water that's — brace yourself — between 39 and 44 degrees. And if you're ready to dip your toe (literally) into the cold, there's no better place to start than thebodybar in Scarsdale.

meet thebodybar: scarsdale's coolest destination

In the heart of the village, co-founders Kate McKenzie and Tom Beck have built a sanctuary where wellness meets modern recovery. They tailor treatments for everyone — not just hardcore athletes.

"Social media makes it seem like cold plunges are only for athletes," Beck says. "But we've had people of all ages and lifestyles come through our doors. Most are just looking to feel better."

He adds with a laugh, "Women often say, 'cold plunging isn't for me,' but when couples come in, the women always outlast the men. Then they come back for more!"

McKenzie agrees: "The cold plunge is like a rebirth. You come out energized and clear-headed — even if you walked in stressed or anxious. It's a total nervous system reset."

And there are almost instant perks, too. Beck explains, "You get a boost of dopamine and serotonin — the feel-good chemicals — and for men, there's often a temporary increase in testosterone. You can literally feel your mood shift."

hot and cold: the perfect pair

But thebodybar isn't just about the chill. McKenzie's passion for wellness came from her own health journey. After battling Lyme Disease with little success from traditional medicine, she turned to heat therapy — and it changed everything.

"The infrared sauna helps detox your body on a cellular level," she says. "After a year of regular sauna use, I felt like a new person. That's when I knew we had to offer it here."

For the ultimate reset, Beck recommends pairing both: "Start



with 20 minutes in the sauna, then plunge for 90 seconds to three minutes, and repeat. The full cycle takes about 45 minutes, and the results are incredible."

Infrared saunas differ from the traditional kind — instead of heating the air, they warm your body from the inside out. "You'll sweat more gradually, but you're getting a deeper detox," Beck explains. "It's great for inflammation, cell renewal, even weight loss."

light it up: the red light revolution

There's another glowing treatment catching on fast — red light therapy. Beck describes it as "how plants absorb sunlight for energy — only for your cells."

Here's how it works: you lie on a comfortable table wearing protective goggles while panels of red and near-infrared light hover above you (no UV rays, don't worry). For 20 to 40 minutes, you can listen to music, meditate, or just relax while your body soaks up the benefits — from reducing inflammation to stimulating collagen production and promoting anti-aging effects.

"It's like a power nap for your cells," Beck says. "You leave feeling refreshed, inside and out."

bring the spa home

For anyone dreaming of having these wellness rituals on demand, Justin and Taylor Norris, co-founders of LIT Method, are making it possible. Their company designs sleek, at-home cold plunges and infrared saunas that look as good as they feel.

"People think they need a \$15,000 plumbing set-up," Justin says. "But our plunge only requires a water hose and a regular 110-volt outlet — like the one you charge your phone with."

Their design is compact (just 32.5 inches wide) and whisper-quiet. It cools to 37 degrees or heats up to 107 degrees, so you can customize your experience. "It's great for both recovery and relaxation," Justin explains.

And yes — temperature matters. "Women should plunge slightly warmer, around 50–60 degrees," he notes. "Men do best between 40–50 degrees. It's all about what your body needs."

The price tag ranges from \$6,200 to \$9,400, which includes white-glove delivery and installation — you just point where you want it. For those craving heat therapy, Taylor designed the BeautyBox Infrared Sauna, a chic, full-spectrum sauna that fits in spaces as small as 6x8 feet and assembles in about 30 minutes.

"It's the first sauna that blends infrared heat with medical-grade red and near-infrared light," Taylor says. "It supports collagen, circulation, detox, and cellular rejuvenation — all while looking gorgeous in your home."

stay consistent, stay cool

Whether you go for the spa experience or invest in a home setup, the key is consistency. "Cold plung-

ing is a great tool to have in your wellness toolbox," Dr. Brunson says. "But anyone with heart, blood pressure, or circulation issues should check with their doctor first."

Otherwise, there's nothing stopping you from taking the plunge — literally. Because while the first few seconds might take your breath away, that post-plunge high, the energy, and the mental clarity are addictive in the best possible way.

So if you've been flirting with the idea of an icy dip, consider this your sign: grab your swimsuit, summon your courage, and dive in. The water's freezing — but the benefits are fire.



Renew You This New Year: Your Aesthetic Plan for 2026



By Stephen T. Greenberg, M.D., F.A.C.S.

As the calendar turns, the promise of a new year often stirs reflection—not just on goals or resolutions, but on the self we present to the world. For many, this moment signals more than a fresh start; it is an opportunity to realign one's physical presence with inner vitality. This alignment is increasingly expressed through thoughtfully planned cosmetic surgery, a blend of artistry, science, and personal transformation.

Why the New Year Inspires Surgical Renewal

January carries a psychological weight unlike any other month. It is a natural time for recalibration—when patients seek intentional change rather than reactionary fixes. “We often see individuals choosing the new year to embark on surgical journeys,” says Dr. Stephen T. Greenberg. “It’s a symbolic fresh start, but also a practical one: recovery periods align with seasonal schedules, and patients can plan strategically for life events ahead.”

Beyond symbolism, January provides a rhythm for thoughtful planning. From facelifts to body contouring, timing matters. Starting a surgical journey at the beginning of the year allows patients to stagger procedures, optimize recovery, and experience transformations by summer or special occasions—without compromising professional or social commitments.

The Surgical Trends Shaping Beauty Decisions

This year, aesthetic surgery reflects a new ethos: subtlety, harmony, and tailored transformation. Several trends are redefining patient expectations:

1. Smaller, More Natural Breast Enhancements

Gone are the days of dramatic volume as the default. Patients now favor proportion, contour, and longevity. “Many are seeking smaller implants, reductions, or even implant removals,” notes Dr. Greenberg. “The goal is a natural silhouette that complements the individual’s body and lifestyle rather than overpowering it.”

continued on the next page



2. The Rise of the Ozempic Makeover

With GLP-1 medications like Ozempic facilitating significant weight loss, post-weight-loss contouring has surged. Patients are increasingly seeking body lifts, liposuction, and skin tightening to harmonize their new physique. This trend emphasizes the role of surgical artistry in completing a transformative health journey, turning weight loss into a lasting aesthetic triumph.

3. The Natural Facelift Era

Facial rejuvenation is evolving. Today's facelifts prioritize subtle restoration over dramatic pull, focusing on longevity and maintaining expression and individuality. Techniques that lift and reposition while preserving natural movement allow patients to age gracefully—a critical consideration for those entering or re-entering surgical pathways in their 40s and 50s.

4. Male Cosmetic Surgery Expansion

Men are no longer on the sidelines. The "Daddy Do-Over" phenomenon reflects a growing desire among men to refine gynecomastia, sculpt torsos, and smooth facial aging signs. The luxury patient segment appreciates discreet, tailored interventions that restore confidence without sacrificing a masculine aesthetic.

5. Staged and Strategic Transformation

The most discerning patients understand that surgical success is not just about a single procedure but a coordinated plan. Staging surgeries, such as combining a facelift with eyelid refinement months apart or sequencing body contouring after weight stabilization, ensures optimal results, minimized downtime, and a more harmonious overall appearance.

6. Safety, Expertise, and the Luxury Experience

In 2025, value is no longer measured by price alone. Patients prioritize safety, board-certified expertise, and meticulous attention to detail. At our practice, we combine three decades of surgical mastery with a boutique, patient-centered experience,

underscoring that the highest luxury is confidence in the hands of a trusted team.

Planning Your Surgical New Year

Initiating a surgical journey is both a commitment to oneself and an investment in long-term confidence. For patients considering procedures in 2026, the approach is thoughtful:

- Consult early: January consultations allow personalized surgical roadmaps and timing optimization.
- Prioritize recovery windows: Scheduling around work, social life, and seasonal considerations enhances satisfaction.
- Embrace customization: No two journeys are identical. From implant size to lift techniques to post-weight-loss contouring, personalization is key.
- Consider staging: Strategic sequencing ensures natural results and minimizes risk.

Dr. Greenberg emphasizes: "Every patient's journey is unique. A carefully curated plan, rooted in artistry and safety, is the difference between transformation and mere alteration."

A Year to Renew, Not Redefine

As 2026 unfolds, surgical transformation is not about chasing trends or external validation. It is about aligning the body with the self, reclaiming confidence, and embracing a version of oneself that feels authentic and empowered. The new year offers a symbolic and practical moment to commit to this alignment, a chance to emerge not only renewed but also beautifully sculpted for the year and moments ahead.

At Greenberg Cosmetic Surgery and Dermatology, we are privileged to guide patients through this journey. From state-of-the-art techniques in facelifts, breast and body contouring, and nasal refinement, to post-weight-loss transformations and natural aesthetics, our mission is clear: help each patient enter the new year as the most confident, radiant, and authentic version of themselves.



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REPRODUCTIVE HEALTH:

Period Problems You Shouldn't Ignore

Menstruation is a natural part of life for many women, yet painful or unusually heavy periods are often dismissed. While some variation in menstrual cycles is normal, persistent pain, irregularity, or excessive bleeding can be signs of underlying health issues that shouldn't be ignored.

Understanding your menstrual health is essential not just for managing discomfort, but for identifying potential reproductive conditions early, when interventions are most effective.

Unfortunately, many women hesitate to speak up about period problems, thinking they are a normal inconvenience, which can delay diagnosis and treatment of conditions that may impact fertility, overall well-being, and quality of life.

Here are three common conditions linked to problematic periods that every woman should be aware of:

ENDOMETRIOSIS

What it is: An ongoing inflammatory condition in which cells similar to the lining of the uterus grow outside the uterus and attach to other parts of the body, creating scar tissue. The condition can lead to infertility, if untreated.

Symptoms: Pelvic pain that interferes with daily functioning, cramps before or after a period, lower back pain, fatigue, abdominal bloating, nausea, mood changes, pain with bowel movements, urination and during sexual activity.

Treatment: While there is no cure, pain medication and hormonal therapy such as birth control pills can help symptoms. If these options don't work, surgery may be considered.

FIBROIDS

What they are: Fibroids are the most common benign tumors of the female reproductive system

Symptoms: Heavy menstrual cycles or prolonged

painful cycles, pelvic pressure, cramps, urinary frequency or urgency, pain with sexual activity, anemia

Treatment: "Uterine fibroids are primarily diagnosed with imaging—ultrasound first, and MRI in more complex cases," notes **Dr. Mark Burshteyn Director of Interventional Oncology at White Plains Hospital**. While hysterectomy was once the main treatment for fibroids, "There are now many options, including medications, less invasive procedures like myomectomy, and minimally invasive procedures such as uterine artery embolization (UAE). UAE can be performed through just a small puncture in the skin, which means less pain and quicker recovery."

Polycystic Ovary Syndrome (PCOS)

What it is: A common hormonal disorder in women of reproductive age, characterized by irregular or missed periods, high androgen levels, and ovarian cysts which can lead to infertility

Symptoms: Menstrual irregularity, excess hair growth, acne, obesity, infertility problems

Treatment: Combined hormone birth control, insulin, metformin and anti-androgen medications

In addition to maintaining a healthy diet, regular exercise, and getting adequate sleep, it's important for women to stay attentive to any abnormal symptoms or changes in their menstrual health. Regular preventive care with a primary care physician and OB/GYN allows for personalized screening and early intervention when needed.

Schedule physicals, screenings and other preventive care visits at any of White Plains Hospital's 30+ locations throughout the region. To find a physician, visit wphpa.org or call 914-849-MyMD (6963).

This article originally appeared in Health Matters, a White Plains Hospital publication.



PLANNING THE ULTIMATE SAFARI

BY BARBARA NICHUALS, BAYSIDE TRAVEL

Embark on a Transformative Safari Adventure: Safaris offer an exhilarating journey into the heart of the natural world, but a successful trip requires thoughtful planning. A trusted travel advisor can help define your goals so you can focus on what matters most while preparing for an unforgettable adventure.

Choose Your Safari Style: Different safaris appeal to different travelers. Traditional game drives in 4x4 vehicles let you safely cover vast areas and view a wide range of wildlife. A walking safari, always accompanied by armed rangers, offers an intimate connection with the bush—South Luangwa National Park in Zambia is renowned for this experience.

For a change of pace, a boat safari lets you glide through waterways to observe hippos, crocodiles, and elephants from a fresh perspective—Botswana’s Okavango Delta is ideal. Horseback safaris offer thrilling rides alongside herds of antelope, often getting closer to wildlife than vehicles can. For a breathtaking aerial view, a hot-air balloon safari floats you over the Serengeti for sunrise panoramas you’ll never forget.

When to Go: The best time for a safari depends on your destination and desired experience. The dry season (June–October) in East and Southern Africa is peak safari time—vegetation is sparse, animals gather at waterholes, and visibility is excellent. The green season (November–May) brings lush landscapes, fewer tourists, and abundant birdlife. Many animals give birth during this time, making it especially rewarding for photographers and wildlife lovers.

If witnessing the Great Migration in Kenya is on your list, timing is everything. The dramatic river crossings usually occur between July and October, but the herds move year-round in search of fresh grazing.

Travel Responsibly: Many safari-goers are drawn by a desire to travel ethically and support conservation. Your choice of operator and lodge can make a real difference to local communities and wildlife. A knowledgeable travel advisor can guide you toward companies that hire local staff, invest in sustainability, and uphold ethical practices.

As a visitor, you play a role too. Maintain a respectful distance from animals—never ask guides to go off-road or disturb wildlife for a photo. Conserve water, minimize waste, and avoid single-use plastics. Several countries, including Kenya, ban plastic bags entirely. Steer clear of unethical activities like petting lion cubs or riding elephants—these often exploit animals rather than protect them.

Where to Stay: Safari accommodations range from rustic to ultra-luxurious, depending on your comfort level, budget, and how close you want to feel to the wilderness. Safari lodges offer hotel-style amenities in permanent structures built from natural materials like stone, wood, and thatch. Tented camps provide a more immersive, “classic safari” ambiance—canvas tents with plush beds and ensuite bathrooms blending modern comfort with nature’s soundtrack.

For the adventurous, basic camping delivers a raw connection to the wild, while unique stays add extra magic. Treehouse lodges offer elevated views, and some luxury camps let you sleep in “star beds,” open to the night sky.

A Journey of a Lifetime: A safari is more than a vacation—it’s a transformative expedition into nature’s most magnificent settings. With expert guidance, you can craft an experience tailored to your

passions—tracking big cats, photographing migrating herds, or simply reconnecting with the wild. Ultimately, a well-planned safari leaves more than memories—it fosters understanding, supports conservation, and helps ensure these landscapes endure for generations to come.

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Scent-Sational Spaces

How to Bring Fragrance, Feeling, and Personality into Your Home

BY LAUREN HURWITZ

There's nothing quite like the aroma of a simmering holiday dinner or the crisp scent of fresh pine to transport you back in time. Our sense of smell is powerfully tied to memory—and according to Caroline Fabrigas, CEO of Scent Marketing Inc., you don't have to wait for December to capture that magic.

Scents That Tell a Story:

For Fabrigas, scent isn't just something you notice—it's something you feel. After years designing signature fragrances for luxury brands like 1 Hotels, Baccarat Hotel, Aman NY, and the Mandarin Oriental Residences, she's now bringing that same sensory storytelling home to Westchester.

"We curate and diffuse ambient scents that complement everything in a space—from color palette to music to the way guests are greeted," she says. "Scent is the silent language that completes the experience."

All of Fabrigas's blends are crafted in the U.S. and meet the highest safety standards—a level of care that's made her company the gold standard in global scenting. Her products perfume iconic spaces like One World Trade Observatory and Jean-Georges Vongerichten's new dining club, Chez Margaux.

The Scent Library Experience: At her Scarsdale Village retail studio, Scentfluence, visitors can explore Fabrigas's "scent library," a floor-to-ceiling wall of over 65 custom blends. Organized into categories—fresh & clean, floral & green, citrus & fruity, woody & spicy, and gourmand (vanilla)—the collection invites shoppers to follow their nose.

Each scent tells a story, and Fabrigas delights in helping customers find one that fits their personality, mood, or even life season. Once chosen, scents can be paired with sleek diffusers (available in an array of colors and finishes) or classic candles.

Home Fragrance Tips from the Pro: For those craving something one-of-a-kind, Fabrigas also offers bespoke scent creation—a 12-week process that turns a client's essence into aromatic form. Her top tips for scenting your space:

- Match scent to mood: Lavender and rose for restful bedrooms; pink grapefruit to energize living spaces.
- Size matters: "Too small a diffuser, and you won't smell a thing; too large, and it's overpowering."

Fan favorites include White Flower Ginger, Sensual Citrus, and Golden Woods, while holiday bestsellers like Douglas Fir, Winter Pine, and Sweet Embers bring cozy, seasonal cheer. You can shop them in person, at Scentfluence.com, and soon—on Amazon.

A Scent That Gives Back: One of Fabrigas's proudest collaborations this year was with Hope's Door, a Westchester nonprofit supporting survivors of domestic abuse. Together, they created a fragrance blending red currant, blackberry, and rose with hints of green and musk—designed to evoke grace, renewal, and hope. The scent filled Hope's



Door's 2025 Gala and continues to raise funds through sales at Scentfluence and the organization's website. Proof that the right scent can do more than make your home smell good—it can make a difference.

From Shopper to

Scent-Maker: If you'd rather make your own fragrance, Honey Notes in Pelham is your new happy place. Founded by writer and entrepreneur Shynae Davis, this cozy candle bar invites guests to craft their own candles, room sprays, or diffusers in a fun, creative setting.

Candle-making is the star attraction. Guests choose a vessel, blend a signature fragrance, pour coco-apricot crème wax, and finish with crystals, glitter, or dried flowers. Each session includes a mindfulness twist—creating a personalized affirmation card. "It helps you focus your energy, act on your instincts, and open yourself to new possibilities," says Davis. "All you need to bring is your creativity and a positive attitude."



Mix, Match & Manifest: With over 24 clean-burning fragrance oils, guests are encouraged to mix two or three to craft something truly their own. While the candles cool, participants design affirmation cards—turning the experience into a little self-care ritual. Classes run 60–90 minutes, accommodate up to 24 people, and cost \$55 per person—perfect for birthdays, girls' nights, or date night.

Each visit feels new, thanks to Davis's rotating lineup of scents. "In December, we bring in spice, apple, wood, cinnamon, and Fraser fir—plus a new white birch," she says. "People also love cedarwood, cashmere, and musk this time of year." Her pro tip for blending: "If you're using three scents, start with the one you want to dominate. You only get one ounce of oil, so make your favorite count!"

Made With Heart: Every Honey Notes candle is hand-poured in small batches with care. "Our candles are made from scratch with passion, joy, peace, and resilience," Davis says. With elegant packaging, both Scentfluence and Honey Notes make it easy to share joy year-round—with beautiful wrapping, corporate gifting, and local delivery.

Because when your home smells this good, every day feels like a celebration.



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BY LILIAN PEÑA

Pictured left to right: Amanda and Angelina Oppedisano and their cousins Nicoletta and Cristina Sakellaridis



Sisterhood, Sauce, and Sparkle: The Women Behind Italian Oven in Yonkers

Outside of the family-run **Italian Oven** in Yonkers, curiosity draws you in – the inviting glow from within! The pop of rich red colors, a striking mural of the four female owners, a lively bar, and a bustling pizza station.

Meet **Amanda and Angelina Oppedisano** and their cousins **Cristina and Nicoletta Sakellaridis** – four women who transformed a shared family dream into one of Yonkers' most inviting restaurants. Nestled in the **Boyce Thompson Center**, Italian Oven has quickly become a local favorite for its handcrafted pizzas, house-made pastas, and cocktails served with laughter and love.

"It all came together when we saw the space," Amanda recalls. "We could just picture all four of us doing this together." Nicoletta adds, "We wanted it to feel colorful, welcoming, and full of life."

That vibrancy hides months of long nights and tough decisions. Cristina remembers their opening day: "It was Amanda's birthday, and at the end of the night, everyone sang to her. She started crying – it was this beautiful release after all the hard work."



Family has always been at the heart of their story. "We grew up in a big Italian family," says Nicoletta. Ask what defined their childhood, and all four reply at once: "Pasta!" "Nonna always had the garage door open for anyone dropping by," Cristina laughs. "Every Sunday we were at Nonna's

house making pasta. "Even on Thanksgiving, she'd sneak in a tray of lasagna next to the turkey."

Combining family and food just came naturally." That legacy shines through the menu, where several dishes honor loved ones:

- **Nonno Sal's Classic**, layered with tomato sauce, homemade meatballs, Parmesan, and ricotta.
- **The Anna Maria**, a tribute to Nicoletta and Cristina's mother, featuring mozzarella, vodka sauce, pepperoni, and hot honey.
- **Pietro's Pick**, named for Amanda and Angelina's father, with sausage, provolone, cherry peppers, and broccoli rabe.



"It's our way of keeping family close, even when we're working 12-hour days," Amanda says. And about the age-old debate – sauce or gravy? Angelina smiles. "The first time we heard 'gravy' was on TikTok. That's just wrong!"

If Nonna came by today, they agreed she'd order the **Nutella Pizza**. "She'd eat it morning, noon, and night," says Nicoletta. "Someone once told us our pasta tastes like their grandmother's," Amanda says. "That's the best compliment we could get."

When the aprons come off, the cousins unwind with wine and their secret family card game, Narts. "We've tried to teach others," Nicoletta laughs, "but only the four of us understand it."

Their balance comes from humor and trust. "If we disagree, we just talk it out – usually over pizza," says Angelina. "If you're passionate about this industry," Angelina says, "I hope our story shows you that you can do it too."

Asked to describe The Italian Oven without saying "Italian" or "delicious," Cristina doesn't hesitate: "Ambiance. It's a place where you can come for drinks with friends or dinner with family, and it just feels

right." Nicoletta points to their now-iconic mural. "At first, we cringed at seeing ourselves on the wall," she says, "but customers love it. It's become our signature."

Menu favorites include **oven-baked wings**, **salmon with roasted vegetables**, and Cristina's indulgent **torta al burro** – a warm butter cake topped with gelato. On cold winter days warm up with a bowl of **Pasta Fagioli**. Many ingredients come from **Arthur Avenue**, keeping flavors authentically Italian.

Though new to Yonkers, they already feel at home. "The neighbors at Boyce have been so supportive," says Cristina. "Everyone looks out for one another."

Next up? Nicoletta hints at a **Breakfast with Santa** event for families, while Amanda teases brunch and live entertainment. Seasonal dishes like **butternut squash soup** and baked ziti are also on the horizon!

Ten years from now, the cousins hope The Italian Oven will still embody food, family, and joy. "We didn't think we could do this," Nicoletta says, "but here we are!"

And if **Guy Fieri** ever walks through the door? Cristina laughs. "He was always on our TV growing up. If he comes in, I'm serving him our chicken parm."

At **Italian Oven**, success isn't just measured by full tables, but by laughter, tradition, and the joy of building something together. "Working together has made us even closer," Cristina adds, "We grew up across the street from each other and still look forward to seeing each other every day."

As Amanda puts it: "Don't let anyone's opinions scare you out of chasing your dream. Businesses need women—and women need to see they can do it too!"



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