



PHOTOGRAPH BY CHRISS SCHUTZ SHOT ON LOCATION AT IK&G STEAKHOUSE AT THE PHOENIX HOTEL

VICKI VAUGHN

A busy Valley philanthropist finds time to nurture both her body and soul.

When Vicki Vaughn and her husband, Vernon (dad to actor Vince Vaughn), sold their Chicago businesses and retired to Paradise Valley over 15 years ago, the former head of a business and systems consulting firm deserved a little downtime. But the petite dynamo wasn't content to lounge poolside. Vaughn's thrown herself into numerous local causes, including committees for Ballet Arizona and the Heart Ball. She also founded TGen's Cycle for the Cure (May 7; tgenfoundation.org/cycle), an annual spin- and yoga-fest that benefits Translational Genomics Research Institute's cancer research division. When she's not fundraising, she stays fit with regular workouts and sensible eating. "It's all about moderation."



THE WORKOUTS

"My addictions are SPIN at least three times a week at the Village Health Club Camelback ([villageclubs.com](#)); and The Body Lab in Arcadia ([thebodylabus.com](#)). That is Pilates on steroids!"

THE RUB

"My go-to guy [for massages] is Stacy Sime." Whole Body Healthy, ssime2@cox.net

THE OUTFIT

"Always for events—but even casual—I wear bespoke clothes from Galina Couture in Old Town Scottsdale ([galinacouture.global](#)). The designers, Galina Mihaleva and Antoaneta Balabanova, are extraordinary."

THE MAKEUP

"[I had] permanent eyeliner and eyebrows done years ago and [was] just recently touched up by Julie Smith at AZ Permanent Cosmetics Clinic ([azpermanentcosmetics.com](#)). I can just add bright lipstick and high heels, and I am ready for anything!"

THE EYELASH GURU

"I can't live without [eyelash extensions], and Chantel Hutchison of Eyeconic Lash & Beauty Bar ([eyeconiclash.com](#))."



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BEAUTY SQUAD