

Jet Miami/Fort Lauderdale



Joanie Cox's South Florida

By **Michael Koretzky**
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"Sleep is highly overrated," asserts Joanie Cox, feature and entertainment writer for South Florida's [City Link](#) magazine and the voice behind its biweekly fashion and South Florida lifestyle column [Glamazon](#).

Cox should know — that's just her day job. By night, she haunts concerts and fashion shows, "devouring the South Florida fashion scene one thread at a time" on a quest to call out "the good, the bad and the fugly."

It's a tough job, but somebody's got to do it. Here, the merciless Cox shares her fashion-centric perspective with us.



Lifestyle journalist Joanie Cox.

What's South Florida's Best-Kept Secret?

[Seven Seas Spa](#) and Salon at Newport Beachside Hotel and Resort in Sunny Isles. The Aveda concept salon, which is tucked beneath the hotel, also offers treatments starting at \$10. The Fusion Hot Shell-ssage will make your back feel like it was never subjected to the torture of an office chair this month.