

NEW YORK CITY

IMAGE

THE MAGAZINE FOR ENHANCED BEAUTY & WELLNESS

BROOKE SHIELDS

HOW THIS STUNNING STAR
BALANCES LIFE AND BEAUTY

ETHNIC COSMETIC SURGERY

DIFFERENT PROCEDURES
FOR DIFFERENT RACES

UNIQUE IS CHIC



HAIR TALK WITH
CELEBRITY STYLIST RODOLFO VALENTIN

SHOOTING FROM THE HIP

YOU DON'T HAVE TO LIVE WITH
SEVERE HIP PAIN

NEW YEAR, NEW YOU!

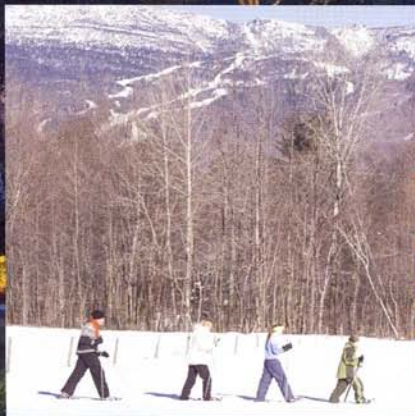
- ◆ START THE NEW YEAR STRESS-FREE
- ◆ SEEING RED: MAKEUP TRENDS FOR 2010
- ◆ DRINK YOUR WAY TO BEAUTY THIS COMING YEAR

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SPAS · NUTRITION · FOOT CARE · WEIGHT CONTROL · SKIN CARE

A NEW ENGLAND RETREAT

TOPNOTCH RESORT & SPA



Who couldn't use an invigorating yet relaxing escape from the doldrums of the coldest, most dreary months of the year? What about a getaway that combines a little bit of pampering, a lot of relaxing, a sprinkling of outdoor adventure topped off with breathtaking scenery?

Topnotch Resort & Spa is all that and more. Just hours away, nestled at the base of Mt. Mansfield, Topnotch Resort & Spa is an exclusive vacation destination in Stowe, Vermont. This rustic yet luxurious retreat is set on a 120-acre estate and surrounded by a mountainous landscape, offering breathtaking vistas and a sense of serenity.

One of the highlights of the resort is its 35,000-square-foot world-class spa. Recently renovated, it was rated Top 10 Resort



Spas in America by *Spa Finder* and the #10 Resort Spa in North America by the readers of *Condé Nast Traveler* on the 2007 Spa Poll. The spa, encompassing an impressive 30 treatment rooms, offers more than 120 rejuvenating treatments and services including massages, facials, body treatments, acupuncture and more.

The spa's overhaul and expansion allowed for many other enhancements including a state-of-the-art fitness center and a solarium complete with a whirlpool, cascading waterfall massage, lap pool, sauna, and steam rooms.

Topnotch caters to every taste and fancy with a variety of accommodations to choose from. There are 68 spacious guest rooms and suites done in a "European Country Manor" flair with modern amenities and most with exceptional views of the lush



FOR THE WINTER SEASON

This winter Topnotch Resort and Spa is offering new packages and classes for athletes and spa-goers to get in shape for the snowy season. Special fitness classes are designed to get visitors perfectly "tuned" for ski and snowboard season – or any other fitting sport.

Ski Conditioning classes: These circuit-style classes are designed to increase stamina and strength and feature 12 to 15 stations set up with fitness methods to challenge strength, balance and agility, with time spent at each station progressing as the weeks go on. *Classes are \$15 each, or 10 for \$120.*

Pilates for Skiers: This mat-based program is designed to get skiers in the perfect shape for schussing down the slopes. It also incorporates standing Pilates movements focusing on leg strength and balance, all formulated to improve stability on the mountains. *Classes are \$15 each, or 10 for \$120.*

Sport Specific personal training sessions: 80-minute classes that provide a more comprehensive approach to fitness, including proper stretching techniques, these sessions deliver an opportunity to achieve a personal sports goal. Programs can be tailored for any sport, with the most popular being tennis, golf and skiing. *\$100 per session.*

To complement the rigorous workouts, or for those who would rather be pampered than exert themselves, the spa has created new packages to provide relief from active workouts and bring peace of mind to a hectic winter schedule.

Spa Essentials: This package provides relaxation and grooming in a results-driven but express fashion. It includes a 25-minute skin smoothing treatment, a 25-minute Specific Spot Massage, and an Express Manicure and Pedicure, as well as a picnic lunch to go. *\$245.*



The Subtle Energies: The perfect cure for the adventurer after a day outdoors, this package provides relief from tension and muscle pain. This treatment includes a 50-minute private yoga class, a 50-minute Thai massage and a Red Flower Hammam Foot and Leg Ritual. *\$300.*

After a day in the spa, on the slope, or shaping up at one of the fitness centers, you can take in an evening at Norma's Restaurant, serving up "eclectic cuisine" in a laid-back atmosphere – just what the doctor ordered for a tired, hungry vacationer. Chef Mark Timms has used his creative culinary skills to craft a menu of healthy and delicious selections intended to heighten flavor and eliminate guilt. Guests can sample Jamison Farm rack of lamb, spring beet carpaccio, herb roasted chicken, and more.

Winter rates at Topnotch Resort and Spa start at \$195/night. For more information or to make reservations, contact (800) 451-8686 or visit www.topnotchresort.com.



Green Mountains. They also have a selection of 40 well appointed one-, two- and three-bedroom resort homes for added privacy and tranquility. These New England inspired dwellings boast bucolic stone fireplaces and cozy décor. Each is unique and extends full resort privileges

For those who love the great outdoors, the resort is home to limitless year-round recreational activities. Topnotch is considered a winter sports paradise, complete with cross-country and downhill skiing. In warmer seasons visitors can also enjoy hiking, fishing, horseback riding, mountain biking and canoeing.

The Tennis Center, which played host to the Fed Cup Semifinal Tie in July 2007 and has been recognized as the #1 tennis resort in the Northeast in 2008 by *Tennis Magazine*, features both indoor and outdoor courts.