

## TOPNOTCH RESORT AND SPA FACT SHEET

<b>LOCATION:</b>	Topnotch Resort and Spa rests deep in the Green Mountains that give Vermont its name. The resort is located in the town of Stowe, and is the closest AAA Four Diamond Resort to Mount Mansfield, the state's highest peak. Topnotch is a 5 minute drive from Stowe Village on Route 108 (Mountain Road) and 10 miles north of Exit 10 off of Interstate 89.
<b>ACCESS:</b>	Topnotch enjoys easy convenience from throughout the northeast, with Boston just 3.5 hours, Hartford 4 hours and New York City 6.5 hours away by car. Nearby Burlington International Airport (a 45-minute drive) offers non-stop/direct service from across the U.S. via JetBlue, Delta, Northwest, Continental, United and US Airways, while private planes can access neighboring Stowe/Morrisville Airport. There's an Amtrak train station 10 miles from the resort, and the "Vermont" runs through it daily between Washington, D.C. and Montreal.
<b>ADDRESS:</b>	Topnotch Resort and Spa 4000 Mountain Road Stowe, VT 05672 Tel. (802) 253-8585 Fax (802) 253-9263
<b>RESERVATIONS:</b>	(800) 451-8686
<b>WEBSITE:</b>	<a href="http://www.topnotchresort.com">www.topnotchresort.com</a>
<b>MANAGEMENT:</b>	Aaron Black, General Manager
<b>OWNER/OPERATOR:</b>	Terra Resort Group
<b>OPENING DATE:</b>	December 1958
<b>AWARDS:</b>	Topnotch was honored as the #41 Resort in US/Canada on <i>Travel + Leisure's</i> 2009 "World's Best" list. Topnotch was honored as the #4 ski resort in North America on the <i>Condé Nast Traveler</i> 2007 Reader's Choice Ski Poll. The Spa at Topnotch was rated as the #10 Resort Spa in North America and #1 for service on the <i>Condé Nast Traveler</i> 2007 Reader's Choice Spa Poll. The Spa at Topnotch was also recognized by <i>Spa Finder</i> as the "Best Spa for Winter Sports" in 2007. Topnotch is an AAA Four Diamond resort, combining New England charm with gracious service.
<b>MEMBERSHIP:</b>	Topnotch is a member of Preferred Hotels and Resorts as well as Associated Luxury Hotels International.

**DESCRIPTION:**

Surrounded by Vermont's legendary Green Mountains, Topnotch Resort and Spa is New England's premier, four-season luxury destination retreat. Located on 120 wooded acres beneath Mt. Mansfield – at 4,393 feet, the state's tallest peak – the AAA Four Diamond resort's air of sophisticated rusticity is a natural fit for the region it calls home. Guests entering the large oak front doors are greeted by crisply suited bellman and welcomed warmly for check in at the front desk. An adjoining stone-walled and carpeted Living Room is set in country contemporary style, adorned with comfortable furnishings and a wood-burning fireplace, and observed by a large and genuine stuffed moose head.

Topnotch Resort has 68 guest rooms and suites, as well as 40 luxurious resort homes in configurations up to three bedrooms. Norma's, the resort's new signature restaurant, offers creative regional cuisine created from local and organic provisions. Myriad indoor and outdoor sports and recreational activities are part of the Topnotch experience, available to be enjoyed both on-site and off. The newly renovated, 35,000 square foot Spa at Topnotch (a.k.a., Topnotch Spa) is of the country's top-rated spas.

**GUEST ROOMS AND SUITES:**

Following a \$28 million accommodations renovation completed in 2005, Topnotch offers 68 guest rooms including 8 suites, all dressed up in European country manor style. Spacious Deluxe Rooms are individually decorated with antiques and include full bath a choice of king or two double beds. Luxurious Executive Rooms are also individually decorated, with cathedral ceilings, full bath, choice of king bed or two double beds, and a twin pull-out sofa.

Spacious one-room Studio Suites include two queen beds, large sitting area, and twin pull-out sofa; Junior Suites come with king bed in the master bedroom, walkout living room, twin pull-out sofa; and two-room Garden Suites have a king bed in the master bedroom with private bath, full living room, queen hideaway bed and full bath.

A two-room Champlain Suite has a master bedroom with king bed and private bath, living room with fireplace, queen hideaway bed, full bath and efficiency kitchen. And at the top of Topnotch's accommodations, the luxurious Governor's Suite offers master bedroom with king bed and private bath, living room with fireplace, queen hideaway bed, full bath with deck and kitchen with microwave, stove, dishwasher, full-size refrigerator and breakfast nook. Dogs are permitted in select resort guest rooms and suites; smoking is not.

**AMENITIES:**

Topnotch's inviting guest room features and amenities include:

- Individually controlled air-conditioning
- Nightly turndown service
- Daily housekeeping service
- Library
- Coffee maker with complimentary Green Mountain Coffee
- AM/FM clock radio
- CD player
- Two telephones
- Cable television

- Complimentary Wi-Fi Access
- DVD / VCR
- Hairdryer
- June Jacobs personal care products
- Bathrobes
- Complimentary Vermont Spring bottled water

**RESORT HOMES:**

Topnotch has 40 luxurious Resort Homes scattered across the property, all within a short walk of the hotel. Most of the two- and three-bedroom homes have panoramic views of Mt. Mansfield, and all offer the tranquility and privacy of a superbly outfitted residence with access to the services of a four-star resort and spa.

Topnotch's Resort Homes are exceptional accommodations for families, friends and professional groups. Each home is impeccably furnished and tastefully appointed with contemporary and Vermont-style décor and art. Layouts include multiple full baths, full kitchen, living room with fireplace, dining room, patio, central air conditioning, gas heat and washer/dryer.

Pets and smoking are not permitted in Resort Homes.

**DINING:**

***Norma's***

Opened in June 2006, Norma's is Topnotch Resort's signature restaurant, offering an innovative menu of chic country cuisine created from locally grown organic provisions. Arrayed before a broad bank of windows and alluring mountain views, the patio-style restaurant sets an inviting scene indoors with comfortable contemporary styling, natural earth tones and a casual atmosphere. Outdoor tables on an expansive terrace face Mount Mansfield.

Norma's seats 65 inside and another 75 outdoors for breakfast, lunch and dinner. Indoors, a thoroughly modern open kitchen displays the deft preparatory skills of the kitchen staff. A wide-ranging wine list is available, as well as a full bar serving specialty cocktails with seating for 14.

Norma's casual alfresco dining area is adjacent to a pair of sparkling new swimming pools – one heated to remain open year-round. A table setting provides for comfortable dining dished up from a fire pit connected to the restaurant, while 86 lounge chairs are arrayed about for guests to kick back and the soak up seasonal sun and enjoy spectacular mountain views.

Norma's is open daily:

- Breakfast: 7:00am - 11:00am
- Lunch: 11:00am - 5:30pm
- Dinner: 5:30am - 9:30pm (last seating)

Reservations: (802) 253 - 6445

**ROOM SERVICE:**

Room service from Norma's is available to all guest rooms and suites 24 hours a day.

#### **SPA AT TOPNOTCH:**

Consistently acclaimed as one of the “Top Ten” resort spas in the U.S. by the readers of *Conde Nast Traveler* and *Spa Finder*, the recently renovated Topnotch Spa covers 35,000 square feet with 30 treatment rooms and more than 120 rejuvenating and exotic treatments and services to choose from. Hand-sketched tiles, hardwood floors, wall coverings and crackling fireplaces create a beautiful backdrop for relaxing in steam rooms, saunas and Jacuzzis, while a dedicated couple’s lounge is an intimate setting for experiencing side-by-side treatments.

New facial and body lines include treatments such as the Decléor Aroma Relax Wrap and the June Jacobs Cucumber Green Tea Facial. Advanced skincare services include Vibradermabrasion and GentleWaves photo-rejuvenation. The Spa at Topnotch also offers “Just for Men” treatments, an Acupuncture and Oriental Medicine menu as well as an Aesthetica Medi-Spa, run by Dr. Randy Stoloff.

Among additional features of the Spa is a full-service salon for beauty, manicure and pedicure services and a newly expanded Spa Source Boutique with signature Topnotch Spa products, clothing and gifts.

Access to all Spa facilities, including the Fitness Center, is included in the room rate for quests and is \$50 per day for non-guests; access is complimentary for those having a treatment.

#### **FITNESS CENTER:**

The Fitness Center at the Topnotch Spa showcases state-of-the-art exercise equipment, personal training and more. A Weight Training studio features Cybex circuit training equipment and free weights; a

Cardiovascular Studio is equipped with programmable treadmills, Stairmasters, Lifecycles and Elliptical Cross-Trainers; and an Aerobics Studio features a suspended wooden floor, cathedral ceiling, wall-to-wall mirrors and inspirational views of mountainous Vermont just outside. Fitness programs are scheduled for all ability levels, along with group and personalized Yoga and Pilates instruction.

Beyond working up a sweat, patrons of the Fitness Center can also indulge themselves and their buoyancy with watery diversions at the Solarium, featuring a whirlpool, cascading waterfall massage, lap pool, sauna and steam rooms. A large heated indoor swimming pool is available year round, with a separate area for lap swimmers.

Separate women’s and men’s locker rooms and lounge are available for privacy, comfort and convenience. The lounges are particularly inviting for relaxing between treatments in a plush robe by a crackling fire.

#### **TENNIS CENTER:**

The Tennis Center at the Topnotch Resort has been ranked #1 in the Northeast and one of the Top Ten U.S. Tennis Resorts by *Tennis Magazine*, as well as #11 in the world by Tennis Resorts Online. With an elite team of international USPTA certified staff, the Tennis Center offers more than 30 tennis programs for all ages and levels of play, “Play to Win” teaching methods, as well as a full lineup of lessons, clinics, private instruction, and Round-Robin programs.

The Tennis Center features six outdoor courts (four Har Tru) and four indoor hard courts – all with stunning mountain views. A selection of training equipment includes “Boomer, the Most Intelligent Ball Machine” and Dartfish Video Analysis.

In order to bring “Play to Win” to the youngest tennis players, Topnotch offers a Junior Tennis Academy for kids ages 3 – 18. Children in the Junior Academy are placed in lessons based on age and ability.

The Tennis Center is open year-round, with hours varying seasonally. Proper tennis attire is required.

**MEETINGS  
AND RETREATS:**

With 120 acres, mountain views, and a wide range of spa and recreational possibilities, Topnotch Resort and Spa is a premier New England destination resort for meetings, conferences and events. The resort’s professionally staffed Conference Center offers more than 15,000 square feet of flexible meeting space including a beautiful outdoor tent and various outdoor reception and banquet areas.

**RECREATION:**

Both on-site and in the Green Mountain wilderness that surrounds it, Topnotch Resort is an exceptional destination for recreation. Along with its Spa, Fitness Center and Tennis Center, the resort offers an array of indoor and outdoor pursuits for guests of all ages and abilities.

The resort’s Nordic Barn Recreational Center provides rental equipment for all resort activities, including downhill and cross-country skiing, cycling, mountain biking, snowshoeing, in-line skating, canoeing and fly-fishing. The Equestrian Center offers private and group horseback riding lessons as well as guided English and Western trail rides. The resort is outfitted with three pools, including a heated indoor pool and two outdoor pools, one of which is heated for year-round enjoyment. Natural hiking and jogging trails wind through the surrounding countryside from Topnotch to the village of Stowe.

The Green Mountain range is renowned as a vacation paradise throughout the year, with fishing, skiing, hiking, golfing and much more all nearby. The village of Stowe is the very definition of Vermont and New England, as well as a thoroughly inviting destination for shopping, dining and nightlife. A vibrant arts and culture scene includes numerous galleries with work by local and regional artists, museums, theatre guilds and performing arts spaces. The nearby Stowe Performing Arts Center offer music concerts from May to Labor Day.

**CLIMATE:**

The Green Mountains enjoy a typical northern New England, high-altitude climate, with pleasant summers and chilly winters. Average high temperatures range from 78°F in July to 24°F in January.

**RATES STARTING FROM:**

\$385 a night in high season  
\$195 a night in low season

**FOR FURTHER INFORMATION  
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## TOPNOTCH RESORT AND SPA THE SPA AT TOPNOTCH FACT SHEET

**ADDRESS:** The Spa at Topnotch  
Topnotch Resort and Spa  
4000 Mountain Road  
Stowe, VT 05672  
Tel. (802) 253-8585  
Fax (802) 253-9263

**RESERVATIONS:** (800) 451-8686

**WEBSITE:** [www.topnotchresort.com](http://www.topnotchresort.com)

**DESCRIPTION:** The newly renovated 35,000 square foot Spa at Topnotch is a full-service, European-style spa which brings together the natural country ambiance of New England, state-of-the-art fitness studios and equipment, and a talented and caring staff specializing in a range of personal treatments and services. Also known as Topnotch Spa, it offers more than 120 rejuvenating and exotic treatments – more than any other spa in the Northeast – many of which utilize custom formulas created from Vermont-grown herbs and spices.

The Spa offers comprehensive Fitness Center showcasing state-of-the-art exercise equipment, personal training and more. The spa and fitness programs are flexible, enabling guests to set their own goals and go at their own pace. The staff can design customized programs combining exercise regimens with an array of treatments.

**SIZE:** 35,000 square feet

**HOURS OF OPERATION:** Daily: 6:30am - 8:00pm

**AWARDS:** The Spa at Topnotch is consistently acclaimed as one of the "Top Ten" resort-spas in the U.S. Most recently, the *Condé Nast Traveler 2007 Reader's Choice Spa Poll* named The Spa at Topnotch as the #10 Resort Spa in North America and #1 for service. *Spa Finder* named Topnotch Spa "Best Spa for Winter Sports" in 2007.

**SPA FACILITIES:**

- Hand-sketched tiles, hardwood floors, wall coverings and crackling fireplaces create a beautiful backdrop for relaxation, with walls of windows opening onto spectacular mountain panoramas, creating airy, sun-filled spaces.
- 30 treatment rooms offer quiet, serene spaces for massage, body treatments, facials, manicures and pedicures.
- A dedicated couple's lounge provides an intimate setting for side-by-side treatments.

- Luxurious men's and women's lounges are furnished with fireplaces, skylights, whirlpools, sauna and steam rooms, maple lockers, and dressing areas with all the necessary amenities from June Jacobs Spa Collection. Robes, slippers and an ample supply of plush towels are provided.
- A salon featuring a full range of hair, nail and facial treatments and services.
- The Spa Source boutique offers signature Topnotch Spa products, as well as those used in the spa's body, facial and salon treatments and services. Contemporary resort and fitness apparel is also available.

**FITNESS FACILITIES:**

- A state-of-the-art Aerobics Studio features a suspended wooden floor, cathedral ceiling, wall-to-wall mirrors and inspirational views. The spa aerobics program accommodates all fitness levels and is designed to take advantage of Vermont's changing seasons.
- A solarium with a 12-foot whirlpool with cascading hydromassage waterfall, 60-foot heated indoor pool for lap swimming and water aerobics, and co-ed sauna. Broad windows overlook Vermont's Green Mountains.
- Two new outdoor swimming pools and one hot tub, one heated pool for year-round recreational use.
- Weight Training studio with Cybex circuit training equipment, free weights and Gravitron.
- Complete cardiovascular studio with treadmills, lifecycles, elliptical cross-trainers, Stairmaster, NordicTrack and more.

**SPA/FITNESS STAFF:**

The Spa at Topnotch and Fitness Center are amply staffed with dozens of spa and fitness professionals, including:

- 46 treatment therapists
- 15 salon therapists
- 10 fitness instructors
- 4 certified personal trainers

Professional health and lifestyle consultants include:

- Creative Director, Salon
- 1 nutritionist
- 1 Lifestyle Coach

**SPA SERVICES:**

Each of more than 120 treatments is performed by highly trained therapists. Treatments include:

- *Massage therapy:* A selection of massages (Swedish, Shiatsu, prenatal, deep tissue, sports, and aromatherapy) designed to relax tired, sore muscles and to relieve stress build-up.
- *Body wraps:* Blends of detoxifying herbs from Vermont and the surrounding region are designed to gently relax the body while soothing sore, tired muscles.

- *European and New England body treatments:* A range of treatments, including three-step process involving a gentle detoxification and exfoliation of the skin and a full-body massage.
- *Exfoliation treatments:* Salt-glow loofah and Vermont Woods exfoliation soaps and moisturizers utilize indigenous herbs to stimulate and increase circulation to the skin.
- *Reflexology:* Gentle manipulation of specific points on the feet assess and provide therapeutic benefits for all body functions, as well assist the whole body in relaxing and generating a balanced flow of energy.
- *Cranio-Sacral therapy:* A gentle, non-invasive manipulative technique that encourages the body's own natural mechanisms to improve the function of the brain and spinal cord while dissipating the negative effects of stress and enhancing overall health.
- *Ayurvedic Cleansing Ritual and Massage:* An ancient Ayurvedic therapy used to restore inner calm to the mind and balance the nervous system.
- *Little River Stone Massage:* A complete treatment for the body, mind and soul involving the placement of warmed and chilled stones on the body to promote deep relaxation within minutes.
- *Teen treatments:* An array of facials, scrubs, massage and personal trainer sessions particularly suited to the Adolescent Set.

#### **"JUST FOR MEN":**

The Spa at Topnotch assures men will feel right at home with treatments and fitness programs just for them. There are Gentlemen's Facials, Sports Massages, Sports-Specific Personal Training, Hiking and Snowshoe Trekking, special training sessions focusing on ski or tennis conditioning, and much more.

#### **ACUPUNCTURE:**

In April 2007, Topnotch Spa added Acupuncture & Oriental Medicine treatments to the Spa menu and brought on Kerry Jenni as Resident Acupuncturist to lead this new program. Widely known though not widely understood, acupuncture (from the Latin *acus* "needle", and *pungere*, "prick") is a traditional Chinese medicine technique of inserting and manipulating needles into "acupressure points" on the body. It has been found an effective alternative therapy for a broad range of wellness issues, including stress reduction, addictions, smoking cessation, pain management, weight management, and more.

The Acupuncture and Oriental Medicine menu at Topnotch Spa offers a dozen therapies, including:

- **Weight Loss Acupuncture (60 minutes):** Allow Topnotch Spa's acupuncturist to evaluate your individual constitution to determine the root of your weight-reduction needs. Acupuncture can eliminate unnatural cravings for sugars and carbohydrates, regulate digestion, and effectively increase energy to allow you to holistically lose weight.
- **Stress Relief Acupuncture (60 minutes):** This deeply relaxing form of acupuncture works to balance the body, mind and spirit. Use it for general relaxation and prevent imbalances from occurring in the future.

- Pain Reduction Acupuncture (60 minutes): Acupuncture has a fine reputation for decreasing pain of all kinds by naturally reducing endorphins from the brain. It is beneficial for chronic or acute back, neck, knee, shoulder or elbow pain, as well as long-term pain from arthritis, fibromyalgia and sciatica.
- Tui Na (20 minutes): Using rhythmic compression along energy channels of the body and a variety of techniques that manipulate and lubricate the joints, Tui Na directly affects the flow of energy in the body. This treatment is best suited for specific muscular skeletal conditions, such as back pain, knee pain, and sciatica.

#### **SALON SERVICES:**

The full service salon at Topnotch offers luxurious facial and body treatments from Decleor of Paris, June Jacobs Spa Collection, hair care from Kevin Murphy and men's lines John Allan's and E-Shave. Our salon team can prescribe the perfect regimen based on each individual's requirements and often hold complimentary consults in skincare and make up. A full range of services for men and women is available including:

- Personalized hairstyling and coloring
- Complete nail care and waxing services
- Make-up consultation and application
- Private consultation on coloration and advanced hair treatment programs

#### **FITNESS SERVICES:**

- Yoga: Topnotch Spa has a varied Yoga program with an experienced team of instructors. Classes range from beginner to expert level and include Iyengar, Hatha and Restorative yoga. These sessions are often taken outside in the summer time on our mountain-view deck, or in our state of the art fitness studio. Multiple day yoga workshops are frequently held throughout the year at the resort.
- Personal training sessions: A personal trainer/certified fitness expert will design a tailored program based upon each guest's individual goals, interests, lifestyle and fitness level. The resulting program can be integrated into guests' daily regimen upon their return home.
- Personal training for couples: Examines each individual's goals and outlines shared training techniques.
- Body composition analysis: Consultation designed to determine body fat percentage and goals and strategies for long-term change in body composition are established.
- Comprehensive fitness evaluation: An exercise physiologist tests aerobic capacity, body composition, blood pressure, flexibility, strength and muscular endurance. Body circumference is also measured. Guests receive a computerized analysis of their assessment.

#### **ACTIVITIES/CLASSES:**

Certified instructors teach private and group classes including yoga, meditation, Tai Chi, aerobics, water aerobics, hiking, biking, snow shoe trekking, cross country

skiing, flexibility, weight training.

**WELLNESS STRATEGY:**

- Nutritional consultations: A nutritionist reviews guests' current lifestyle and outlines practical suggestions to optimize their diet.
- Nutrition for couples: Couples get the know-how to make sound nutritional decisions and to form a partnership in maintaining healthy eating habits.

**LIFESTYLE  
MANAGEMENT:**

- Lifestyle management consultation: Guests learn to become pro-active and take control of their lives. Maladaptive past habits and reactions to the expectations and pressures of others are identified and techniques are offered to shed them.
- Stress management workshop: Teaches lifestyle modifications, inner self-control techniques and personal strategic planning.
- Guided personal meditation: Each session is designed to meet the personal needs of the individual to help them relax mentally and physically.

**PERSONAL SERVICES:**

- Tarot readings: Provides a symbolic reflection of current life and a valuable opportunity to look at things from a new perspective. Topnotch Tarot readers have more than 20 years of experience enabling them to interpret how certain actions or attitudes might effect an individual's situation.

**RATES:**

Access to all Spa facilities, including the Fitness Center, is included in the room rate for quests and is \$50 per day for non-guests; access is complimentary for those having a treatment.

**FOR FURTHER  
INFORMATION  
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**HAWAIIAN MASSAGE AND MERIDIAN ACUPUNCTURE THERAPY COME TO VERMONT**  
*Lomi Lomi Massage and Meridian Therapy now available at Topnotch Resort and Spa*

**December 14, 2010 (NEW YORK)** – Experience a Hawaiian tradition or Japanese therapy in Vermont this winter, as the award-winning Topnotch Spa announces an expanded treatment menu. The Lomi Lomi Massage and Meridian Acupuncture Therapy are new additions to the individualized services available at Topnotch Spa. Each of the 120 spa offerings answers a need – for body, skin, fitness, beauty and peace.

**Lomi Lomi Massage:**

The Lomi Lomi massage is a Hawaiian therapy only recently taught outside of Hawaiian families and Topnotch is the only spa in Vermont offering this unique treatment. This traditional Pololei style works muscle-by-muscle throughout the entire body. While this restorative massage is great for athletes, it can be adjusted for anyone needing deep tissue work.

*The 80-minute massage is \$170 to \$190.*

**Meridian Therapy with Certified Practitioner, Hadar Sarit:**

Originally from Japan, Meridian Therapy is an advanced form of acupuncture performed without the use of needles. The 50-minute sessions combine acupressure, moxa, magnets, pulse diagnosis, energy assessment and hands-on work in an effort to bring balance within the body. It can help with injuries, stress relief and pain reduction.

*The 50-minute session is \$150 to \$170. Although benefits will be gained from one session, a series of six is recommended.*

In addition to the two new treatments, the full menu of rejuvenating spa treatments is available in the Spa's 30 treatment rooms. Guest rooms at Topnotch Resort and Spa are available starting at \$225 per night.

For reservations and more information, please visit <http://www.topnotchresort.com/> or call 800-451-8686.

Long known for offering an extensive spa menu, these two new offerings will join other popular international spa treatments available at Topnotch, such as the Chinese Shiatsu and Ayurvedic Indian body treatment.

For more information, please contact:

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