

BEAUTY

MAGAZINE

the
**REINVENTION
ISSUE**

featuring

**MEL
ROBBINS**



getting to know

**VANESSA
WILLIAMS**

get ready for a
**2020 BEAUTY
REVOLUTION**

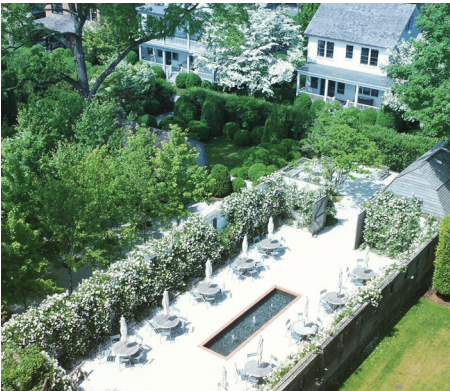
fierce fashion
**UNTAMED +
RECLAIMED**

**REDEFINING
DREAMS**
IN THE FACE OF ADVERSITY

Reinvent Your *Must-Do List*

By Norah Lawlor

The new year is a perfect time to shake up your routine. From reworking your body through Pilates to redesigning your home, here are five refreshing ways to dynamically dive into 2020.



THE HIDEAWAY: THE VALLEY ROCK INN & MOUNTAIN CLUB

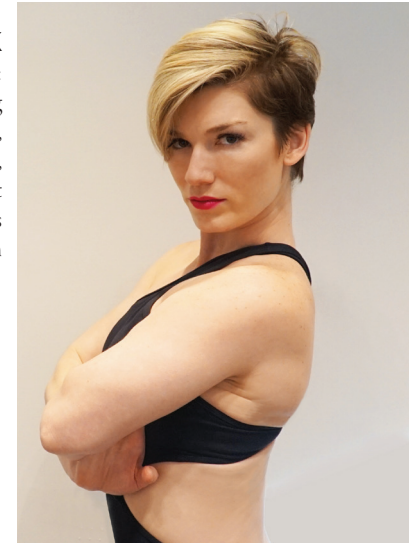
Located an hour from Manhattan, The Valley Rock Inn sits in the village of Sloatsburg at the foothills of the Ramapo Mountains, where it is surrounded by 70,000 acres of parkland, trails, and lakes in every direction from Harriman State Park and Sterling Forest. The property is comprised of 12 historic house and barn buildings that form a wall around an interior garden, in turn creating a protected oasis. There are also four renovated guesthouses consisting of 17 bedrooms and 16 baths, an organic market, and two restaurants that source organic produce from organic farm fields in the Hudson Valley. The Inn is also a fitness-focused property with facilities that include a 75-foot swimming pool, a 7,000-square-foot gym, and activities like guided hiking, biking, and kayaking. ValleyRockInn.com



Combining both the Le Lift and Le Remodeling experiences, Le Lift Parisienne leaves your face, neck, and chest more refined, plumped, and lifted than you could ever think possible. Its supreme exfoliating, repairing, and toning features produce some of the most intense, jaw-dropping results, and the 90-minute duration means you can sit back and thoroughly relax. RescueSpa.com

THE TRAINER: ANNA CLARK

Here's the way to stick to your get-in-shape resolution: Anna Clark, Master Trainer at NeXa Pilates. Boasting more than 16 years experience teaching Pilates, yoga, personal training, and dance, Anna's Upper-West Side, NYC studio is the place to make it happen. There's not only a diverse team of trainers, but also a group fitness studio and spa with a range of services, including an infrared sauna—all the rage! NexaPilates.com



THE GURU: GALE SITOMER OF GALE SITOMER DESIGN

Why not rejuvenate the most important spaces in your life this coming year? Bring a fresh, new look into your home or office and boost your sense of well-being and productivity with Gale Sitomer. Her focus starts from the perspective of timeless design cues, aiming to balance subtle

colors with the objective of improving comfort and functionality. Gale's design aesthetic also harnesses space-planning with a focus on balancing architectural elements and lighting, which she says, are as integral to the process as choices of furniture, fabric, and color. GSitomerDesign.com

THE INDULGENCE: LE LIFT PARISIENNE AT THE RESCUE SPA

For anyone in search of the ultimate luxury pampering treatment, Le Lift Parisienne, which utilizes Biologique Recherche products, is considered among NYC's crème de la crème spas.

THE EVENT: THE 92ND ANNUAL ACADEMY AWARDS

The 92nd Annual Academy Awards ceremony, presented by the Academy of Motion Picture Arts and Sciences, will honor the best films of 2019 and take place at the Dolby Theatre in Hollywood, California. Mark your calendar for February 9, 2020, and plan to sit back, relax, and root for your favorite films of last year to bring home the Oscar. Oscars.org/Oscars

