

MODERN LUXURY

BOSTON COMMON

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Grows Up

THE LUXE LIST

Boston's Best
Bets for Health,
Style, Fitness,
Design & More!

PLUS

Squash Tournaments,
Bespoke Travel
Experiences
& the Secret to
Happiness



Taraji P. Henson

TAKING CHARGE & HOLDING NOTHING BACK





THE

LUXURIE LIST

YOU WORK HARD, YOU PLAY HARD. YOU NEED TO LUXURIATE HARD.
SAY HELLO TO YOUR NEW LIFESTYLE BIBLE.

BY ERICA CORSANO AND MARNI KATZ

Health & Fitness

Put your best foot (and face) forward with these wellness gurus.

BEST HEALER AND PHYSICAL THERAPIST **Zen Den's Mary Kim-Garrity**

(zendengroup.com) People sometimes get a little spooked when they hear the word “healer,” but Kim-Garrity is the real deal. Having worked with famous athletes, executives and socialites from Boston and beyond, this mystical healer and athletic trainer has over 25 years' experience helping clients enhance movement, balance and agility—training that benefits athletes, the injured and those suffering from chronic pain. Her mind-body approach often involves guided meditation and reiki at Zen Den, a comprehensive wellness center combining cutting edge technologies with ancient healing practices.

BEST WELLNESS PACKAGE **W Boston**

(100 Stuart St., marriott.com/hotels/travel/boswh-w-boston) The W Boston takes wellness to a whole new level with its brand-new Revival Weekend package. Already known for its “Detox, retox, repeat” mantra, with this package, the W Boston offers its Extreme Wow suite, cold-pressed detox juices, a customized fitness program, B12 shots, and Botox fillers in-suite via Boston-based med spa Vega Vitality. The room also comes with a sweet mimosa bar with up to four bottles and mixers— for when you're ready to retox. Because life's all about finding balance, right?

BEST LUXURIOUS STAYCATION **Boston Harbor Hotel Presidential Suite**

(70 Rowes Wharf, bhh.com) When the Boston Harbor Hotel finally finished its over-the-top 4,800-square-foot John Adams Presidential Suite last year, it may have broken the record for the most luxurious accommodations. Located in the property's iconic rotunda, the \$15,000-per-night room comes with a private entrance, concierge, butler; personalized liquor and wine selection, private internet, complimentary pressing, fresh floral arrangements, a personalized welcome amenity and direct (and unprecedented) access to the hotel's acclaimed chef, Daniel Bruce.

BEST CELEBRITY ESTHETICIAN **Alexis Robertson**

(skngym.com) Alexis Robertson might be young,

but her skincare knowledge is endless. Her client roster includes Olympians, celebrities and socialites in Boston, Los Angeles and New York. The skincare guru has been a licensed esthetician for only about 13 years, but she has over 20 years' experience within the beauty and medical aesthetics industries, including stints at brands like Estée Lauder and Living Proof. Her high-end clientele book their customized skincare programs—dubbed a SKN WORKOUT by Robertson—for effective treatments such as natural-acid chemical peels, crystal-free microdermabrasion, Ultrasonic, Ultrasound, extractions and dermaplaning. She's a pro at reducing acne, hyperpigmentation, fine lines and more.

BEST PLASTIC SURGEON/BOTOX **Michael Kaminer**

(1244 Boylston St., Chestnut Hill, skincarephysicians.net) It's not Dr. Michael Kaminer's decades of experience, countless media mentions or his many awards, accolades or inventions that keep Boston's elite coming back; those in the know just understand that Kaminer has the Midas touch when it comes to facial fillers. He is one of the three founding partners of SkinCare Physicians, a 15-physician, 100-employee group that is a recognized world leader in dermatology and cosmetic surgery. While Kaminer specializes in facial sculpting and rejuvenation, noninvasive body contouring and fat removal, hair transplantation, laser treatments, skin resurfacing, noninvasive skin tightening and tattoo removal, he is best known for his impeccable work with natural-looking Botox injections.



Meditation, a customized fitness program and a little TLC help manage daily stress.

Enjoy a week of unforgettable island-hopping



BEST LUXURY BIKE TOURS

DuVine Cycling and Adventure Co.

(duvine.com)

This is the 007 of bike tours.

From obscure European islands to exclusive access to winemakers in Burgundy, DuVine Cycling + Adventure Co. is a biking enthusiast's go-to for luxury movement-based tours throughout Europe and beyond. Recent packages include a bike and boat tour of Greek islands, a Tuscan hillside wine adventure and a Piemontese truffle-infused culinary experience.

Founded by local Andy Levine, DuVine Cycling + Adventure Co. designs luxury private and group cycling vacations in more than 20 countries around the world. Participants can choose their level of difficulty (there's even an option for nonriders) as well as preferred collection, like Family, +Adventure and Challenge. Vying to get away? The company is hosting an Alentejo bike tour March 3 to 8.

BEST DERMATOLOGIST/FACE

Dr. Ruth Tedaldi

(dermatologypartnersinc.com)

Dr. Ruth Tedaldi is a skincare trailblazer. She founded her practice, Dermatology Partners, over 30 years ago and was one of the first Boston derms to practice cosmetic dermatology in a relaxing spa setting. She's a pro at cosmetic, laser and general dermatology and is also a go-to doc to treat botched treatments by other medispas.

BEST FANCY FITNESS GEAR Peloton, Back Bay

(onepeloton.com) We've all seen the commercials of this posh exercise bike company's high-energy workouts. Its top-of-the-line bike and equipment allow for a killer workout sans schlepping to the gym. And Bostonians can check it out for themselves at the brand's new Beantown outpost.

BEST HAUTE WORKOUT

Hydrow (hydrow.com) Hydrow is a live outdoor reality rower, and now, virtual outdoorsy types can

row, row, row their way to a hot bod through February 2019 at the brand's new pop-up shop in Copley Place. Complete with interactive touchscreens mounted to the wall, users can scroll through hundreds of available workouts that live stream from the waters of the Charles, the Hudson and Miami, and get to know the elite trainers one-on-one. The Hydrow's standard retail price is \$2,199, plus a \$38/month membership fee, but if purchased at the pop-up store, it will cost \$2,199 with free shipping, one-year of content and a gift with purchase. Sweet sweating.

Pets

Raise the woof! Who to call for man's best friend.

BEST ELITE DOG TRAINER Cavalletto

Canine (cavcanine.com)

While owner Chris Cavalletto (from \$200/hour or 10 lessons for \$1,850) might not love the cliché comparison, he really is Boston's answer to Cesar Milan. The tagline of this father of three humans and three dogs is "Helping humans and dogs love better through communication." And it rings very true. Cavalletto takes his decades of experience to help dog owners maintain a healthy relationship with their dog by using a wide variety of strategies and techniques customized for each family. The

results speak for themselves. It's no wonder he works with Boston and MetroWest's elite, including two owners of major Boston sports teams and (arguably) the most famous baseball player in the area.

BEST DOG WALKER, PET CARE AND TRAINING

Stephanie Spooner

If you're dog-crazy like we are, than it's only the best for little Fido. As far as dog walkers go, Stephanie Spooner is THE go-to for the HUB's most glam pooches (and some cats too). Spooner has over 22 years of experience in handling and training dogs,

catering to commercial real estate royalty, sport team owners, federal judges and local who's who. In fact, Spooner is entrusted with key codes to some of the most prestigious real estate in the city. Her company is closed enrollment—meaning, as with most country clubs, you have to know a current client to get an interview. She is also knowledgeable in breed and breeder selection, litter selection and puppy selection from the litter, and can offer full service throughout a dog's life—from litter selection to geriatric care. Spooner is also an expert in exotics, fish, small animals and reptiles.