



Chic Stylist

CECILE

CHAPAVEYRE

*The Salon at the Ritz-Carlton, Westchester
3 Renaissance Sq
White Plains
(914) 467-5891
ritzcarlton.com*

Cecile Chapaveyre has that je ne sais quoi that all French women seem to possess and, after she works her magic, we believe a little of that chic rubs off on us. Chapaveyre doesn't believe you need a lot of products to have good-looking hair—just a healthy scalp and a precise cut. And after an hour in her chair, we agreed.



Spa in a Hurry

FOOTSIE REFLEXOLOGY

213 E Main St, Mount Kisco

(914) 864-1673

footsiereflexology.com

A quickie spa treatment sounds like an oxymoron, but, when you can get a mid-day pick-me-up without taking off your clothes, you can start to see the wisdom. Think of it as the nail-polish equivalent of a spa: quick, but well-worth-it services that give you the mini power-nap you need, with time left over to get back to your busy day.

Pilates

APOGEE PILATES & WELLNESS CENTER

140 Mamaroneck Ave, White Plains

(914) 644-8884; apogeewellness.com

The core of most fitness regimen is to, well, work the core, and nothing does that better than Pilates—and no place has a Pilates program as varied and consistently excellent as the ones at Apogee. You can have one-on-one train-

Old-Fashioned Hot-Towel Shaves

ASPIRE BOUTIQUE SALON & BARBER PARLOR

70 Main St, Tuckahoe

(914) 337-3400; aspireboutiquesalon.com

A shave and a haircut at Aspire will cost you more than two bits, but we'll bet the barbers of yore never dreamed of adding on aromatherapy or a face, head, and neck massage, which makes the shave experience here a blend of the best of old and new.

ing or take any number of group mat classes, including one titled "Pilates and Props." There are additional centers in Bedford Hills and Manhattan.

Zumba

Z8 FITNESS

82 Prospect St, White Plains

(646) 389-3488; z8fitness.com

Z8 Fitness is on a mission to get all of Westchester dancing. Its eight instructors have been teaching Zumba classes since 2009, and, before starting their own collaborative program last year, they taught at Best of Westchester-winning studios in 2010 and 2011. In addition to teaching classes at St. Bartholomew's Church in White Plains (and secondary locations), the group hosts fundraisers, Zumbathons, and performs at county events, sharing their "Zumba love" with the masses.

Private Yoga Teacher

CAOMH KAVANAGH

(917) 593-6251

physical.bodhi@gmail.com

Caomh Kavanagh is the yoga maven known for keeping New York City ladies fit and firm—but she's actually a Westchester gal and will come to your home, or find a space, for individual or group classes. Specializing in vinyasa and power yoga, she designs a practice based on clients' needs—and you'll never have to fight for mat space again.

Facial Rejuvenation

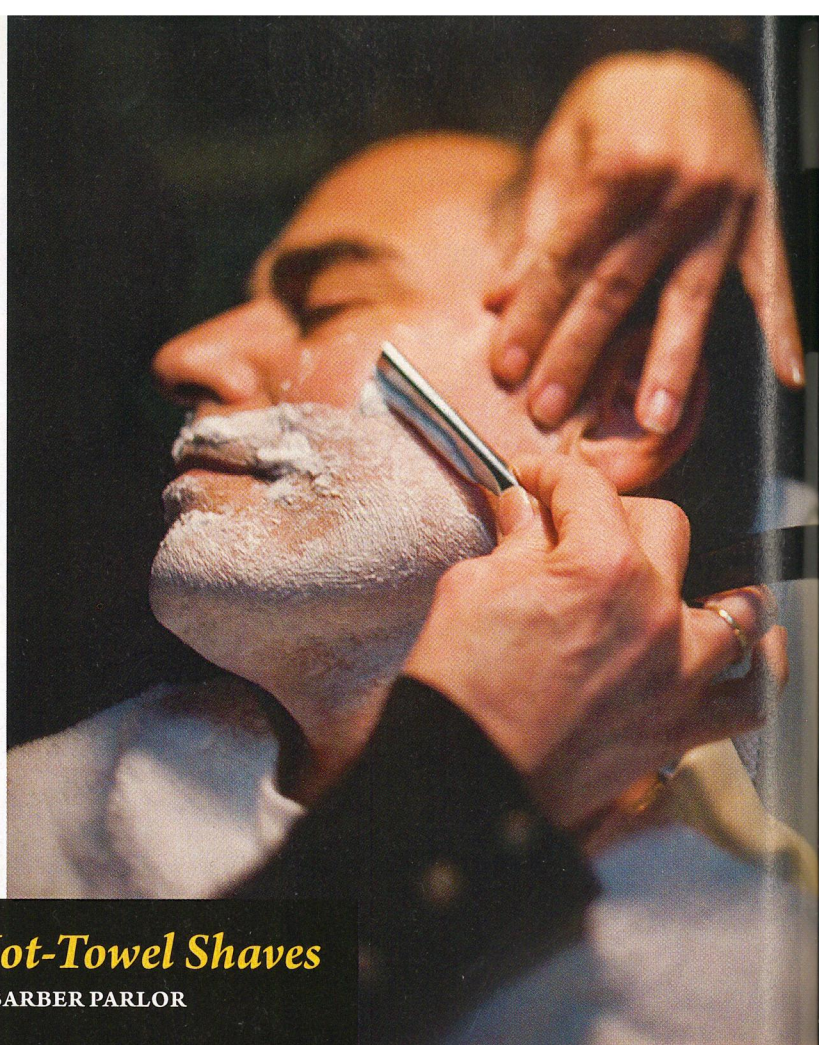
SKIN N.Y.-WESTCHESTER

118 S Ridge St, Rye Brook

(914) 213-5724

skinny-westchester.com

Julie Pipolo's clients are often asked if "they've had some work done," a thinly veiled euphemism for "Who did your facelift?" The answer is a resounding "Nope!" Their great-looking skin is a result of Pipolo's no-nonsense protocol of dermaplane facials, peels, skin stampings, and lasers (the latter performed under the guidance of medical director Scott Wells, MD).



Mature skin isn't the only type to benefit at Skin N.Y. Angela Iaco is on staff to navigate teenage clients through the acne years.

Thorough Skincare

**SKINCENTRE ADVANCED
MEDICAL AESTHETICS**

220 S Central Ave Hartsdale

(914) 949-6200; myskincentre.com

SkinCentre has an extensive menu of services including facials, fillers, injectables, lasers, and even plastic surgery. Joseph J. Sozio, MD, and his team take a medically oriented approach to skincare, unlike salons and spas with treatments geared more to beauty. Physicians on-staff and on-site either perform or directly supervise services rendered.

Meditation Center

VAJRA LIGHT BUDDHIST CENTER

234 Central Ave, Hartsdale

(914) 607-3583; vajralight.org

Part of what makes Vajra Light so great is that it is accessible—the classes and meditation workshops are taught by English-speaking, Western teachers who have been trained in the Kadampa tradition. More pluses: You don't have to be a member to attend a class or workshop, and there are offerings to accommodate any schedule.

PHOTO THIS PAGE BY PHIL MANSFIELD

The Biggest Best of Westchester Ever—**349** Winners!

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**IF OYSTERS ARE
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A Connoisseur's Guide

DAVID BOIES OF ARMONK

JANUARY 2005



SPOTLIGHT PUBLICATIONS \$3.95

Like Douglas DeWitt, Pasquel Rouse is an HBO and ESPN veteran. The 31-year-old native of Puerto Rico, who now makes his home in Elmsford, will put you through the same grueling training he receives from Luigi Olcese and Angelo Serrano. At his gym, you can step into a real ring, participate in a sparring exhibition or simply sweat in the authentically gritty surroundings. New York Boxing Gym is also home to two unbelievable female pugilists: Angel Bovee (914-490-6938) is the United States Amateur Light Welterweight Champion and a member of Team USA, and Ann-Marie Saccurato (914-490-7015) is an undefeated professional boxer who holds both the New York Golden Gloves and the National Golden Gloves. Both women are certified personal trainers who can put the hurt on you in a very positive way.

PASQUEL "TIGER" ROUSE

New York Boxing Gym, Yonkers (moving to Elmsford soon)
(914) 320-0795

Fee: \$35/hour

No. of clients per week: 60

Fitness tip: "Good fitness starts with a good trainer. If you want to be a boxer, find a trainer who was once a fighter—they know all the tricks."

He's a personal trainer and a fighter who has been in the ring with everyone from amateurs to light heavyweight champs. And, yes, his last name has a familiar ring to it, but "as far as I know, I'm not related to him," says LaMotta of the famous Jake. "I did meet him once, though."

The Gyrotonic Gurus

It's been described as "yoga in motion" and "resisted yoga," but you can just call it "the next big thing." Invented by Julio Horvath, Gyrotonic relies on a special wooden machine of rotating discs and weighted pulleys called the Gyrotonic Expansion System. The fluid, circular movements of Gyrotonic combine elements of yoga, swimming, ballet, and Tai Chi. Like Pilates, it's a mindful workout that produces more of a serene buzz than an endorphin rush. Unlike Pilates, there's no disagreement about teaching methods and certifications. All Gyrotonic teachers are certified by one man, Julio Horvath himself. While largely unknown outside of New York and the West Coast, our proximity to New York makes us one of the first beachheads in the Gyrotonic invasion.

Here's where you can experience it for yourself:

- **Emily Pashman and Joy Puleo, Bodywise Studio, Chappaqua (914) 238-8397**
- **Claudia Rinaldi, Saw Mill Club, Mount Kisco (914) 241-0797**
- **Naomi Hofer, RiverSpa, Irvington (914) 591-5757**
- **Center for Movement, Scarsdale (914) 722-7646**

TOMMY LAMOTTA

Saw Mill Club, Mount Kisco (914) 329-9067

Fee: \$65/session at the club; \$70-75/session at a client's house

No. of clients per week: 25-30

Fitness tip: "Try a variety of different exercises to keep things fun and interesting."

The PILATES PROS

DURING WORLD WAR I, JOSEPH PILATES RETOOLED

the hospital bed, using its springs to provide resistance for a series of rehabilitative exercises that simultaneously lengthen and strengthen muscles. Nearly 90 years later, there's another war raging, and, this time, it's among his many disciples. With no certain heir to Pilates's legacy, his death has given rise to dozens of schools claiming to certify instructors in either "authentic" Pilates or Pilates that improves upon his methods. While the popularity of Pilates has soared in recent years, and though the number of instructors has skyrocketed, the quality and style of instruction varies wildly. The following trainers may be certified by different schools and may subscribe to different interpretations of Pilates, but they are all, according to our experts, among the county's best.

Lesly Levy considers herself a practitioner of traditional Pilates, unaltered from founder Joseph Pilates's original teachings. "The best Pilates instructors teach from all six of Joseph's principles at once, never sacrificing one for another," says Levy. "Although precision is of utmost importance, some other methods focus so much on alignment and/or control, looking at movements merely as exercises. But Pilates is a continual flow of movements that challenges all muscle groups to work all the time. There's nothing abrupt or jerky in Pilates." Lesly is a top-notch trainer who provides continuing-education workshops to other Pilates teachers in conjunction with the Pilates organization, Power Pilates, Inc. in New York City. She has a multi-dimensional background as a gymnast and yoga instructor, but her teaching has always been movement-oriented. Levy became an ACE (American Council on Exercise)-certified personal trainer and group fitness instructor in 1992. She also has certification in spinning, Reebok cycling, and yoga, and specialties through ACE in perinatal fitness, youth fitness, mind-body integration, and flexibility training.

LESLEY LEVY

Mindful Moves Pilates Center, Mount Kisco (914) 244-0199

Fee: individual \$66-75/hour; duet \$45-55/hour; trio \$38-44/hour; classes \$20-22, depending on whether a package or a single lesson is purchased.

"Pilates is a continual flow of movements that challenges all muscle groups to work all the time. There's nothing abrupt or jerky in Pilates."



STRIKE A (PILATES POSE):
Pilates trainers Elle Jardim, Lesly Levy,
Elin Benson and Joy Puleo

No. of clients per week: 40, not including classes

Fitness tip: "Pulling your abdominals in and up while moving your body with control will strengthen your back and tone your buttocks."

Another traditionalist, Elle Jardim, 40, has been teaching Pilates since 1995—an eternity in this young field. She's certified by Authentic Pilates and considers it the most authoritative Pilates certification. "I think people see better results with Authentic Pilates than in other, watered-down versions of the Pilates method," Jardim says. She teaches Gyrotonic (see "The Gyrotonic Gurus" on page 55) as well as Pilates and feels that both are complementary as well as integral to fitness. "Because they're both mind-body disciplines, they give you an awareness of how the body works. You can use that awareness to get better results from other fitness regimens."

ELLE JARDIM

Center for Movement, Scarsdale
(914) 722-7646

Fee: \$72-\$78

No. of clients per week: 15-20

Fitness tip: "Improve your posture to look and feel better. Stand up straight and think of lengthening the top of your head toward the sky, keeping your chin parallel to the floor. Stand evenly on your two feet; pull your stomach in and up, pressing it toward your lower back; pull your shoulders down and back, pressing your shoulder blades together. Feel your spine lengthen. Do this anytime, anywhere."

In addition to training students in Pilates, Elin Benson's studio trains people to become instructors in the Power Pilates Method. Her studio's prestige in the fitness world is akin to that of a teaching hospital in the medical world. "We have a classically based, integrated fitness approach," Benson says. "We follow all the teachings of Joseph Pilates and incorporate all of his apparatus."

A hallmark of her studio? When students leave, they have a strong sense of well-being. "I've been taking Pilates for five years," says Lainie Gerard, 31, a mother of one from Croton-on-Hudson. "I went to Elin to get in shape for my wedding, and I stayed with her through my pregnancy and beyond. It's really toned my midsection and I feel more toned over all." Best of all, says Gerard of Benson's workouts, "when I leave, I feel completely refreshed—not like someone's beaten me up. For days after, I feel like I've worked out."

ELIN BENSON

The Pilates Connection, Pleasantville
(914) 747-4711

Fee: Individual \$70/session; 10 sessions for \$650

Duet \$55/session; 10 sessions for \$500

Trio \$50/session; 10 sessions for \$450

Quartet \$40/session; 10 sessions for \$350

No. of clients per week: 9 classes a week with 30 additional hours of private and semi-private instruction

Fitness tip: "In order to work the peripheal parts of the body—arms, legs, etc.—it's important to first have a strong core. Pilates is a great way to strengthen and stabilize the core of your body, giving you the freedom to move on and train other areas."

For the past seven years, Joy Puleo has been working closely with the PhysicalMind Institute, a Pilates Aassociation that believes Pilates's exercises aren't holy writ. While his philosophy, apparatus, and movements are studied, the PhysicalMind Institute believes the exercises can and should be modified. In addition to being certified by the PhysicalMind Institute, Puleo, 38, received a master's degree in physiology from Columbia University, also holds personal training certifications from ACSM (American College of Sports Medicine) and ACE (American Council on Exercise). Jill Vogel, 30, of White Plains, a self-described investment banker-turned-freelance Pilates instructor, credits Puleo not only with inspiring her to pursue Pilates more seriously, but with restoring her own health.

"I had run two marathons and had always been athletic but, then, I experienced heart failure and had to get a pacemaker," she says. "I was so weak, I couldn't walk." Then Vogel found Puleo. "She is far and away the best Pilates instructor I've ever worked with," she says, "and I had worked with instructors in London, New York City, Chicago, and Aspen. Even though I'm now a certified instructor, I still love training with her. She's creative and knowledgeable enough to take it outside the box."


Puleo also teaches Gyrotonic.

JOY PULEO

Bodywise Studio, Chappaqua
(914) 238-8397

Fee: \$75 for a one hour session; \$700 for 10 sessions

Clients per week: 50

Fitness Tip: "Change requires consistency and time. Whether rehabilitating an injury or starting a new fitness program, be patient and constant and results are assured." 

When she's not editing or writing for magazines, Catherine Censor cracks the whip as a Master Level personal trainer at Mount Kisco's Saw Mill Club.
