

SPECIAL ISSUE ON HEALTH AND BEAUTY

Town & Country

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**LOOK
AND FEEL
YOUR
BEST—
AT
EVERY
AGE**

**TWO LIFE-
CHANGING
SPAS**

**BEAUTY
TIPS FOR
BUSY
WOMEN**

**COSMETIC
SURGERY
OUR TOP-TO-
BOTTOM
GUIDE**



JULY 2006
U.S. \$4.00 CANADA \$5.00
FOREIGN \$5.00



Actress and model
Inès Sastre
in Michael Kors

STRAIGHTEN UP IN ASPEN

There's nothing fun about having a back problem, but now sufferers can seek help at a very appealing destination: the **ASPEN BACK INSTITUTE**, at the St. Regis Resort in Aspen. The wellness center was founded last June by Clint Phillips, a South African with a background in physical therapy, personal training and chiropractic care. The institute takes a nonsurgical, holistic approach to back and neck conditions and other orthopedic disorders. Trainers provide sessions in the sunlit treatment area, which is furnished with state-of-the-art equipment, a fireplace and such South African touches as leopard-print pillows. In addition to physical therapy, offerings include acupuncture, yoga, Gyrotonic exercises and consultations on proper posture and nutrition. Treatments can be purchased à la carte or in special one- to three-week packages, including hotel, during off-peak periods. Clients can also take advantage of the St. Regis's fitness room and Remède spa. Since no one wants to stay indoors in Aspen, Phillips has incorporated activities like hiking and cycling into the programs. *Treatments start at \$60. Weeklong program and hotel packages from \$3,695. 970-920-7772; aspenback.com.* CHANTAL M. McLAUGHLIN