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**SMOOTH OUT CELLULITE,
WITH NEW DERMAWAVE NO NEEDLE MESOTHERAPY AVAILABLE AT TOPNOTCH
RESORT AND SPA**

-- Aesthetica @ Topnotch is only the third facility in the Northeast U.S. to offer new pain-free mesotherapy for effective treatment of dimpled cellulite skin --

Topnotch Resort & Spa in Stowe, Vermont has announced a new wave in the treatment of cellulite – **DermaWave No Needle Mesotherapy**, now available at **Aesthetica @ Topnotch**. Since opening in Fall 2007, the new Medi-Spa at Topnotch Resort and Spa has become only the third facility in the Northeast U.S. to offer this revolutionary skin treatment. Unlike traditional, needle-borne Mesotherapy, DermaWave employs specially designed pulses of electrical energy to relieve cellulite, a condition of tissue congestion that results in dimpled skin on the thighs, buttocks and abdomen. Each treatment lasts about 30 minutes, and runs \$325 per session.

Of all aging skin conditions perhaps none is as exasperating as cellulite, which affects more than 80% of adult women. As skin ages, collagen and connective tissue lose their elasticity while the dermis – the thick and sensitive layer of skin just beneath the outermost layer – weakens. As various other bodily systems begin to mature, the resulting accumulation of waste products causes alterations in connective tissue and fat cells, resulting in a loosening of skin tension and the telltale “cottage cheese” appearance of cellulite. Lifestyle and exercise have no effect on the development of cellulite, though women suffer it much more than men.

While traditional Mesotherapy is an effective treatment, unsightly bruising and accompanying pain from needle injections lead as much as 80%-90% of patients to abandon treatment. The DermaWave treatment available at Aesthetica @ Topnotch is based on a new technique called Aquaphoresis which uses specialized electrical waveforms to help reactivate specific physiological process in tissue that contribute to cellulite. Patient-friendly and pain-free, Aquaphoresis can be adjusted according to the needs of each patient and its intensity can be customized to eliminate discomfort. Larger skin areas can be treated and the time between treatments can be shortened, enhancing effectiveness. Best of all, there no downtime is required to recover from treatments, and patients may return to normal activity following each session. A complete series of 8-10 DermaWave treatments is necessary to achieve results, though benefits can be seen in as little to 5-6 treatments. Dermawave has

protocols to help tone and tighten skin on your face, arms, legs, stomach and body

No Needle Mesotherapy results in smoother, more youthful-looking skin, by tightening the skin muscles and underlying tissue to prevent the fat bulges that create cellulite. The technique also increases lymphatic and vein circulation in the affected areas to prevent fat storage and provide the body with increased ability to drain fat.

DermaWave No Needle Mesotherapy is just the latest Medi Spa treatment available at Aesthetica @ Topnotch, whose dermatological menu includes Max LED Therapy, BOTOX® Cosmetic, Restylane and more. Located within the award-winning Spa at Topnotch and surrounded by the year-round beauty of Vermont's Green Mountain wilderness, Aesthetica @ Topnotch represents a fresh take on Medi Spa services, and all medical professionals of Aesthetica have been trained by world-renowned Cosmetic Dermatologist Mark B. Taylor MD, a leader in the field who pioneered techniques such as BOTOX, Restylane and laser treatments for the skin.

For more information on DermaWave No Needle Mesotherapy or to make reservations at Aesthetica @ Topnotch at Topnotch Resort and Spa, please call (800) 451-8686, or visit www.topnotchresort.com.

A model of sophisticated rusticity in the rolling mountains of Vermont, Topnotch Resort & Spa is a premier New England destination retreat offering endless recreational pursuits in a thoroughly luxurious atmosphere. A AAA Four Diamond property perched on 120 acres near the village of Stowe, the resort offers 68 guest rooms and suites dressed up in European Country Manor style, with contemporary amenities and most with exceptional views of the lush Green Mountains. Topnotch also has a selection of 40 luxurious one-, two- and three-bedroom resort homes – the last ranging over 2,500 square feet – each with its own personality and full resort privileges. In June 2006, Norma's Restaurant opened at the resort, serving eclectic cuisine in a casual setting, with an inviting open kitchen. Acclaimed as one of the Top 10 Resort Spas in America by *Spa Finder* and as the #10 Resort Spa in North America by the readers of *Condé Nast Traveler* on the 2007 Spa Poll, voted #1 for service, the recently renovated Topnotch Spa covers 35,000 square feet, including 30 treatment rooms in which to experience more than 120 exotic and rejuvenating treatments and services. For sports and leisure, the resort features a Tennis Center with indoor and outdoor courts, cross-country and downhill skiing, a wealth of fitness pursuits at a state-of-the-art Fitness Center, an indoor pool with a cascading massage waterfall, a new whirlpool/Jacuzzi, and two new outdoor pools – one of which will be heated year-round. Topnotch was honored as the #4 best ski resort in North America and the highest rated in New England in the 2007 by *Condé Nast Traveler* Ski Poll. The Tennis Center at Topnotch played host to the Fed Cup Semifinal Tie in July 2007 and has been recognized as the #1 tennis resort in the Northeast in 2006 by *Tennis Magazine*. Pets are welcome in select guest rooms and suites at the resort.

Topnotch Resort and Spa is a member of Preferred Hotels & Resorts and Associated Luxury Hotels. www.topnotchresort.com.