



"Play" the famed Pebble Beach course at Terminus' virtual golf fitness club, including the precipitous seventh hole.

Green Screen

Tee-ed off about your golf game? Look no further than the second floor of Terminus 100. Sure it's more steel-gray than green, but it's home to the members-only **Terminus Club's Golf Experience**, a one-of-its-kind fitness facility where innovation is par for the course. Test your swing in the 3D golf analysis room, or try the 3D video simulation, which puts you in the golf cart drivers' seat on a variety of golf links, including the world-famous Pebble Beach. Play the whole course or try your luck at the infamous seventh hole, which drops into the Pacific Ocean. terminus-atlanta.com.

BEAUTY CALL!

Buckhead's new **Woo Cosmetics** has covetable lines such as YSL, Darphin and Aqua di Parma plus an in-house spa that offers a full menu of treatments. 404.477.5000. On the Westside, pamper your little piggies at **Nouvelle**, a chic new nail salon that focuses on total rejuvenation and massage. The Freshening and Renewing treatment with lemongrass essential oils is sublime. 404.835.7839.

Coming Attractions

Those architectural wunderkinds at Ai3 are masterminding the state-of-the-art **Arista** med/fitness spa at the Aramore Building with plans to open its luxe doors in February. Meanwhile, the **Remède Spa** is on schedule to pamper its posh clientele at the St. Regis beginning in April 2009. We can't wait for our Remède Spa Escape, featuring customized body wraps and mani/pedis.



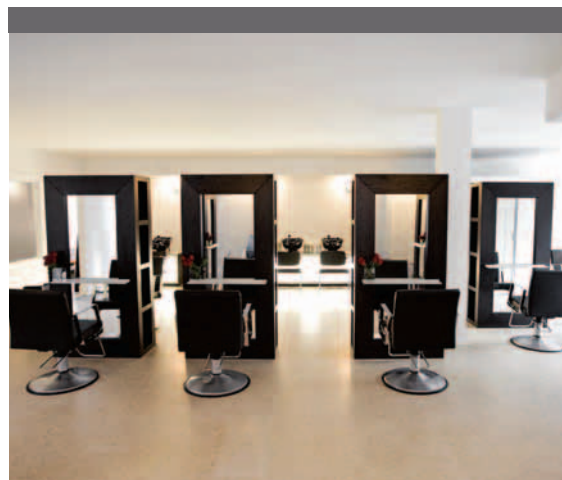
Toned & Honed

BODY BY RUSSIA

A kettlebell is a Russian cast iron weight that looks like a cannonball with a handle. Sound scary? It is. Unless you're being trained by Delaine Ross, the pint-sized powerhouse behind the new **Condition** kettlebell gym in the Old Fourth Ward's Studioplex lofts. Ross and her staff expertly train clients in this über-effective new fitness fad. The Russian military-inspired strength development technique allows devotees to lose weight and gain strength (not to mention achieve a long and lean physique that could kick the pilates body's you-know-what) in far less time than traditional gym workouts, by repeating a series of moves that combine weight lifting with cardio. conditiongym.com.

Condition founder Delaine Ross does some heavy lifting during her kettlebell training.

MAKE YOURDAY With a focus on whole-body wellness, **YourDay.e.t.c.** (short for "extraordinary training center") is a holistic new Chastain Park gym that evaluates each client on the basis of their lifestyle as well as their body. Founder and motivational speaker Saint "Day" Adeogba works from the inside out. His potent combination of body composition assessment, strength, cardio and flexibility training, as well as lifestyle-changing practices, makes for healthier clients who come back day after day. yourdayetc.com.



Shear Genius

Teutonic trendsetter **Soren Loffler** cut his teeth as an international Vidal Sassoon stylist and as creative director at DASS Salon prior to opening his own salon this fall. No debutante bouffants or carpool-mom cuts for this haute hair whisperer who favors clean and concise, European-inspired and, yes, cutting-edge cuts. Check out his exclusive Davines line of lush Italian hair products **Soren Salon**, 404.869.4247 or sorensalon.com.