



**PUBLICATION:**  
Toronto Book

**DATE:**  
Fall 2010

**FOCUS:**  
Wrinkle-free shopping

## TORONTO BOOK

BY MATHIEU CHANTELOIS



## WORK IT!

You would think that after six seasons and two films from the Sex in the City franchise you would have seen everything a woman can do perched atop a pair of stilettos. But you'd be wrong! The next new thing: High Heel Boot Camp. What is it exactly? It's a 60-minute workout divided into four sections, each taking inspiration from one Manhattan's most stylish ladies. Balancing on high heels, participants strut around, working to become sexy, toned and charismatic—just like them! And for those in search of the body of a Greek god, aspiring warriors can sign up for Clash of the Titans-inspired toning program Warrior Workout. Both courses are offered by Toronto gym chain Extreme Fitness. Now please, spare us from a new workout inspired by this fall's release of Jackass 3-D... *Extreme Fitness, 80 Bloor Street West, 1-866-754-9235*



## AN INSOMNIAC'S HAVEN

*In the US, there is no more prestigious name in hotels than Thompson. Good news: the king of cool, American Jason Pomeroy, recently unveiled the Thompson Toronto. And so far, the new kid on the block has been a hit; all of TO has spent the summer sipping strong cocktails and dipping their toes in the patio pool, which has an unrestricted view over the city. The only critique from tourists: the eating, partying and relaxing is so good there that you might lose all desire to explore the rest of the city. Thompson Toronto, 550 Wellington St. West, 416-640-7778*

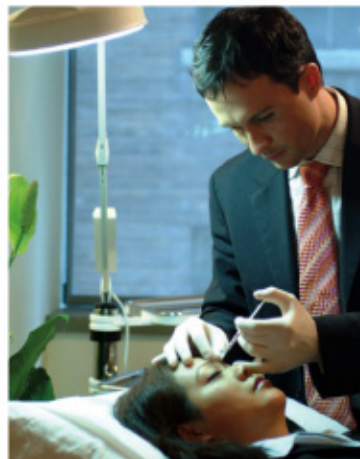


## NAKED LUNCH

*We've already sung the praises of restaurateur Harif Harji's Blowfish and Kultura. Now he's teaming up with Terry Tsianos (Palais Royal, Wheat Sheaf, Miller Tavern) for a new mouth-watering venture: Nyood (pronounced nude) has a sleek look and is sure to seduce the most discerning palates. Our top pick is the ceviche, but the grill is also a favourite. Nyood 1096 Queen Street West, 416-466-1888*

## WRINKLE-FREE SHOPPING

Would you like some botulinum toxins with your latte? Don't furrow your brow. Torontonites are now combining their botox sessions with their shopping outings. Right in the heart of the Fashion District, Visage Clinic is offering transformation sessions in just a few minutes to those who want to erase any pesky lines



that may have formed over the years... before heading back out to hit the sales. And even better: you can get your surgery done en français! Owner and surgeon Marc DuPéré is a Quebec native with magic hands—and according to the celebrity grapevine, the best in the city. Visage Clinic, 179 John Street, Suite 209, 416-929-9800

WORK-OUT PHOTO: BLAIS-BELINSKI; MODEL: MARJOLA AT SCOOP.