

# FLEX ZONE

HOTEL X'S STATE OF THE ART FITNESS FACILITY, 10XTO, IS THE PERFECT WAY TO ESCAPE THE HUSTLE AND BUSTLE OF THE CITY — WHILE STILL GETTING YOUR STEPS IN

By Sami Chazonoff

**T**ORONTO IS CONSTANTLY BUZZING, but every so often, it's nice to escape the perpetual hustle and Zen out. While for some, reaching full bliss might take the form of a full-body massage, for others, a trip to the gym is the ultimate way to recharge and find inner (and outer) strength.

What better way to do just that than at the luxurious Hotel X's 10XTO fitness facility? Not only is it situated on the Lake Ontario waterfront — a well-placed distraction from Toronto's downtown — it has everything you need to make the most of your workout. Let's be clear: this is far from your average hotel workout room, with a 6,500-square-foot state-of-the-art fitness centre (lined with more than 50 pieces of cardio, strength, and flexibility machines), four group fitness studios (for hot yoga, Pilates, and more), a golf simulator, a basketball area, and eight



glass-backed squash courts. No matter your preference when it comes to exercise, you can rest assured they offer it.

Perhaps best of all, though, are the four world-class indoor DecoTurf tennis courts, which offer unmatched views of the city and lake via floor-to-ceiling windows, allowing players to feel like they're outdoors all year round. Each includes impressive 50-foot ceilings, as well as blue-coloured courts inspired by the Australian Open.

While hotel guests have access to the club's amenities, there's good news: locals can become members too. Those in the private members' club even have access to 10XTO's newly unveiled members' lounge, which offers a welcome spot for some post-workout — or post-match — respite.

## GAME, SET, MATCH!

Elevate your courtside look with these tennis essentials



CASABLANCA TENNIS CLUB ORGANIC T-SHIRT, \$225, AT FARFETCH.COM



WILSON ORANGE ROLAND GARROS BLADE 98 V7 TENNIS RACKET, \$240, AT SSENSE.COM



NEW BALANCE 806, \$150, AT NEWBALANCE.COM



# BARE ESSENTIALS

ESTABLISH A FOOLPROOF SKINCARE ROUTINE WITH THESE MEDICINE CABINET STAPLES

By David Saric

**I**T SHOULD GO WITHOUT SAYING THAT A GOOD SKINCARE REGIMEN — for both face and body — offers therapeutic benefits (alongside the obvious aesthetic ones). The simple act of caring for your skin stimulates the senses in the morning and helps ease you into bed in the evening by removing the day's residual grime.

The prospect of such a daily routine can often feel daunting, especially with the endless medley of options and opinions that flood the Internet. That said, assembling a skincare arsenal is not as difficult as it may seem. A simple two-minute, twice-daily routine will help you uncover a more rejuvenated (not to mention confident) self.



## STEP ONE:

A simple yet efficient cleanser — one that is not laced with moisture-depleting agents — is the first step toward a more fresh-faced appearance. Jack Black's Pure Clean Daily Facial Cleanser, which combines the complementary effects of a cleanser and a toner, will leave your face feeling refreshed and immaculate without an uncomfortable drying sensation. Active ingredients like oat- and coconut-derived surfactants gently wash and break down sebum and dirt, while aloe extract provides a calming effect. Better yet, this cleanser can also be added to a pre-shave ritual to wipe away the dirt and debris that can lead to nicks and pesky razor burn, and to soften the skin and facial hair for a smoother razor glide.

## STEP TWO:

Now that the face has been transformed into a clean canvas, it's time to apply the right products that offer hydration, moisturization, and protection from preventable damage or premature aging. Jack Black's Double-Duty Face Moisturizer with SPF 20 is a daily emollient that is chock-full of helpful ingredients. The anti-inflammatory properties of blue algae extract help create a supple exterior, and phospholipids bind moisture to the skin to support its natural barrier. The addition of UVA and UVB absorbers provides some necessary sun protection without unwanted residual white smears, eliminating the need for a separate sunscreen. For those seeking an extra dose of revitalization, the Eye Balm De-Puffing & Cooling Gel helps alleviate signs of fatigue with its blend of chamomile extract and vitamins A, C, and E — perfect for Monday morning conferences.

## STEP THREE:

It's important to give the rest of your body some attention and care, too. After a high-impact workout or hard day's work, adding a thorough body scrub to an evening shower will heighten the feeling of cleanliness. Jack Black's Charcoal Body Buff Exfoliating Cleanser neutralizes odours, absorbs dirt, and effectively scrubs away dead skin with its natural volcanic stone particles, leaving the skin silky-smooth.

Jack Black is available at [getjackblack.ca](http://getjackblack.ca) and [harryrosen.com](http://harryrosen.com).