

## 2016

Best Spas in Boston  
exhale Battery Wharf  
*Timeout Boston*, December 2016

The Best Spa Hotels in NYC  
exhale Meatpacking  
*Timeout NY*, December 2016

The Top 10 Best Workouts in Chicago  
exhale Evanston  
*Purewow*, December 2016

Favorite Day Spa  
*American Spa Magazine*, December 2016

Best Pathway to Spiritual Realignment  
exhale Midtown Atlanta  
*Creative Loafing Magazine*, September 2016

Best Spas in Miami  
exhale Downtown Miami  
*Time Out Miami*, August 2016

Best Gyms in the Heart of Atlanta  
exhale Midtown Atlanta  
*Atlanta Journal Constitution*, July 2016

Best Fitness Center  
exhale Stamford  
*Stamford Magazine*, July 2016

Best Pilates Studio  
exhale Stamford  
*Stamford Magazine*, July 2016

Best Massage  
exhale Battery Wharf  
*Boston Magazine*, June 2016

Best Yoga Studio in Chicago  
exhale Gold Coast  
*Time Out*, June 2016

Best Day Spa on LA's Westside  
exhale Santa Monica  
*CBS LA*, January 2016

## 2015

Favorite Day Spa  
*American Spa*, December 2015

8 Best Spas for Facials in Atlanta  
exhale Midtown Atlanta  
*Atlanta.net*, August 2015

Top Yoga Studios in LA  
exhale Venice  
*CBS LA*, August 2015

Best Spa for Wellness  
exhale Upper East Side  
*Insider's Guide*, July 2015

Top Twelve Hotel Gyms in the US  
exhale Midtown Atlanta  
*Outside Magazine*, July 2015

Best Barre Studio  
exhale Stamford  
*Stamford Magazine*, July 2015

Best Spinning Studio  
exhale Stamford  
*Stamford Magazine*, July 2015

Best Yoga Studio  
exhale Stamford  
*Stamford Magazine*, July 2015

Best Sports Massage  
exhale Boston  
*Boston Magazine*, July 2015

Best Hotel Gym  
exhale Downtown Miami  
*Self Magazine*, March 2015

The Beauty Vacations You Need To Book  
Now: Best for Sculpting Long, Lean Limbs  
exhale Turks + Caicos  
*TotalBeauty.com*, April 2015

Top 8 Best Spas in Dallas  
exhale Dallas  
*Dallas Observer*, February 2015

## 2014

Best ITP Yoga Studio  
exhale Midtown Atlanta  
*Atlanta Magazine*, November 2014

Best Spas with Man-Friendly Treatments  
exhale Downtown Miami  
*Ocean Drive Magazine*, October 2014

Best Salon  
exhale Gold Coast  
*Travel + Leisure*, October 2014

Best Facial  
exhale Midtown Atlanta  
*Allure Magazine*, September 2014

Best Massage  
exhale Battery Wharf  
*Allure Magazine*, September 2014

Best Barre Studio  
exhale Los Angeles  
*Well + Good*, September 2014

Top Five Yoga Studios in NYC  
*Guest of Guest*, August 2014

Best Yoga Studio in LA  
exhale Venice  
*Well + Good*, August 2014

Best Massage  
exhale Boston  
*Boston Magazine*, August 2014

Top Miami Hotel for Fitness  
exhale South Beach  
*Miami.com*, July 2014

Best Fitness + Spinning Classes  
exhale Stamford  
*Stamford Magazine*, July 2014

Top Spa's For Detoxing  
*New Beauty*, July 2014

Top 10 Most Luxurious Spas for Mother's Day  
exhale Atlantic City  
*USA Today*, May 2014

Best Spas in Boston  
exhale Back Bay  
*USA Today*, March 2014

Best Dallas Hotel Spa, Fitness Infusion  
exhale Dallas  
*Culture Map Dallas*, March 2014

Top Hotel Spas in the US,  
exhale Miami  
*Conde Nast Traveler Readers' Poll*, January 2014

Best Yoga Retreats  
exhale Venice  
*USA Today*, March 2014

Top Spas-Editor's Pick  
exhale Dallas  
*D Magazine*, March 2014

Best Places to Get and Stay Fit  
exhale Santa Monica  
*CBS LA*, March 2014

Best Couples Massages  
exhale Chicago  
*Cheeky Chicago*, February 2014

Best Workout  
exhale Dallas  
*Daily Candy*, January 2014

## 2013

Favorite Romantic Spa  
*American Spa Magazine*, November 2013

World's Best Spa  
*Passport Magazine*, October 2013

Best Massage  
*Allure Magazine*, October, 2013

Best Spa  
*Casino Players Magazine*, August 2013

Best Massage  
*D Magazine*, August 2013

Best Day Spa  
*Boston Magazine*, August 2013

Best place for Core Strength  
*Stamford Magazine*, July 2013

Best place for a makeover  
*CBS Boston*, April 2013

Best Fitness Hot Spot  
*Women's Health*, March 2013

America's Hottest New Facial: Illuminate  
*Glo*, February 2013

Best Local Spot for Pampering  
Illuminate Facial at Central Park South  
*Time Out New York*, January 2013

Best Treatments in NYC  
Vibrational Therapy  
*Refinery29*, January 2013

Best New Facial: Illuminate  
*Du Jour*, January 2013

## 2012

Best Deep Tissue Massage  
*CBS Los Angeles*, December 2012

Favorite New U.S. Spa  
*American Spa*, December 2012

Best Wax  
*InStyle*, October 2012

Best NYC Workouts; Core Fusion Cardio  
*Refinery29*, August 2012

Best Massage  
*Improper Bostonian*, July 2012

Best Spa  
*Miami New Times*, June 2012

Boston's Best Boot Camp;  
6 week Core Evolution  
*Lucky*, May 2012

Best of Beauty  
*Racked New York*, April 2012

Most Relaxing Massage  
*Refinery29 LA*, March 2012

Most Effective Fitness Class  
*Ocean Drive*, March 2012

Boston's Best Manicure  
*Boston Common*, February 2012

Best Custom Gym Experience  
*Jezebel*, January 2012

Best Gym Spa  
*TimeOut New York*, January 2012

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## 2011

Best of Everything Spa  
*Atlanta Magazine*, December 2011

Best Massage  
*Boston Magazine*, August 2011

Best Massage  
*D Magazine*, July 2011

Best Exercise Class: Core Fusion  
*Improper Bostonian*, July 2011

Best Brow Guru: Di Medlock  
*New York Magazine*, March 2011

Top 10 Workout DVD's:  
Core Fusion Lean & tone  
*Fitness*, March 2011

Best of Beauty: In the Zen  
*The Atlantan*, Jan/Feb 2011

## 2010

Best Yoga/Pilates Studio  
*Today's Chicago Woman*, July 2010

Best Massage  
*Improper Bostonian*, July 2010

Best Gyms: Spa-Like Experience  
*Fitness*, April 2010

Travelers' Choice 2010:  
Relaxation + Spa  
*TripAdvisor.com*, February 2010

Best Workout: Core Fusion® Cardio  
*New York Magazine*, February 2010

## 2009

Best Waxer: Leila Garczynski  
*Boston Magazine*, August 2009

Best Exercise Class: Core Fusion®  
*Improper Bostonian*, July 2009

Best Guy-Friendly Gym Class:  
Core Fusion® Sport  
*New York Magazine*, March 2009

Best Wax; Best Workout, Core Fusion®  
*Chicago Social*, February 2009

## 2008

Best Studios in Dallas  
*D Beauty*, Winter 2008

Best Chicago Spa  
*Chicago Scene*, January 2008

Best Day Spa  
*Improper Bostonian*, July 2008

Applause for Extras  
*D Beauty*, Spring 2008

Body Treatment + Brows  
*Allure*, Oct 2008

Top Boutique  
*Day Spa*, December 2008

## 2007

Best Brows + Best Massage  
*Allure*, October 2007

Best Day Spa  
*Improper Bostonian*, July 2007

Best Yoga Instructor, Amy Leydon  
*Boston Magazine*, July 2007

Best Sun Salutations, Julie Boyd  
*D Magazine*, July 2007

Best PostNatal Fitness Program  
*New York Magazine*, March 2007

Brow Gurus  
*InStyle*, February 2007

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Hot List #35, Best Brow Pro  
*Seventeen*, January 2007

Hot List 2007, Core Fusion®  
*Modern Luxury Dallas*, January 2007

## 2006

Best of Beauty Massage + Brows  
*Allure*, October 2006

Top 15: Deep Flow Massage  
*Spa Magazine*, Sept/Oct 2006

Best Yoga Instructor, David Magone  
*Boston Magazine*, August 2006

Summer Treatments, Power Body Detox  
*Lucky*, August 2006

Best Facial, Shayna Kung  
*Improper Bostonian*, July 2006

Top Spots in New York  
*Vogue Paris*, June/July 2006

Best Yoga Studio + Fusion Class  
*New York Magazine*, March 2006

25 Life Changing Treatments, Acu-Facial  
*Spa Magazine*, World Wide Guide 2006

## 2005

Best East Coast Import  
*Time Out Chicago*, December 2005

Great Gyms  
*InStyle*, September 2005

Best Day Spa  
*Boston Magazine*, August 2005

Best Mind Body Experience  
*Improper Bostonian*, July 2005

Hot 100: America's Fastest-Growing  
New Businesses  
*Entrepreneur*, June 2005

Top 10 Brand Storytellers  
*Fast Company*, March 2005

Best Lazy Exercise, Body Enlightening  
*New York Magazine*, March 2005

## 2004

The Best of Everything  
*Smart Money*, December 2004

Best of the Best, Exhale's Facials  
*Allure*, October 2004

Best Acupuncture  
*Sheeky's*, September 2004

## 2003

Class Action – Core Fusion®  
*New York Magazine*, November 2003

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