

HAMPTONS

THE PHILANTHROPY ISSUE



Elisa Niemtzw

TOP DOGS

High achievers have a way of forgetting one very important detail in their lives: themselves. That's where **Taste Generation**—which focuses on “feeling good, inside and out” via a holistic approach to wellness—comes in. Founder Elisa Niemtzw takes clients (executives, CEOs, high-achieving professionals, mere mortals) through a thorough health and wellness assessment before designing a customized restorative plan. “You can only be as good to other people as you are to yourself,” says Niemtzw, a former

Chanel executive who was born in France and is now board certified in integrative nutrition and holistic health. Once the main objective is determined—weight loss, carving out personal time, increasing overall well-being, cleaning up a diet or tweaking personal style—Niemtzow works anywhere from a few sessions to six months to get things on track. The end result? The proof of how rewarding it can be to take control of one's own health. *646-825-1878; tastegeneration.com*