

THE HOTTEST COATS,  
BOOTS, SCARVES . . .

CAN THEO EPSTEIN  
FIX THE CUBS?

YOUR ESSENTIAL  
HOLIDAY GIFT GUIDE

DECEMBER  
2011

# Chicago



HOW TO  
CONQUER  
ANY SNOW  
SPORT

189  
GREAT  
WAYS TO

# WARM UP!

THE COZIEST  
RESTAURANTS  
STEAMIEST SPAS  
COMFORT-FOOD  
RECIPES FROM  
STAR CHEFS

CLASSES,  
CULTURE, AND  
KID STUFF  
GALORE

TWENTY SURE-FIRE WAYS TO ROUT THE SEASONAL BLAHS

# BRAND-NEW YOU

by Marcia Froelke Coburn

## BUDGET FRIENDLY

## LESS THAN \$200

## LESS THAN \$500

## ABOVE AND BEYOND

### REBOOT YOUR WORKOUT

Locate your inner ballerina in a class created by **EQUINOX** (900 N. Michigan Ave.; 312-254-2500, equinox.com) and the Joffrey—based on Spanish moves from the dance company's recent production of *Don Quixote*. **\$25**

**ROWFIT CHICAGO** (1455 W. Hubbard St.; 773-474-7028, rowfitchicago.com) combines boxing and endurance training with high-intensity rowing-based cardio. Get the ten-visit pass. **\$150**

Cirque du Soleil performers aren't built in a day. Start your transformation with the nine-week trapeze class at **THE ALOFT LOFT** (2041 W. Carroll St.; 773-782-6662, aloftloft.com). **\$275**

Life is hectic enough at this time of year—don't rush your reps. **CITYWIDE SUPERSLOW** (1901 N. Clybourn Ave.; 773-281-7569, citywidesuperslow.com) offers a 20-visit package. **\$1,040**

### CLEANSE AND DETOX

Relieve sinus pressure and headaches with the Neti Massage at **ASHA SALONSPA** (1135 N. State St.; 312-664-1600, ashasalonspa.com). The treatment includes a facial pressure-point massage. **\$55**



Replump parched skin with the Monticelli Mud Therapy treatment at **FUGA CENTRO SALON** (8 S. Michigan Ave., Ste. 200; 312-332-3842, salonfuga.com). Bonus: The mud replenishes minerals too. **\$135**



Counteract holiday feasting with a weeklong organic juice fast at **GREEN CORNER** (1880 N. Damen Ave.; 773-292-4393, greencornerchicago.com). **\$455**

Refresh yourself from the inside out with the Herbal Cleanse at **EXHALE SPA** (945 N. State St.; 312-753-6500, exhalespa.com). The seven-day treatment includes acupuncture, nutritional counseling, and a 60-minute massage. **\$610**

### LOOK AND FEEL YOUNGER

The Cougar Anti-Aging Manicure at the **CAT'S MEOW** (4221 N. Elston Ave.; 773-664-8065, thecatsmeowbeauty.com) takes a targeted approach: Grape seed oil and antioxidants smooth roughed-up hands. **\$18**



Champagne grapes are the secret ingredient in the 75-minute Radiant facial at **ENER SPA** (1702 N. Damen Ave.; 773-278-4700, ener-spachicago.com). The gentle acids restore tone to faces gone flat. **\$150**

The 90-minute peptide facial at the spa at the **ELYSIAN** (11 E. Walton St.; 312-646-1300, elysianhotels.com) employs plant-based stem cells to stimulate collagen production. Plus a December-only treat for the feet: the 75-minute ginger soak and Balinese massage. Get both. **\$410**

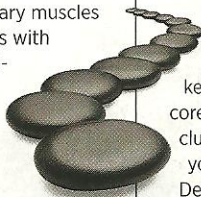
Splurge on a series of six full facials by the skin expert Mireille at **MIREILLE'S STUDIO** (49 E. Oak St., Ste. 3W; 312-587-8727, mireillesstudio.com). Facials include exfoliation, masque, and paraffin hand treatments. **\$550**



### WARM UP

Grab the heat every way you can get it at **THOUSAND WAVES SPA FOR WOMEN** (1212 W. Belmont Ave.; 773-549-0700, thousandwavesspa.com): sauna, eucalyptus steam room, and hot tub. Women only. Three hours. **\$20**

Soothe frost-weary muscles and aching joints with a 90-minute hot-stone massage at **MASSAGE ENVY** (1845 N. Clybourn Ave.; 773-904-1100, massageenvy.com). **\$196**



The two-week boot camp at **COREPOWER YOGA** (1704 N. Milwaukee Ave.; 773-227-9642, corepoweryoga.com) includes 100-degree-plus yoga workouts. Starts December 4. **\$399**

Luxuriate in a full day of attention at the **PENINSULA CHICAGO** (108 E. Superior St.; 312-337-2888, peninsulachicago.com). The package includes foot massage, jade hot-stone massage, and facial—all within proximity of the aromatherapy fireplace. **\$535**

### RELAX

Unclench shoulders and repair aching feet at the **NEW SCHOOL FOR MASSAGE** (800 N. Wells St.; 312-654-0900, newschoolmassage.com). Supervised student massages last 55 minutes. **\$35**

Newfangled styles of massage come and go. We still love the classic 90-minute Swedish at **URBAN OASIS** (939 W. North Ave.; 312-640-0001, urbanoasismassage.com), followed by a steam shower. **\$145**

Ultimate Indulgence at Elizabeth Arden's **RED DOOR SPA** (919 N. Michigan Ave.; 312-988-9191, reddoorspa.com) delivers hot-stone massage, facial, mani-pedi, hair care, and lunch. **\$472**

Double the pleasure with an 80-minute massage for couples at the **FOUR SEASONS HOTEL SPA** (120 E. Delaware Pl.; 312-280-8800, fourseasons.com), plus the ultimate foot massage. **\$515**