

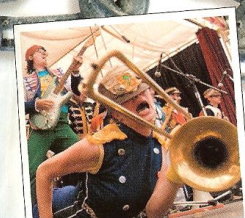
Time Out  
Chicago

AUGUST 20-26, 2009 \$1.99  
ISSUE NO. 234 TIMEOUTCHICAGO.COM



# SECRET CHICAGO

*We unlock hidden truths about pot dealers,  
parking tickets, sex workers and more!*



**PLUS! Shots of reality**

*Our annual photo issue reflects tough times—  
and the funny moments that get us through*

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# Go

## Listings

### If you want to be listed

Submit information by mail, e-mail (theget@timeoutchicago.com) or fax (312-924-9350) to **Kevin Aeh**. Include details, dates, times, address of venue, nearest El station or bus routes, contact information and admission price, if any. **Deadline is noon on Monday, ten days before publication date.**

## Mind & body

►timeoutchicago.com/wellness  
►timeoutchicago.com/sports

### Classes & workshops

**FREE Acupuncture at Lakeview** Curious about acupuncture but not enough to pay the price? Well, you're in luck. Stop by this new acupuncture studio in Lakeview any Thursday night in August for an interactive workshop and learn about the ancient Chinese form of healing while enjoying snacks and open discussion. Every attendee may receive a classic pulse-taking and tongue diagnosis. R.S.V.P. by calling the studio or e-mail acunatalia@gmail.com. 3000 N Halsted St, suite 507 (773-896-2545). El: Brown, Purple (rush hrs) to Wellington. Bus: 8, 76. Thu 20 at 6:30pm.

**Five secrets to permanent weight loss workshop** Diets are no fun, and all too often they don't give lasting results. Learn why they don't work, as well as picking up insider info on metabolic functions, fluctuating weight and increased energy at this informative workshop. Enjoy a taste of acupuncture along with refreshments and (we're assuming, low-fat) snacks and appetizers. Studio Within Salon, 3000 N Sheffield Ave (773-348-9323, studiowithin.net). El: Brown, Purple (rush hrs) to Diversey. Bus: 9, 76, 77. Wed 26, 7-9pm. \$10.

**Gong deep relaxation and meditation** It seems counterintuitive that relaxing should take any work, so we are always grateful when someone else will take it on for us. Instructor Jana Scalzitti leads this workshop using the simple sound of a gong to effortlessly send students into a relaxed state. Sounds enchanting, doesn't it? *Equilibrium*, 47 W Polk St (312-786-1882, equilibrium-e3.com/index.php). El: Red to Harrison. Bus: 22, 24, 29, 36, 62, 129. Thu 20, 6-6:45pm. \$15.

### Fitness events

**The Peapod Project Pounds the Pavement 2nd annual 5K Walk/Run** Children's Memorial hopes the promise of a late start and the lure of complimentary food and beverages will be enough motivation for you to join in for this second annual 5K. Proceeds will go to the Peapod Project, a group founded as a way to help parents keep the memory of their lost child alive. For more information, check out thepeapodproject.org. *Diversey Harbor*, 2500 N Cannon Dr. Bus: 77, 151, 156. Sat 22 at 4pm. \$45, kids ages 13-17 \$20, kids 12 and under free.

**Soldier Field cycling** Grease your wheels well for Soldier Field bike rides. Enjoy free entertainment, eats, drinks, kids' activities, clinics and, of course, racing. See soldierfieldcycling.com for race-time starts for juniors, women and men. *Soldier Field*

South Parking Lot, 18th St. Bus: 12, 146. Wed 26 at 4pm. \$20 per race in advance, \$30 day of.

### Spas & specials

**Blo Dri** Instead of texting your ladies for hours before hitting the town, stop by Blo Dri salon together to take advantage of the package deal. For \$50 per person, you and the girls can opt for a shampoo, blow-out, style and Champagne while enjoying the salon environs before a girls' night out. 408 N Clark St (312-595-3000). Bus: 22, 62, 156. Mon-Thu 8am-6pm; Fri 8am-7pm; Sat 10am-6pm.

**FREE Chicago Permanent Cosmetics Center** Not sure you can justify the cost of having your eyelids permanently lined or your brows forever filled? (Imagine the time you'd save every day.) Stop by this suburban center for a free consultation (normally \$50, which is credited toward the cost of the procedure) and find out. 3612 W Lake Ave, Wilmette (773-706-9531). By appointment only.

**Community Acupuncture** Don't stress yourself out in order to get an acupuncture treatment. Mondays and Thursdays, Allyu offers treatments at a discount in its community room. All treatments occur seated and fully clothed. And afterward, the spa encourages you to stick around and relax for 30 minutes or so. *Allyu*, 600 W Chicago Ave (312-755-1313, allyuspa.com). El: Brown, Purple (rush hrs) to Chicago. Bus: 8, 66. Fri 14, 11:30am-1:30pm. \$30.

**Continuum Studio** You give, give, give and what do you get back? Not much. That's not the case at Continuum Studio now through the end of August, though. Book any regular massage or skin-care treatment, and the studio will add a 30-minute treatment to your service on the house. The options include a Sexy Back facial, 30-minute massage or express facial. 5671 N Clark St (773-728-7883, continuumstudio.com). El: Red to Bryn Mawr. Bus: 22, 55. Mon-Fri 11am-8pm; Sat, Sun 10am-6pm.

**Energize Sports Massage** Knotty men, listen up: Energize Sports Massage is offering a new-client summer special. Pamper yourself with a stretch/reflexology treatment and a deep-tissue combo therapy and the venue will offer \$50 in return. That means \$75 for a whole lot of relaxation. 1463 W Summerdale Ave (773-275-0581, energizesportsmassage.com). El: Red to Berwyn. Bus: 9, 22, 36. Mon-Fri 9am-9pm; Sat 10am-8pm; Sun 11am-7pm.

**exhale** A lot can happen in one week, especially if you've never been to this Gold Coast spa. First timers (as well as customers who haven't visited in three or more months) can take advantage of "one week of transformation" for only \$40. The package includes unlimited yoga and core fusion classes, free organic tea, a one-year subscription to *Body and Soul* magazine, as well as discounts on spa services and retail purchases. You'll be a new person in just seven days. 945 N State St (312-753-6500, exhalespa.com). El: Red to Chicago. Bus: 22, 36, 66. Mon-Fri 8am-9pm; Sat, Sun 8am-8pm.

**Fantasy Nails** In the words of a 1990s Mariah Carey song, this offer sounds like "a sweet, sweet fantasy, baby." Stop by the nail salon Monday through Wednesday and enjoy a mani and pedi for \$30. Or get a no-chip mani for \$30. 1743 W North Ave (773-384-0717). El: Blue to Damen. Bus: 9, 72. Mon-Fri 10am-8pm; Sat 10am-7pm; Sun 11am-5pm.

**Harmony Mind Body Fitness** Sync your body, mind and weekly budget with help from this Lincoln Park Pilates studio's

special. Sign up for two private sessions and two Pilates mat classes for a total of \$99. 1962 N Bissell St (773-296-0263, harmonybody.com). El: Brown, Purple (rush hrs) to Armitage. Bus: 8, 73. Mon-Fri 8am-8pm; Sat 8:30am-1:30pm; Sun 9am-2pm.

**La-Tea-Spa** Checking out the famed afternoon tea (\$32) at the Four Seasons Hotel has been on your to-do list ever since you moved to Chicago, right? Well, now's your chance to cross this item off your list. Book a spa treatment (starting at \$135) at the hotel's spa Monday through Thursday, and when you bring a friend, you'll get half off the second treatment (starting at \$67.50) and tea (\$16). Split the difference between the two of you, and you've got yourselves a good deal here. The promotion lasts through Labor Day. *Spa at the Four Seasons Hotel*, 120 E Delaware Pl (312-280-8800, fourseasons.com/chicago). Mon-Thu 8am-8pm.

**Massage Envy** Nothing beats a good rubdown, but paying a small fortune for one just tenses you up again. That won't be the case in August at this Sreterville massage parlor. Mention this TOC listing and you'll get a 90-minute massage for just \$74. The special rate is valid Monday-Friday. 345 E Ohio St (312-222-0808, massageenvy.com). El: Red to Grand. Bus: 2, 3, 65, 145, 146, 147, 151. Mon-Fri 8am-10pm.

**Mitchell Dental Spa** One visit to Mitchell Dental Spa will help you forget those *Little Shop of Horrors*-type memories of going to the dentist as a kid. Stop by this luxury downtown dental spa for a cleaning through the month of August and go for a facial while you're there. Why? Because the Desert Rose facial (which features rose and Vitamin C) is 50% off (the treatment is normally \$95 for 60 minutes; \$55 for 30). 845 N Michigan Ave, suite 922-E (312-642-1014, mitchelldentalspa.com). El: Red to Chicago. Bus: 66, 145, 146, 147, 151. Mon-Fri 8am-5pm.

**Renew Spa** You thought acne ended with adolescence, but guess what? Zit still happens. But have no fear. A discount on an acne-solving treatment is here, thanks to this Mag Mile spa. For the month of August, enjoy 25% off a Puracene Oxygen Treatment, which should leave your skin noticeably clearer. 980 N Michigan Ave (312-526-3891, renewspachicago.com). El: Red to Clark/Division. Bus: 70, 145, 146, 147, 148, 151. Mon-Fri 10am-8pm; Sat 10am-6pm.

**Spa Soak** Live up to this Bucktown spa's name by soaking up its two-month-long deal. It's as simple as this: For August and September, take \$25 off the 75-minute Look Better Naked Body Facial treatment (was \$125, now \$100). Plus you'll receive a complimentary product to take home. 1733

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The Get

**GLAM SLAM** Get closer to Ne-Yo at Macy's Glamorama on Fri 21. See page 32.



**Elda DE LA ROSA COUTURE**

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Saturday August 22nd 11:00a.m. - 6:00p.m.  
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