

Time Out Chicago

AUG 27-SEPT 2, 2009 \$1.99
ISSUE NO. 235 TIMEOUTCHICAGO.COM

◀ We get our
undies in a bunch
over lingerie football

FALL PREVIEW

*Your playbook to the season's
top cultural events*

EAT OUT

We reveal Paul Kahan's
new resto concept

THEATER

The Goodman's female
Harpo speaks out

MUSIC

Kylie Minogue:
Why I'm a gay icon



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#60610PAH920NR003# 062410 T006 231
JESSICA L PRAH
920 N FRANKLIN ST STE 206
CHICAGO IL 60610-3179
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JOY LUX CLUB Admit it, cube dwellers, you intended to waste less than an hour doing some online shopping at work. But after visiting site after site looking for deals, the next thing you know it's almost time to clock out for the day. Your productivity at work is about to improve thanks to **LuxGoddess.com**. This new site, produced by local company CouponCabin, finds the best deals on every designer brand the Internet has to offer and aggregates them on a one-stop site. More than 50 stores and brands are featured each day (past finds have included a See by Chloe tote and James Jeans)—all marked up to 75 percent off retail. To save even more time, you can create a profile with your size and brand preferences and you'll receive customized e-mail alerts when merch that's perfect for you goes on sale. The site also includes a "lux deals" section, where you can browse through coupon codes for even bigger discounts. Should you still feel nagging guilt about shopping at work, consider this bonus: Ten percent of the proceeds from the shop benefit Bright Pink, a nonprofit that fights breast and ovarian cancer. —KA

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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/sport

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 on Thursday night 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 27 at 6:30pm.

Vessel Yoga To reward those willing to declare their love for yoga loud and proud, Vessel Yoga is offering a three-month-long deal: unlimited yoga for just \$25. In fact, making yoga an even bigger part of your routine has more than just health perks; on a cost-per-class basis, attending three times a week brings it to a total of just \$8 a session. The first 20 people to sign up receive a free mat. 1029 W Lake St (312-929-4738, vesselyogachicago.com). El: Green to Clinton. Bus: 9. Classes Mon-Sat.

Fitness events

FREE Good Green Fun Join kayak tour and rental company Waterriders as it hosts an event celebrating green recreation in Chicago. Enjoy kayaking, Polynesian food and music by tiki band Tiki Cowboys. Plus, you can demo the new Sanyo Eneloop hybrid electric bicycle before it's even available in the U.S. *Riverwalk, runs along Wacker Dr and the south bank of the Chicago River.* El: Blue, Brown, Green, Orange, Pink, Purple (rush hrs) to Clark/Lake. Bus: 14, 20, 56, 60. Sat 29, 11am-4pm.

Spas & specials

Body Endeavors The 1990's really are coming back. Through the end of 2009, prices, including private and semiprivate Pilates sessions, massages and mat classes, are all marked down to their original prices from 1999. To wit: Single private Pilates sessions cost \$65; five 30-minute private sessions cost \$145; and an unlimited 30-day mat class card costs \$85. And that's just the beginning. 1528 N Halsted St (312-202-0028, bodyendeavorspilates.com). El: Red to North/Clybourn. Bus: 8, 72.

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 (312-753-1313, allyuspa.com). El: Brown, Purple (rush hrs) to Chicago. Bus: 8, 66, Fri 28, 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, 53. Mon-Fri 11am-8pm; Sat, Sun 10am-6pm.

Cutrone Hair Barbershop If you work in the service or hospitality industry, you usually have plenty of cash in your pocket by Monday. This Beverly-Mt. Greenwood barbershop wants to help you hold on to most of it by offering a deal on haircuts that day. Bring in your check stub, and cuts are just \$15. The same deal applies to students who bring in a valid student ID on Thursdays. 3118 W 111th St (773-881-1685). Mon, Thu 9am-8pm.

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.

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.

John Allan's This South Loop men's grooming club offers haircut and facial services in a sleek environment that includes a bar, pool table, flat-screen TVs and plush leather chairs. And now you can get a treatment at almost half the cost. Pop in during September, because the "signature full service" (which includes a haircut, manicure, shoeshine and relaxing hot towels) is being offered for \$38 (regularly \$65). 111 W Jackson Blvd (312-663-4600, johnallans.com). El: Red, Blue to Jackson; Brown, Purple (rush hrs), Orange, Green to Library. Bus: 22, 36, 134, 156. Mon-Thu 10am-6pm; Fri 10am-7pm.

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 Streeterville 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 September and go for a facial while you're there. Why? Because the skin-firming power facial (which addresses fine lines, wrinkles and sun damage) 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-6pm.

Renew Spa and Pure Nirvana Spa It's a whole lot easier to feel renewed after a cleansing facial or a relaxing one-hour massage...

...especially when it costs less than usual. Stop by Renew and Pure Nirvana Spas before the end of August and enjoy a custom-tailored package (facial and massage) for \$109 (usually \$165). ● **Renew**, 980 N Michigan Ave. El: Red to Clark/Division. Bus: 70, 145, 146, 147, 148, 151. Mon-Fri 10am-8pm; Sat 10am-6pm. ● **Pure Nirvana**, 341 N Southport Ave. El: Brown to Southport. Bus: 9, 77. Mon-Fri 10am-8pm; Sat 9am-7pm; Sun 10am-6pm.

Skincare Company & Spa Now that *So You Think You Can Dance* has wrapped up its latest season, we thought we wouldn't have anything to look forward to on Wednesdays...until now. This neighborhood spa in Forest Park is

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