



SEPTEMBER 3-9, 2009 **\$1.99**  
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fresh candy off the  
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stores*

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these  
gourmet  
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National  
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Day*

# Great Walks

Take an El of a stroll  
off every CTA line

See a Mies  
masterpiece  
off the  
Green Line

Hang at  
a '60s-style  
bistro off the  
Red Line

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sessions cost \$65; five 30-minute private sessions cost \$145; and an unlimited 30-day mat class costs \$85. And that's just the beginning. 1528 N Halsted St (312-202-0028, [bodyendavorspilates.com](http://bodyendavorspilates.com)). El: Red to North/Clybourn. Bus 8, 72.

**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](http://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](http://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 Grooming Club** 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](http://johnallans.com)). El: Red, Blue to Jackson; Brown, Purple (rush hrs), Orange, Green to Library. Bus: 22, 36, 134, 156. Mon-Thru 10am-6pm; Fri 10am-7pm.

**La-Tea-Spa** This promotion has been running all summer, but if you still haven't had a chance to check it out, you're in luck: It's just been extended through September. Book a spa treatment (starting at \$135) at the Four Seasons' spa Monday through Thursday, and when you bring a friend, you'll get half off the second treatment (starting at \$67.50), and the hotel's famed afternoon tea (\$16, normally \$32). Split the difference between the two of you, and you've got yourselves a good deal here. Spa at the Four Seasons Hotel, 120 E Delaware Pl (312-280-8800, [fourseasons.com/chicago](http://fourseasons.com/chicago)). El: Red to Chicago. Bus: 22, 36, 145, 146, 151. Mon-Thru 8am-8pm.

**Ladies night in Lombard** They might as well call this event "what women want." Every second Wednesday of the month, suburban wine bar D.O.C. is offering \$6 specialty martinis, discounted flutes of bubbly, complimentary pours from the wine director and gratis manicures, massages and eyebrow sculpting courtesy of ASHA Spa. Did we mention the *Sex and the City* screenings and the chance to win free spa services at ASHA and dinner at D.O.C.? Well, that, too. D.O.C. American Bistro and Wine Bar, 326 Yorktown Center, Lombard (630-627-6666). Wed 9, 7-10pm.

**Massage Envy** It's the gift to yourself that keeps on giving. Book an appointment for the Susan G. Komen Massage for the Cure event taking place Sept 15 by paying at least \$35 for a one-hour massage, and \$10 will be donated to the foundation for breast cancer. Any amount donated over \$35 will also go directly to the foundation. The day of massages runs from 8am-10pm only on Sept 15. 345 E Ohio St (312-222-0808, [massageenvy.com](http://massageenvy.com)). El: Red to Grand. Bus: 2, 3, 65, 145, 146, 147, 151. Mon-Fri 8am-10pm; Sat 8am-8pm; Sun 10am-8pm.

**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](http://mitchelldentalspa.com)). El: Red to Chicago. Bus: 66, 145, 146, 147, 151. Mon-Fri 8am-5pm.

**FREE Redefine your Skin Tour 2009** Typically, outdoor music festivals are good for the ears and not so great for the skin. A full day of sun...need we say more? But this year, Dermalogica is dropping by the Jazz Festival to offer some words of wisdom. Take advantage of a free skin analysis and 20-minute problem-zapping treatment to address your skin concerns. The group will be situated on Jackson Boulevard near Lake Shore Drive. Grant Park, Jackson Blvd and Columbus Dr. El: Red, Orange, Green to Roosevelt. Bus: 1, 2, 3, 4, 6, 10, 12, 14, 26, 28, 146. Fri 4-Sun 6, noon-9:30pm.

**Sheila Kelly's S Factor** Add some moves to your routine by taking advantage of the S Factor's current offer: 50% off an intro class special just for TOC readers. That means for the cost of \$20, you'll get to see how pole dancing can keep you in shape. Sheila Kelly's S Factor, 1400 W Hubbard St (312-492-7596). El: Green, Pink to Ashland. Bus: 9, 65. Mon-Thru 11am-10pm; Fri-Sun 9:30am-6pm.

**Sir Spa** Birthday favors are our favorite part of the party, and Sir Spa's third anniversary special is no exception. Enjoy \$30 off any one-hour or longer treatment of your choice throughout September. Just mention this listing when you make a reservation. 5151 N Clark St (773-271-7000, [sirspa.com](http://sirspa.com)). El: Red to Berwyn. Bus: 22, 36, 50, 92. Tue.

**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 offering a new deal, just for hump day. Book a 60-minute facial (\$65) and you'll get a free eyebrow or lip wax on the house. 7249 Madison St (708-366-8264, [skincarecompany.com](http://skincarecompany.com)). El: Blue to Madison. Tue, Thu 10am-7pm; Wed, Fri, Sat 9am-5pm.

**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 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 N Milwaukee Ave (773-395-9000, [spasoakchicago.com](http://spasoakchicago.com)). El: Blue to Damen. Bus: 50, 56. Sun, Mon, 10am-4pm; Tue-Thu 9am-7pm; Fri, Sat 9am-6pm.

## Recently opened

**Spa la la** When you take the plunge and opt to pamper yourself with a spa treatment, it often comes down to those small but essential details that rank one spa above another. Enter this Bucktown newcomer, which offers sweet something such as freebie hot-stone add-ons with massages and paraffin foot treatments with signature facials. Services run the gamut, from spray tans (\$35) to no-chip manis (\$50) to a 60-minute Hawaiian hot-sand massage (\$150). 2300 W Armitage Ave (773-772-5252, [spalalachicago.com](http://spalalachicago.com)). El: Blue to Damen. Bus: 50, 73.

## Shopping

► [timeoutchicago.com/shopping](http://timeoutchicago.com/shopping)

## Events

**FREE Are you ready to fall in love with Matte? workshop** We love a healthy glow as much as the next person but not a greasy face. Stop by Ulta and see what RareMinerals SPF 15 Matte foundation is all about; it might just do wonders for your skin. Ulta, 114 S State St (312-279-5081, [ulta.com](http://ulta.com)). El: Red to Monroe. Bus: 2, 10, 29, 62, 144, 145. Fri 4, noon-6pm.

**54th Annual Gold Coast Fashion Award Show** This annual fund-raiser for Children's Memorial Hospital showcases looks by a handful of designers, including Thuy, Robert Rodriguez, Escada and more. Audience members have the chance to vote for their favorite local designer, and the winner returns the following year to present his or her fall collection. Enjoy a cocktail reception, luncheon and fashion show. Hilton Chicago, 720 S Michigan Ave (312-922-4400, [hilton.com](http://hilton.com)). El: Red to Harrison. Bus: 2, 3, 4, 6, 10, 14, 26, X28, 146. Wed 9 at 11am. \$150 per person.

**FREE South African Action Evening** To educate the public about life on the other side of the world, the South African consulate teams up with Chicago Fair Trade for an evening of beadworking, jewelry making and craft demonstrations. To unwind from the hard-core crafting, patrons are also invited to sip wine. The evening culminates with the group calling in to Sam's Wine and Binny's requesting the stores start stocking South African fair trade wines. Greenheart Shop, 1911 W Division St (312-264-1625). El: Blue to Damen. Bus: 50, 70. Thu 3 at 4-7pm.

**FREE Tory Burch event** Make like the Brady Bunch and relive the '70s (well, with a lot more class) by sampling this designer's new fall collection. Receive a Tory Burch leather bracelet with any TB purchase of \$350 or more. Neiman Marcus, 737 N Michigan Ave (312-642-5900, [neimanmarcus.com](http://neimanmarcus.com)). El: Red to Chicago. Bus: 66, 125, 144, 145, 146, 148, 151. Thu 3-Sat 5, 10am-7pm.

## Sales

**Blu Dot sale** Blu Dot founded itself not just on desirable designs but also on affordability. And guess what? It's about to get a lot more affordable. Stop by @Work Design to scour a broad selection of aesthetically pleasing, functional goods all marked 20% off. We're especially digging its 2d3d series of collapsible furnishings, like coat and mag racks. The merch on offer is great for studio-apartment dwellers and anyone craving extra space. @WorkDesign, 7500 W Madison St, Forest Park (708-488-9297, [atworkdesign.com](http://atworkdesign.com)). Tue-Fri 11am-7pm; Sat 10am-6pm; Sun noon-5pm.

**Equinox** Motivate yourself to keep up that beach-ready bod this fall by picking up new workout attire by brands like Varvatos, Nike, Puma and lululemon marked 50% off at all three Chicago Equinox locations (as well as the Highland Park outpost) now through Labor Day. Equinox Gold Coast, 900 N Michigan Ave (312-254-2500, [equinoxfitness.com](http://equinoxfitness.com)). El: Red to Chicago. Bus: 145, 146, 147. Thu 3, Fri 4, 8am-8pm; Sat 5, Sun 6, 9am-7pm; Mon 7, 8am-8pm. Equinox North, 1750 N Clark St (312-254-4000). Bus: 22, 36. Thu 3-Mon 7, 8:30am-1pm. Equinox West, 200 W Monroe St (312-252-3100). El: Blue to Monroe. Thu 3, Fri 4, 7am-7pm.

**I.D.** We love the oh-so-modern Blu Dot furniture at this Boystown show, but we don't love the oh-so-high prices that usually come with them. Lucky for us (and you!), I.D. hosts a Blu Dot sale through Tuesday 8, which includes 20% off all Blu Dot products. 3337 N Halsted St (773-755-4343). El: Red, Brown, Purple (rush hrs) to Belmont. Bus: 8, 77. Tue-Thu 11am-7pm; Fri-Sun 11am-6pm.

**Lewis Floor & Home** Looking to spruce up your pad with one easy fix? A new rug does the trick every time, and thanks to this area rug sale, now's the time for some sprucing. With a selection ranging from contemporary designs to Tibetan needlepoint marked between 20-60% off, there's a rug here for everyone—and every apartment. 1455 W Fullerton Ave (773-935-9599). El: Brown, Purple (rush hrs). Red to Fullerton. Bus: 9, 74. Sat 10am-6pm; Sun noon-5pm; Mon 10am-8pm; Tue, Wed 10am-6pm.

**Ootra** Celebrate the opening of this new customizable handbag store by taking advantage of two discounts offered now through October. Enjoy either a two-for-one deal—a messenger bag plus a clutch for \$296—or 50% off a special backpack. Think hand-cut, domestically sewn bags adorned with embellished straps, vintage pins and plumage. 900 N Michigan Ave, fifth floor (312-852-7500). El: Red to Chicago. Bus: 66, 145, 146, 147, 151. Mon-Sat 10am-7pm; Sun noon-6pm.

**Sprout Home** Stop by Sprout Home's fall sale (yes, it's happening a little earlier this year) and stock up on refreshing greenery like 25% off all trees, shrubs and perennials and up to 75% off select home and garden items. 745 N Damen Ave (312-226-5950, [sprouthome.com](http://sprouthome.com)). Bus: 50, 66. Mon-Fri 9am-8pm; Sat, Sun 9am-7pm.

**Todd & Holland Tea Merchants sale** And you thought a Chocolate Strawberry Bliss was some cocktail you drink poolside? This Forest Park tea shop will open up your mind to the world of exotic teas like Honeybush Lemon Cooler and Chocolate Strawberry Bliss with its annual sale, with many of its best-selling teas going for 50% off. Take advantage of 50% off tea, too, including Capresso electric kettles, Brown Betty teapots and Marimekko cups. Todd & Holland Tea Merchants, 7311 Madison St, Forest Park (708-488-1162). El: Green to Harlem. Pace bus: 318, 305. Sat 5, 10am-5pm; Mon-Wed 10am-6pm.

**Two Fish Art Glass** For many, the perk of celebrating Labor Day is getting a day off work. And what better way to spend part of that three-day weekend than by shopping? Head to Forest Park, where everything in this gift shop (including special orders on lighting and furniture) will be 25-50% off all weekend. Spend \$250 or more and receive a \$20 gift certificate. In addition, be sure to enter the raffle, which includes prizes like extra discounts and a stained-glass lamp. 7401 W Madison, Forest Park (708-366-6800, [twofishartglass.com](http://twofishartglass.com)). Thu 3, Fri 4, 10am-7pm; Sat 5, 9:30am-6pm; Sun 6, 11am-5pm.

## Recently opened

**A 'Gaci** If you've walked down State Street in the Loop during the past year, you've probably seen the sign promising the arrival of this new store. The trendy chain focuses on the latest looks for the younger set (think teens and early twenties) at affordable prices. Accessories top out at \$15, shirts range from \$7.50-\$20 and dresses are less than \$40. The shop may be best known for its selection of affordable shoes (\$10.50-\$32.50), which have been featured in the pages of *People*, *Lucky* and *Women's Health* magazines. Suburban shoppers can also go gaga for A'Gaci when a second Chicagoaland location opens in Schaumburg's Woodfield Shopping Center this month. 17 E Monroe St (312-658-0401, [agacistore.com](http://agacistore.com)). El: Red to Monroe; Blue to Jackson; Brown, Purple (rush hrs), Green, Pink, Orange to Madison/Wabash.

**Busy Beaver Buttons** Since 1995, this locally based manufacturer has been responsible for making tons of rock & roll pins for the likes of Beck and the White Stripes. And while it's always offered its button-making services online, you can now make your own in person at the new, rehabbed (with the help of a grant from the city) Logan Square headquarters. The workshop is open by appointment every day 9am-5pm, and custom jobs start at \$25 (for 100 black-and-white 1-inch buttons). Now that you have your merch, you'll just need to form a band. 3279 W Armitage Ave (773-645-3359, [busybeaver.net](http://busybeaver.net)). Bus: 73, 82.