



BEAUTY+
HEALTH



MANICURE/ PEDICURE

Lisa Cao at MiniLuxe

Lisa Cao's sweet, Southern charm rivals her gift for transforming nails and toes. A mani-pedi with Cao and crew also guarantees peace of mind—MiniLuxe uses dental-grade sterilization equipment in a high-tech clean room. Rest easy as Cao, an OPI educator, applies the latest colors. With so many options, you'll want the shop's club pass, which features a buy-10-get-one-free promotion.

➔ 296 Newbury St., Boston »
857-362-7444 » miniluxe.com

steam room before your scheduled appointment. Then it's off to your age-repair facial, combining fruit extracts with massage, or any of the other signature therapies. Enjoy fresh juice in the lounge afterward. Work? What work? City? What city?

➔ 776 Boylston St., Boston » 617-535-8820 » mandarinoriental.com/boston/spa

EXERCISE CLASS

Jennifer Phelan's Pilates Fusion Class

Jennifer Phelan recently quit marketing to teach exercise full-

time. Her students at Equinox and North End Yoga thank her for it. In her popular fusion class, she mixes classic mat-pilates with dance-toning moves, while blasting tunes from Jay-Z and Lady Gaga. "We sweat and have a lot of fun," says Phelan, who shares her playlist with fans. "It's like you're in a nightclub. If you leave feeling refreshed and energized, then I've done my job right."

➔ Equinox, 225 Franklin St., Boston » 617-426-2140 » equinox.com ➔ North End Yoga, 256 Hanover St., Boston » 617-227-9642 » northendyoga.com

FACIAL

Natalie Maibenko at Unique Verve

Trained in skincare and massage, Natalie Maibenko makes her own organic oils and incorporates healing rubs into the facials at her tranquil studio. Shunning deep peels and scrubs, she packs vitamins A and C in her arsenal of serums to erase fine lines, inhibit and reduce pigmentation, and boost collagen production. The end result is a lasting glow.

➔ 530 Tremont St., Boston » 617-595-2510 » uniqueverve.com

HAIR COLORING

James Joseph Salon

No bad dye jobs here. The talented staff knows the difference between fabulous and fried, and they'll expertly take you from red to blonde or back to brunette. Salon owner William George, who recently launched his own product line, offers senior stylists a grad program in cut and color, along with trips to California, New York and Europe to stay on top of trends. No matter what look you crave, George wants it perfect—which means fewer touch-ups along the way.

➔ 30 Newbury St., Boston » 617-266-7222 » jamesjosephsalon.com