

and allows baby-soft skin to soak up a soothing mask of chamomile and aloe vera. **FEEL-GOOD FACTOR** For founder (and former Starbucks exec) Jane Park, beauty treatments aren't self-centered indulgences, they're special—and fun—occasions to be shared. As innovation manager Lisa Hahn says, her job is “like going to a fourth-grade sleepover every single day.” So gather your posse at one of Julep's clean, green salons for Chick Flick night or catch up with a dear friend under perfectly applied layers of Julep's formaldehyde-free polish. *\$138 for 100 minutes at four locations, including a just-opened Bellevue salon; visit www.myjulep.com for addresses and phone numbers*

Group Therapy

TREATMENT PLAN Mobile **MOD BEAUTY SQUAD** aestheticians Anne Pennington and Lisabet de Vos pamper your sales team or pink-slip support group with a portable, go-anywhere collection of spa-quality exfoliating cleansers, healing peels, and waxing strips—and a collapsible spray-bronze booth. **FEEL-GOOD FACTOR** The Squadsters are fond of saying that time is the new money. They bring skin fitness and finesse to your



De-dirt Cheap

TREATMENT PLAN Self-Renewal Facial. After determining your skin type and trouble areas, a **GARY MANUEL AVEDA INSTITUTE** aspiring aesthetician and “learning leader” (instructor)

warm up with a hand, arm, foot, and scalp massage, and steam treatment.

Personalized masks and/or moisture treatments follow. **FEEL-GOOD FACTOR** Trade quietude and pampering for the Cap Hill hip factor, swap whispering Zen clinicians for the educational banter of inspired apprentices, and, hey, we challenge you to beat the price.

\$50 for 90 minutes at Gary Manuel Aveda Institute, 1514 10th Ave, Capitol Hill, 206-302-1044; www.gmaveda.com



conference room and take care of the crew so the crew can get back to taking care of business. *Prices start at \$8 and vary depending on treatment and quantity at the Mod Beauty Squad, 206-972-2663; www.modbeautysquad.com*

Highbrow Hiatus

TREATMENT PLAN Express Brow Shaping at **SPAHH AT HOTEL 1000**. Efficient aestheticians armed with

barely warmed wax and a stopwatch tame your unruly arches. **FEEL-GOOD FACTOR** Get ready to meet the new you; in terms of bang for buck, few services yield the results of reshaped brows, and midday face time with dim lights and cozy cream linens is a clock-watcher's curative. **INSIDER TIP** Order ahead from BOKA Kitchen and Bar's in-spa menu and actually enjoy lunch during your lunch hour. *\$22 at Spaahh at Hotel 1000, 1000 First Ave, Downtown, 206-357-9490; www.hotel1000seattle.com*

Lip Service

TREATMENT PLAN Angel Lips at **HELLE**; sugar exfoliation, a cucumber-gel hydrating mask, and lots of vitamins A, C, and E smooth and plump your frown, then turn it upside down. **FEEL-GOOD FACTOR** At this New Orleans-styled girls' club in the old Forsyth Hotel in Georgetown, nirvana is an indie rock soundtrack and posters of pinup girls far outnumber Buddha statues and water features. *\$15 accompanying any treatment; \$20 à la carte at Helle, 5701C Airport Way S, Georgetown, 206-767-0803; www.helleseattle.com*

Manicure

TREATMENT PLAN Executive Hand Detail. **FLINT MEN'S GROOMING** stylists soak and then trim your cracked cuticles, and trim, file, and buff your gnarled nails. Because you've probably been shaking a lot of hands and spending too much time on a touch screen these days, Flint groomers also knead the knots out of your roughed-up paws and forearms with a soothing lotion rubdown. **FEEL-GOOD FACTOR** Yes, “hand detail” is butch for “manicure,” but downtown Bellevue's brand new Flint is a decidedly manly subterranean den for guys only (no nattering Prada she-devils allowed). And there's something empowering about being waited on hand and (for \$60 more) foot, while cracking a complimentary beer and watching Steve McQueen in *Le Mans* on a nearby flat-screen TV. *\$45 for 30 minutes at Flint Men's Grooming, 10235 Main St, Bellevue, 425-453-1445; www.flintmensgrooming.com* ✨



Ask the EXPERT

COLETTE COURTION
CEO, Calidora Skin Clinic

Can I blame the NASDAQ for the zit on my chin and the wrinkles in my forehead?

Stress triggers our sebaceous glands—those are the ones that regulate oil—to overreact, which can lead to acne, inflammation, and other irritations. Stress also weakens the immune system,

making our skin vulnerable to environmental free radicals that accelerate our skin's aging process. To defend against those free radicals and fight premature aging, increase your exposure to antioxidants because they neutralize the unstable molecules that are in harmful free radicals. Diets that are rich in fruits and vegetables are a good source of antioxidants, as are antioxidant-enriched topical skin-care products. *Calidora Skin Clinic, call 800-750-0772 or visit www.calidora.com for locations*

ONLY ONLINE

Find out about spa specials and package deals at www.seattlemet.com (key words: spa deals).