



GET GOOD FACE: Pelle Sana



WORKOUT CHIC: Lululemon

right strength of acid to use without causing unnecessary rawness. Results include fewer wrinkles, less pigmentation and skin so smooth you'll be sad to sully it with makeup. 680 N. Lake Shore Dr., 312.981.4440.

BEST PERSONALIZED FACIAL

Beth Bialko's cozy one-room Pelle Sana studio offers the most personalized facial in town. Before the 75-minute treatment (\$105), you'll answer questions about your health, stress levels, current products, etc. After Bialko looks over your answers, she's ready to work her magic. Afterwards, she'll give you instructions on how to treat your skin until your next visit. You can even e-mail her with any questions. And, even better? She'll write you back. 2480 N. Lincoln Ave., 773.528.2100.

MOST ORGANIC INGREDIENTS

The Swiss Alps may be famous for breathtaking vistas, but it's their pure elements that have our attention—and the Spa at the Ritz Carlton's as well. The Bio-Swiss Organic Facial (\$140) infuses skin with Alpine-grown organic botanicals and glacial water, increasing circulation and collagen production. A mask is customized for your skin and followed by a dewy oxygen cream, perfect for parched winter skin. 160 E. Pearson St., 312.266.1000.

[FAB FITNESS] SWEAT IN STYLE

We're obsessed with the chic workout attire at yoga-inspired athletic apparel company Lululemon. Not only is the clothing brilliantly displayed from least to most supportive, but all the pieces are extremely flattering. (Your butt will look great doing a downward dog.

Seriously.) What's even cooler? Lululemon works with local athletes for continuous product feedback, so the styles are always improving. 900 N. Michigan Ave., 312.951.5923; 2104 N. Halsted St., 773.883.8860.

CLOWN AROUND!

Get fit with "the greatest of ease" with the Circus Arts class series at the Actors Gymnasium. The gym was originally designed for inspiring theater performers, but classes have become a popular alternative way to shed pounds. Try unicycling, stilt-walking, tightrope and trapeze, all of which incorporate muscles you'd forgotten existed. 927 Noyes St., Evanston, 847.328.2795.

SEXIEST WORKOUT SESSIONS

It took a while to migrate from L.A. and New York, but stripper fitness is in full pole-swing in Chicago. Two new studios, S Factor (1400 W. Hubbard St., 312.492.7596) and Flirty Girl Fitness (1325 W. Randolph St., 312.666.2266), offer sultry sweat sessions, but each takes its own twist on the trend. Flirty Girl's feminine approach uses props like feather boas and a Coyote Ugly dancing bar, while S Factor is inspired by various genres of dance.

FEELING HOT, HOT, HOT!

Move over Bikram, there's a new hot yoga in town. Niyama Yoga, created by Wilmette-resident Mac McHugh, is like Bikram for cardio-cravers. You're still in the hot room (around 95 degrees) for 90 minutes, but expect longer standing sequences and less downtime between poses. Now we can only hope McHugh will bring Niyama to a downtown studio! Our fingers (and legs) are crossed! For more info, visit www.niyamayoga.com.