

From the prettiest **party hair** to a **killer massage** to the workout that will keep you young, the city's best places to snip, stretch, and **get soothed**.



Brows

CHRISTINE CHIN SPA
79 Rivington St.
(212-353-0503)

Christine Chin rules your eyebrows with an iron will from the front treatment room of her no-frills LES salon. For \$52, she personally inspects, critiques (they don't call her Mean Christine for nothing), and repairs over-thinned arches and misshapen brows, then forbids you, the amateur, from touching them until your next visit. Trust her; she doesn't take a cookie-cutter approach to tweezing, preferring to let natural shape and size be her guide. And while you're there, get one of her notoriously rigorous facials (ask for Ann). It will make you glow.

Bargain Blowout

XO BLOW STYLING SALON
342 W. 14th St.
(212-989-6282)

At most salons, a standard blowout can take a scary chunk out of your wallet—\$65 and up—and still you

feel like a second-class citizen next to the people getting pricier high-lights and haircuts. At Blow, blowouts are the main thing (although updos and other styling options are available). There are twelve staff on permanent blow-dryer patrol, so no appointment is required. They use the high-intensity T3 ionic hair dryers, so shoulder-length hair is sleek and shiny in about half an hour. And the base price is \$40, which means you can tip generously and still be out of there for under half a C-note.

Cosmetics

SEPHORA
1500 Broadway (212-944-6789)

We've had it in the city for half a decade now, but this French chain is still the most satisfying place to sate your makeup cravings. There's the excellent selection of brands, from high end (Givenchy, Dior, Nars) to cheap and cheerful (LipFusion, Dessert Beauty, Urban Decay). There's the clean, clutter-

free presentation of the products. And there's the sample-at-your-leisure option, plus the ample supply of tissues, cleanser, and alcohol to clean the testing stripes off the back of your hand. The service can be nonexistent or even hostile, but at least they don't try to spritz you with the latest blockbuster fragrance against your will.

Pedicure

HAVEN
150 Mercer St. (212-343-3515)

Even those women who don't force their feet into fashion's latest torture devices need to get rid of the dry heels and cuticles that our pedestrian-oriented city creates—and we're not even talking about during the summer, when feet are relentlessly exposed as well as pounded. The hallmark of a great urban pedicure, then, is an aggressive yet loving approach to softening. Haven's Foot Renaissance starts with a soak in algae and es-



sential oils, followed by a hydrating wrap and massage (\$70). Your now-velvety-soft feet are then immaculately pedicured and polished. And because it's unsanitary to use the same instruments on different customers, you get to keep the nail cleaner, foot scrubber, and buffer that were used. If you bring the tools back on your next visit, they'll take \$2 off your pedicure.

Teeth Whitening

SMILEOASIS SPA
128 E. 71st St. (212-288-4455)

Teeth whitening is the new power lunch. No longer do you have to spend months and thousands of dollars for shinier chompers; now you can get a brighter smile in the time it normally takes to grab your soup and sandwich. To get your teeth significantly whiter in 45 minutes, Dr. Jeff Golub-Evans deploys something called the Zoom2! lamp, which uses a military-strength version of amorphous calcium phosphate-1 in addition to hydrogen peroxide. What does this mean for you? Other dentists charge up to \$1,500 for a session with this device, but Golub-Evans—whose impressive Wall of Fame attests to his significant client list—charges a ridiculously reasonable \$600 for 45 minutes, which includes the customized mouth guard for at-home touch-ups that most other dentists charge extra for. A "Quick White" fifteen-minute session is only \$200.

Extensions

JOHN FRIEDA
797 Madison Ave.
(212-879-1000)

Ty Holbrook has amplified the tresses of celebrities (Lindsay Lohan) and supermodels, and gets called to magazine photo shoots constantly, but he does the same every day for ordinary mortals who come to Frieda's salon. His extensions don't have that telltale bump where the false hair meets the real, and once they're on (he uses the best supplier—Great Lengths human hair—and a medical-grade protein adhesive that doesn't damage the shaft like other glues), you can color, style, and perm—for the next five months, anyway. Adding thickness and body will take about one and a half hours and costs \$500; for dramatic length increases, figure five hours at up to \$3,000, which is pretty reasonable considering the skill level involved.