

ing club in Watertown offers a clean, safe, family-friendly place where people of all abilities can learn how to spar with someone of their age and size. Babcock, who once trained and competed at Boston Sport Boxing, now teaches at Healthworks, where she empowers women with an encouraging teaching style that brings out the swagger in even the shyest of novice boxers.

## beauty & HEALTH

### DAY SPA

#### Giuliano Day Spa

338 Newbury St., Back Bay; 262-2220

Recently expanded and renovated, this shrine to self-indulgence offers a couples' spa where friends or lovers can receive treatments together, in the same cozy room. In the new Rasul Signature Ceremony Room, the design of which is based on ancient Middle Eastern baths, you can get covered in five different healing muds and relax on an ergonomic throne. This takes place in a tiled steam chamber with aromatherapy, soothing music and projected fiber-optic stars. Amenities include a full-time concierge who can arrange dinner, theater, hotel, shopping or transportation, making this the ultimate in downtown R&R.

### DESTINATION SPA

#### Canyon Ranch

165 Kemble St., Lenox, Mass.; 800-742-9000

Celebrities and socialites flock to its picturesque campus in the Berkshires for world-class pampering. Relax with massage and meditation. Rejuvenate with an herbal wrap or a long soak in a whirlpool. Reconfigure with hiking or yoga. Whether you want to recapture your lost youth, release built-up tension or replenish your soul, this spa has got the deluxe facilities to do it. With prices ranging from \$1,910 to \$2,873 for a three-night stay (everything included), it might be a bit pricier than other stress-busters, but it's still cheaper than a face-lift, a heart attack or checking yourself into a local psychiatric ward.

### EYEBROW SHAPING

#### Lavinia Borcau Skin Care

29 Harvard St., Brookline; 734-5523

The key to good eyebrows is a perfect arch, and no one knows a flattering curve better than the staff at Lavinia Borcau. They will wax, pluck and work with you to create the appropriate arch for the shape of your eyes and face. After a short brow-grooming session, even tired eyes seem wider and more alert. The \$12 procedure only takes a few minutes, and your bright eyes are worth it.

### FACIAL

#### Lori Vertullo

Michaud Cosmetics; 297 Newbury St., Back Bay; 262-1607

Michaud Cosmetics, owned by renowned makeup artist Julie Michaud, has always been known for its unsurpassed makeup and grooming techniques, but since Lori has hopped on board, there is even something else to croon about. Vertullo provides the perfect all-in-one package: The massage is heavenly, the extractions thorough, and the entire treatment leaves you with a beautiful glow that lasts for weeks. Those whose troubled skin has been dried

out from harsh dermatological products come here for an oasis of rehydration.

### HEALTH CLUB

#### Boston Athletic Club

653 Summer St., South Boston; 269-4300

Clean, convenient, well-equipped and well-staffed, this health club has all the fitness facilities you could ask for—weights, cardio, swimming, and classes offering all the most popular and innovative workout regimens—as well as massage, chiropractic and acupuncture facilities. A salon and restaurant round out the picture. Getting into shape shouldn't



### WOMEN'S HAIRCUT • Charles Maksou, Maksou Salon

125 Broad St., Financial District; 443-8633

Far from the madding crowds of Newbury St. and the attendant attitude of some of the intimidating people who labor there, this Financial District coiffeur strives for a natural look, as if he styled and sculpted your hair with his hands. He achieves it with a dry-cut technique that's so popular in New York. This means there's no waiting for the blow dry to see how your hair really turned out. One indication of Maksou's skill and artistry is that he looks at your face while he cuts, not your hair. Assorted TV anchors, singers, performers and celebrities swear by him, and who are we to argue?

mean doing time in a and at the BAC, the e right pleasant.

### HAIR EXTENSIONS

#### Arthur I. at Ecoco

30 Newbury St., Back Bay

As you may have guessed, hair extensions are coming back strong. Where do you get them? Look no further than Arthur I. at Ecoco, whose specialty is natural locks where they flourish. Whether you want to flourish to your hair, like to wear an elegant evening gown, Harris Pen. And best of all, he whether that funky style Jackson will look good

### MANICURE

#### Sheri Botticelli

30 Newbury Spa; Back Bay; 262-2220

Sheri Botticelli goes beyond manicure by providing care, artistry and service with a yet confident touch. She buffs even the most groomed perfection. She uses leave hands feeling and her nail colors last. Hand massage complements the manicure package.

### MASSAGE

#### Scott S.

Etant Day Spa; 25 South End; 262-2220

Close your eyes and Using Swedish and techniques, St. Cyr's hands peaceful state that can as pure bliss. And, our therapists who auto-tape of New Age music tling in on the table, S to choose their own from a music library. offers the special pam other posh establishr the hype, attitude an While you're there, indulging in a salt mask to complement

### MEN'S HAIRCUT

#### Eva Mustafi

James Joseph Salon; Back Bay; 262-2220

For those who just want top," the corner barber men who desire added to Eva Mustafi. She e with one inch of h dreamed possible, w