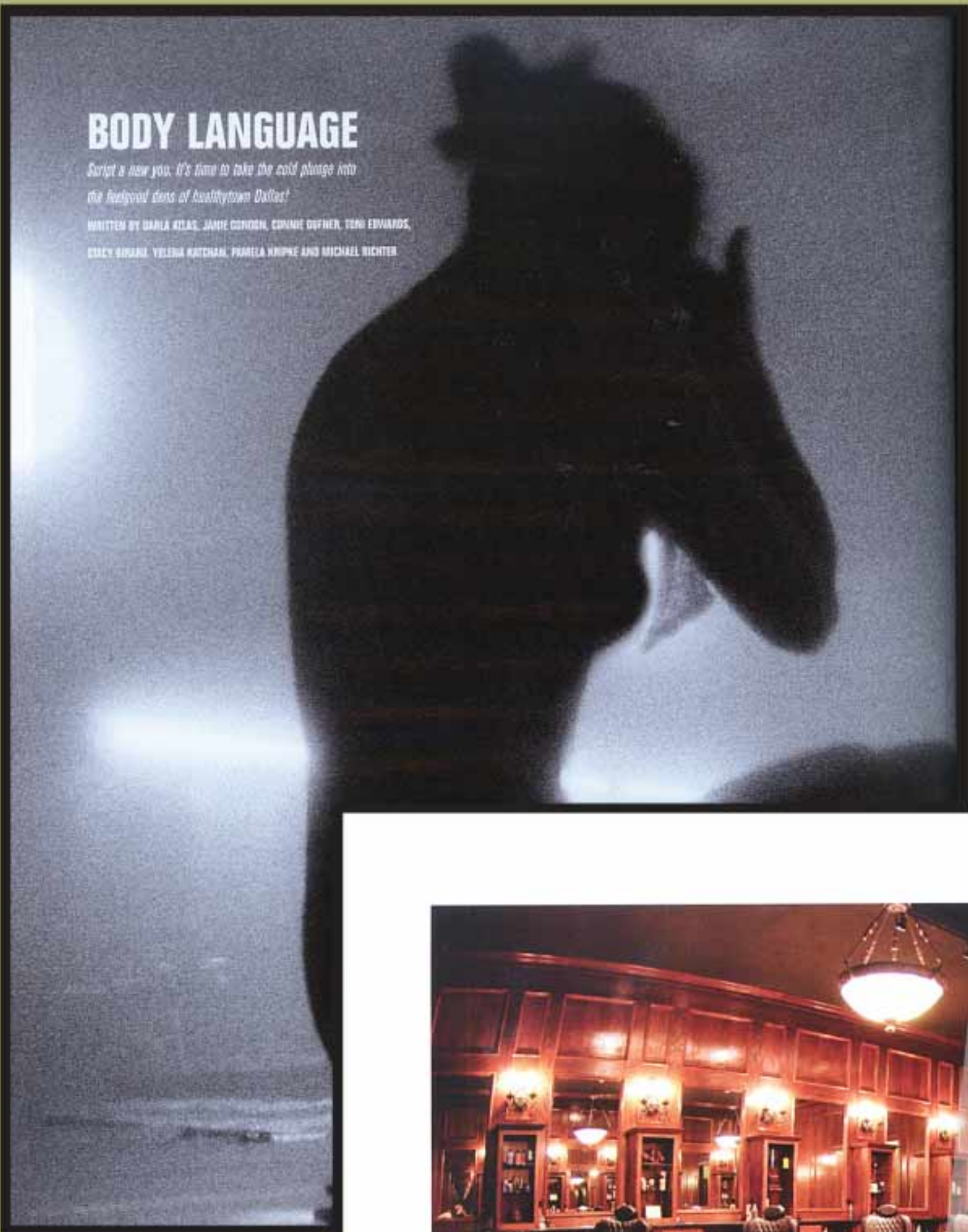
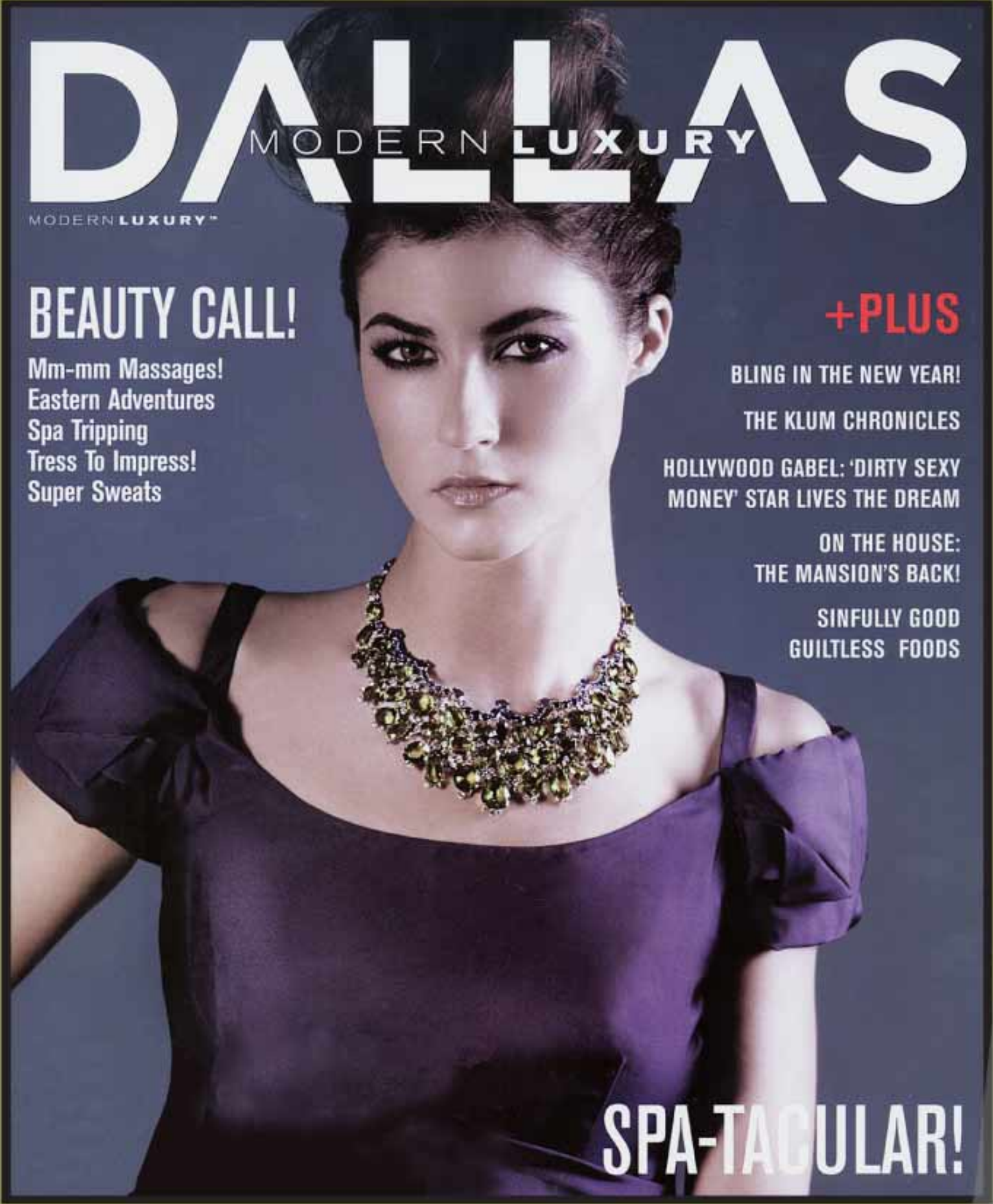


DALLAS

MODERN LUXURY
JANUARY 2008



NAILED IT!

Mai C. Wong, owner of Zen Luxury Nail and Beauty Bar in Frisco, has managed to elevate the mani pedi (\$88) to an ethereal experience. Forget the fluorescent-lighting and bullpen atmosphere of many walk-in salons not to mention the questionable sanitation from the splitter-splatter of rough feet. This is one serene scene, with custom-designed pipeless pedicure bowls, individual paraffin mitts (no dipping where other feet and hands have gone, puh-lease), Chanel polish, reflexology massages, eyepads, dim lights and orchid-studded implement trays. In addition to the flawless nail treatments, which are the star attraction, the salon offers a serious menu of wellness and hair options. We tried threading, (eyebrows \$25 for first-timers), the hair removal system that uses special thread and exquisitely skilled fingers to remove errant growth at the roots. We say: Bottle this up and take it on the road! 1377 Legacy Dr., Ste. 110, Frisco, 214.618.4936, www.zensalons.com

and pedicures, topped off by an anti-aging serum. 2112 Leland St., 214.484.4198, www.boutique.com/dallas.

SHOOT 'N SHADE
Blonde, brunette and beautiful women are the backbone of the Boardroom Salon for Men, where men and women get a haircut and a shave. We used the first-class service, \$50, with a consultation, cut, shampoos, paraffin hand dip and hand and scalp massage. A plasma TV completes the full suite. 2110 W. Linn Ln., Ste. 105, 214.338.7745, info@boardroom.com.

HEALING ENERGY
Bliss Dallas' hair-bringing High Heal or foot treatment (1500) purports the conventional wisdom that so many women with a hot paraffin pack and a red-hot stone to leave you begging for more. With your feet pampered, all that remains is prying off the old callus for those sexy Louboutins. Bliss Dallas, Victory Park Lane, 214.493.4200 or www.blissdallas.com.

MAKEUP MECCA
Stacy Babin is picky very picky. From the classic pink dot sheer gift bags in the store's trendy chandelier-lit salon to her insistence on the finest products possible, this is no ordinary cosmetics counter. Located in a beautiful corner of McKinney's town square, Shady Red is both a 4-star, awarded boutique that is worth the drive. Just think, you can get your hair done, get a cut of only two inches in the area that will play with T. LeClerk, Paula Dorf and Susan Parodi's makeup and (and get on with it, Frisco, Texas, Michael Berman's hair salon) there, all in one stop. 1377 Legacy Dr., Ste. 110, Frisco, 214.618.4936, www.zensalons.com.

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BEAUTY AT YOUR FEET
You suppose there's nothing more impressive than your feet being pampered than when you're exposed all summer. No wonder your feet scream at you. Dallas is awash in pedicures, from reflexology to paraffin baths to ultra-pampering foot fairs.

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HEART RATE HOTLINE
Pulse Fitness, located inside the snazzy Mosaic building downtown, is one of the newest and most buzzed-about gyms in town. The in-house desire to meet workouts is a drive, but so are Tracy Sprague's classes. The fitness instructor motivates through inspiration (her arms are quite admirable), perspiration (in the hot hall, jump-rope, leaping, hand weights) and education. 301 N. Akard St., 214.412.0000, info@pulsefitness.com.

BAR-BAR BOOT CAMP
By Johnson Boot Camp Fitness new session this month is designed for Cowboys Cheerleaders hopefuls and the rest of us. It's never as possible (expect to pick up some, run, spin, crowd on your hands and knees, mean a lot and sweat a ton. "I won't let you," he promises. "But the coach will." You don't show up for class? "Then I'll call you," he warns. 972.373.1114, www.johnsonbootcamp.com.

MORE SALSA, PLEASE
When Mark Cuban decided to revitalize his ties on national television, he first called Sergey Korshakov and Michelle Hulle for help. The Dallas duo, who regularly compete with their new fitness gym at (Loving) WB de Star, also teach normal folks the basics. Cuban's been again on Feb. 4. 7pm, The Club's Studio, 12101 Ponder Rd., www.organdubch.com.

HALFTIME HOOPLES!
Some exercise classes use hand weights, others use stability balls. This one? Pumping basketball. Ted Chason of Moore Studios, who has choreographed routines for the Philadelphia 76ers dance team, teaches a series of moves you'd most often see on an NBA or NFL sideline. The Wednesday night class begins with about a half-hour of intense stretching, followed by a high-energy dance routine. 1500 W. Linn Ln., Ste. 105, 214.338.7745, info@boardroom.com.

PUNCH 'N SCULPT
You get new offerings at Life Time Fitness, formerly the Premier Club, will have you cardio-charged in no time. In A.C.T., put on the club-provided boxing gloves and commence to pounding at the freestanding heavy bag. The all-around class also features cardio (jogging on the laps around the gym—and don't worry, we're on the mats), jump-rope and weight work. And high-energy Body Art will jump-start any tired fitness routine. We mean, has there been camp, it's a truly sculpting class that works every muscle in a fun and fast-moving, blue-year-old workout to help help and boost mood. Favorite instructors include Lucy Fowler, a business-headed tough girl, and Ken Stevens, a proppier dancer and ex-Cowboy cheerleader. At Life Time Fitness Club, (formerly the Premier Club) 1914 St. Conal, Frisco, 214.484.4198, info@lifefitness.com.

LIQUIDATE YOUR ASSETS!
For a workout that burns the calories but saves the joints, try the ultralight workout at Barbara Landry Fitness Center. The studio sits on the first floor of water.