

FEATURE

2017 #GOALS

# REBOOT, RELAX, REFUEL

Make it your mission this year to be stronger and healthier than ever — you'll look and feel better by treating your body with our prescribed balance of tough love and pampering BY AMBER GIBSON



## REBOOT: GO HARD OR GO HOME

The fitness world is seeing a trend in workouts that are shorter and more intense, to fit into hectic schedules. **Equinox** keeps up with its brand-new 30-minute Firestarter class (pictured at left) that's not for the faint of heart. Using just your body weight and a step bench, this high-intensity cardio workout is definitely challenging, but supremely efficient. Memberships start at \$130-\$150/month, locations in Lincoln Park, Gold Coast, Loop and Highland Park; [Equinox.com](http://Equinox.com)



Personal trainer Christian Koshaba (left) also endorses short workouts at **Three60Fit**. "Shorter high-intensity workouts can actually [offer] more benefits," he says. "You're burning more calories, spiking your heart rate and testing endurance all within one circuit or set." Koshaba is an Air Force veteran who incorporates cardio kickboxing and elements of martial arts into personalized workouts for his clients. He'll even bring gloves and a pad to your home, so your 30-minute workout requires no commute. Boxing is not only a great full-body workout that builds endurance, speed and strength, but also an excellent stress reliever that improves mental focus. Mobile sessions \$60/half hour or \$95/hour, 569 W. Golf, Arlington Heights; [Three60fit.com](http://Three60fit.com)

## RELAX: SALVAGE YOUR SKIN

There are days when the wind blows so hard and cold that your face hurts. That's exactly when you need to book an Intracuticals Hyperbaric Oxygen Facial at **Four Seasons Hotel Chicago**. This gentle new facial is a great defense against harsh winter weather for all skin types. The oxygen feels like a cool, fine mist over your skin, similar to airbrushing, but results are longer lasting than most oxygen facials thanks to hyaluronic layering (vitamins A, C and E are infused deeply into the skin with pressurized oxygen to rehydrate and protect from future moisture loss). Your face is instantly smoother, plumper and more radiant — and the results keep improving in the days following. Request Yulia Lednev for her deft but delicate touch. \$240, 120 E. Delaware; [Fourseasons.com/chicago/spa](http://Fourseasons.com/chicago/spa)



They aren't cheap, but **The Peninsula Chicago** just launched line of specialty facials with Biologique Recherche, including a CRYO 3R Facial, which uses cryotherapy and micro-currents courtesy of the Remodeling Face machine to sculpt, lift and regenerate your complexion. The machine also stars in a two-hour Triple Luxury Lift Facial that claims to boost cellular metabolism with a manual facial massage, customized serums, masks and bio-electrotherapy. \$325-\$500, 108 E. Superior; [Chicago.peninsula.com](http://Chicago.peninsula.com)



FEATURE

REFUEL: HEARTY BUT HEALTHY

Although Executive Chef Cory Morris (Rural Society, Mercat a la Planxa) has plenty of rich braised meats on the winter menu at just-opened **Ronero**, the Latin-inspired restaurant and rum bar also offers a hearty vegan hearts of palm salad with toasted hazelnuts, radicchio, Asian pear and coconut crema. Morris was inspired by Costa Rican cuisine for the recipe (at right). His pro tip: Make the dressing a day before. "The lime thickens the coconut dressing when it has time to sit overnight." 738 W. Randolph; *Ronerochicago.com*



ENSALADA DE PALMITO

- 1 cup hearts of palm, quartered
- 1 Belgian endive, leaves separated and halved
- 1 head radicchio, leaves separated and halved
- 1 Asian pear, sliced
- ½ cup toasted hazelnuts, rough chopped
- 1 cup coconut crema (see right)

Mix all ingredients in a bowl and season with salt and pepper.

COCONUT CREMA

- 1 quart coconut milk
- ½ cup lime juice
- ⅛ cup lime zest
- ½ tablespoon ground coriander
- ½ cup rice wine vinegar
- ½ cup agave
- ¼ cup whole grain mustard
- salt and pepper to taste

Mix all ingredients together and store in the refrigerator.



Coconut is also an important ingredient in the stick-to-your-bones vegan curried lentils and rutabaga dish that Sous Chef Todd Harris serves at **Steadfast** (\$24, pictured above). Coconut milk adds a rich sweetness to the dish without the need for butter or cream. Home cooks can experiment with their favorite curry or home-made pickles to make this in their own kitchen. The Loop location dictates a meat-centric menu, but Harris and his fellow chefs get creative with vegetarian options as well. 120 W. Monroe; *Steadfastchicago.com*