

BEYOND HEALTH AT BIÂN



PHOTO BY ANTHONY TAHIER

SKINCARE SECRETS

The secret's out. Chicago's top dermatologists are referring their clients to VITAHL Medical Aesthetics for Secret RF - a noninvasive treatment for younger looking skin. The advanced microneedling treatment uses a tip with 24 gold-plated needles to create tiny microchannels in the skin combined with fractional radio frequency energy for noticeable improvements in scarring, fine lines, and skin tone after just one treatment. Numbing is required but the entire process is painless and there's no downtime at all beyond minor redness that fades within hours. This is collagen induction therapy at its best, with longer lasting results than other forms of microneedling due to Secret RF's ability to penetrate deeper layers of the skin. **1135 W Madison Street, vitahlchicago.com**



CHICAGO

In the quest for health, Chicago's newest private health and social club knows no bounds. BIÂN combines Eastern and Western healing modalities in an unprecedented approach to well-being, bridging extensive medical expertise with fitness, artisan food and beverage, spa services, and chic social gathering spaces including a vinyl listening room and Hästens nap room. Wellness is a deeply personal journey, and with just 400 members upon opening, the club's doctors work seamlessly with chefs, yoga instructors, life coaches, plastic surgeons, and acupuncturists to help every member become the best version of themselves. **600 W Chicago Avenue, livebian.com**

CREATIVE CONFECTIONS



Top Chef and Iron Chef superstar Stephanie Izard recently debuted the quirky dessert concept Sugargoat in the West Loop. Together with pastry chef Faith Taheny, the pair concocted playful renditions of classic confections: think caramel corn cupcakes, pancake cake, and chocolate shake French fry pie (inspired by the beloved fast food combo of Wendy's fries dipped in a Frosty). Cheez-It cake is made with cheddar caramel, strawberry Nesquik buttercream, cheddar caramel buttercream, and peanut butter Cheez-It crunch, while the avocado toast is comprised of sourdough cake, tomatillo caramel, tomato caramel buttercream, and avocado buttercream. For those feeling a little less brazen, traditional varieties like chocolate chip cookies and French silk pie are also on the menu. **820 W Randolph Street, sugargoatsweets.com**

Unwind in luxurious style while giving back to charity at the Kimpton Gray Hotel with its de-stress package, designed to start 2021 off with a precious sense of calm. Instead of a high touch hotel mini-bar, the Gray has debuted a concierge bottled cocktail series available to-go from the front desk bodega. Choose between whiskey and vanilla chai or a gin, ginger, and honey concoction to enjoy in the MTI soaking tub with bath bombs. A portion of proceeds from this package will go to Support Staff, a community of hospitality professionals working alongside mental health professionals and community organizers to break down stigmas surrounding mental health. **122 W Monroe Street, grayhotelchicago.com**



BATHTIME SPECTACULAR

IMMERSIVE VAN GOGH

Lighthouse ArtSpace Chicago, a new venue within Chicago's recently renovated Victorian Era landmark Germania Club Building, opens February with a visually spectacular digital art exhibition dedicated to Vincent van Gogh. Immersive Van Gogh invites audiences to step inside the iconic works of the post-Impressionist artist, evoking his highly emotional and chaotic inner consciousness through art, light, music, movement, and imagination. The mesmerizing hour-long art walk was designed by the pioneering Italian duo behind *Atelier des Lumières* in Paris, using more than 50 projectors to envelop visitors from head-to-toe in Van Gogh's brushstrokes and colors, including animated details from works such as *Self Portrait with Felt Hat* (1888), *Irises* (1889), and *The Starry Night* (1889). **108 W Germania Place, vangoghchicago.com**



PHOTO COURTESY OF IMMERSIVE VAN GOGH