



## 2 A WORK-OUT FOR THE MIND & BODY

Harness the power of brain *and* body with Equinox's new 60-minute HeadStrong class, launching at the Gold Coast and Loop locations in May. High intensity training meets mindful movement in this four-part regeneration workout, each with a customized soundscape. Prime the body for exercise and focus on breathing, stretching and agility, before launching into a series of loaded movement training followed by high intensity interval training and bodyweight exercises. Unwind with a final cool down and guided breath work that leaves you relaxed and focused for the day ahead. Memberships start at \$130/month; [Equinox.com](http://Equinox.com)



## 3 THE MANE ATTRACTION

If you're in the mood for a salon visit, Lakeview newcomer Luminations is the most intimate bespoke experience your hair could dream of. Master stylist and owner Adam Bogucki makes you feel like a celebrity in a cozy, bright salon suite with just one station. Expertly applied Living Proof and Kevin Murphy products give luster and body to limp, greasy locks. "For spring, 'bronde' will be huge," Bogucki says. "It's that color where you're not sure if it's blonde or brunette, à la Blake Lively and Jennifer Aniston [at right]." He'll blend a mix of blondes, browns and coppers seamlessly and add face-framing layers to soften your jawline. Women's haircuts start at \$70. 3355 N. Lincoln, suite 2; [Luminationsalon.com](http://Luminationsalon.com)



## 4 THE HEALING WATERS

Professional athletes and high-powered attorneys alike are detaching from their stressful lives at FloatSixty. The 2,500-square-foot studio is Chicago's largest venue championing flotation and meditation techniques to help with everything from insomnia and anxiety to jet lag and swelling. You'll float in one of five private suites in 10 inches of water — heated to skin temperature and mixed with 1,000 pounds of Epsom salts — for an hour or 90 minutes. Choose to be completely without light or sound in the Samdhai tank, or opt for a more contemporary float pod with motion sensitive interior lighting and music options. While every float is unique, we felt our mind and body separate and the levity stick with us the rest of the day — like we were walking on this new spring sunshine. First-time float \$60, 303 W. Erie; [Floatsixty.com](http://Floatsixty.com)



# Shape up for

# spring



Meals and snacks in Freshii's Bulk Box (pictured) are designed to help build muscle.

Look and feel like a million bucks — for much less — this spring with a little help from these **5 local spots**

BY AMBER GIBSON

## 1 A BRAND NEW LUNCH BOX

One of our favorite fast-casual restaurants, Freshii, introduces a new subscription service that makes healthy eating easy. Meals like the tofu Ninja salad, spicy Thai burrito bowl and Mediterranean salad with falafel are adapted from Freshii's in-store menu. Meal Box eliminates the need for grocery shopping and cooking (or cleaning) with convenient food that's minimally processed and delicious. Each box — which can be ordered online for pick-up or delivery — includes breakfast, lunch, dinner and two snacks. Freshii's in-house nutritionist Andie Shapira designed four types of boxes for different dietary missions: slimming down, bulking up, eating clean or going gluten-free. \$40/day, \$118/three days; [Freshii.com/mealbox](http://Freshii.com/mealbox)



## 5 GET YOUR GLOW ON

The Ultimate Kate facial at The Spa at Trump was one of our favorites in the city, so we were sad to find it no longer on the menu this spring when the spa switched from Kate Somerville to Natura Bissé as its signature skin care line. Luckily for our faces, the new 90-minute Chicago Diamond Experience facial is (dare we say it?) even *more* luxurious, with a surprisingly gentle triple exfoliation that leaves all skin types with an angelic glow. The second step, involving professional-grade carbonated powder and a botanical activator, feels like somebody just poured a freshly opened bottle of Champagne over your face, with soft cascading bubbles unclogging your pores. \$375, 401 N. Wabash; [Trumpcollection.com/chicago](http://Trumpcollection.com/chicago)