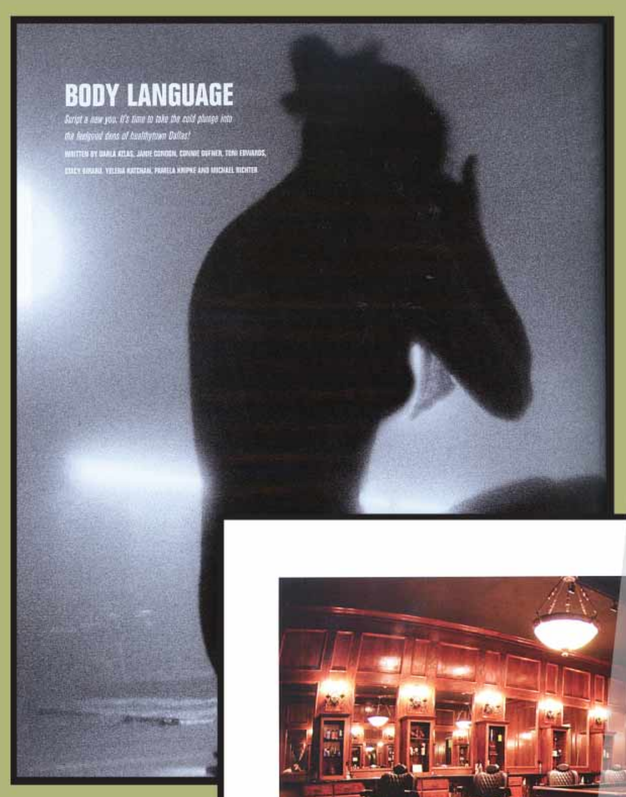
DALLAS MODERN LUXURY

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 puffiness, topped off by an anti-aging serum. *2332 Leonard St., 214.969.8399, www.hoteza.com/dallas.*

SHOOT 'N SHAVE

Billiards, beverages and beautiful women–no, not a gentlemen's club but the **Boardroom Salon for Men**, where amid wood paneling and club chairs you can even get a shave and haircut. We tried the Benchmark service, $50, with a consultation, cut, shampoo, paraffin hand dip and hand and scalp massage. A plasma TV completes the buff stuff. *1330 W. Lovers Ln., Ste. 106, 214.358.7565, theboardroomsalon.com.*

[BEAUTY MARKS!]

HEELING ENERGY

Bliss Dallas' hour-long High Heal-er foot treatment ($100) pampers the overworked stiletto-mangled tootsies with a hot paraffin pack and a rubdown that's sure to leave you begging for more. With your foot pain gone, all that remains is paying off the credit card bill for those sexy Louboutins. *Bliss Dallas, 5910 Victory Park Lane, 214.953.4200 or www.blissworld.com*

MAKEUP MECCA

Sharla Bash is picky, very picky. From the custom polka dot sheer gift bags in the store's trendy chocolate/turquoise colors to her insistence on the purest products possible, this is no ordinary cosmetics counter. Nestled in a hopping corner of McKinney's town square, **Sharla's** Bed & Bath is a tiny tasteful boutique that is worth the drive. Just think, you can get your Bond No. 9 at one of only two stores in the area that sell it, play with T. LeClerc, Paula Dorf and Susan Posnick makeups, and stock up on Phyto, Freels, Molton Brown [illegible] lines all in one trip. Or drive north already. *107 East Virginia St. Ste. 101, McKinney, 214.544.2200, sharlas.com*

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BEAUTY AT YOUR FEET

You squeeze them into sexy impossible shoes, pound them into the ground or leave them exposed all summer. No wonder your feet scream at you. Dallas is awash in pedi-cures, from reflexology to paraffin baths to ultra pampering foot fixers.

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Pedicure room at Zen.

Treatment room at The Spa at The Crescent.

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[PUMP IT UP]

HEART RATE HOTTIE

Pulse Fitness, located inside the snazzy Mosaic building downtown, is one of the newest and most buzzed-about gyms in town. The in-house deejay on most weeknights is a draw, but so are Tracy Spriggs's classes. The fitness competitor motivates through inspiration (her arms are quite enviable), perspiration (via the Bosu ball, jump-roping, lunges, hand weights) and education. *200 N. Akard St., 214.855.0900, pulsefitnessclub.com.*

RAH-RAH BOOT CAMP

Jay Johnson's Boot Camp Fitness' new session this month is designed for Cowboys Cheerleaders hopefuls and the rest of us. He swears it's possible. Expect to pick up tires, run sprints, crawl on your hands and knees, moan a lot and sweat a ton. "I won't hurt 'em," he promises, "but the couch will." You don't show up for class? "Then I'll call you," he warns. *972.373.8344, www.jayjohnsonbootcamp.com.*

MORE SALSA, PLEASE

When Mark Cuban decided to twinkle his toes on national television, he first called **Sergey Korshunov** and **Michelle Halle** for help. The Dallas duo, who regularly compete with those new-famous pros on *Dancing With the Stars*, also teach normal folks the basics. Classes begin again on Feb. 4. *Tango a Cha Cha's Studio, 13360 Preston Rd., www.sergeyandmichelle.com.*

HALFTIME HOOPLA!

Some exercise classes use hand weights, others use stability balls. This one? Pompoms! Instructor Tori Closson of **Move Studio**, 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. *Dance Team Jazz Move Studio, 17062 Preston Rd., Ste. 108, 972.732.0208, movestudio.com.*

PUNCH 'N SCULPT

Two great new offerings at **Life Time Fitness**, formerly the Premier Club, will have you cardio-charged in no time. In KO?, put on the club-provided boxing gloves and commence to pounding at the freestanding heavy bag. The 60-minute class also features cardio (prepare to run laps around the gym—and don't wimp out on the stairs), jump-roping and weight work. And high-energy Body Art will jump start any tired fitness routine. Way more fun than boot camp, it's a body sculpting class that works every muscle in a fun and fast moving blow-your-socks-off workout to hip-hop and house music. Favorite instructors include Lucy Fowler, (a bandana-headed tough girl), and Kim Stevens, (a peppy dancer and ex Cowboy cheerleader), at *Life Time Athletic Club, [formerly the Premier Club], 5910 N. Central Expressway, 214.891.6400, lifetimefitness.com/pac.*

LIQUIDATE YOUR ASSETS!

For a workout that burns the calories but saves the joints, try the submerged treadmill at Baylor's **Landry Fitness Center**. The treadmill sits in four feet of water