

CAROUSEL CONSERVATION | OSCAR WILD | LINCOLN COMES HOME

# NORTHSHORE

## Ever After

North Shore brides  
script their own  
fairy-tale weddings

LOCAL  
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SABBATICALS  
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**PLUS  
ROMANCING  
THE POEM:**  
Finding the muse  
in marriage

**PRECIOUS  
PETALS:**  
Dishes with a  
pinch of flower

**SWEET THRILLS  
OF AFRICA:**  
Innocence and  
intimacy in Eden



# the **ULTIMATE** me-treat

WHY SETTLE FOR A  
"STAY-CATION" WHEN  
{FOR THE SAME  
TIME AND MONEY}  
YOU CAN HAVE A  
"SPA-CATION"?

BY SHERRY THOMAS

## Between the rising

(then falling) gas prices and an all-out global economic crisis, 2008 may very well go down in history as the year of the "stay-cation," a largely made-up "trend" that tried to convince everyone to take a vacation without taking a vacation. Kind of a bummer, wasn't it? Not that spending time at home can't be productive (there's always that long-neglected painting project) or fun (there's always the old "be a tourist in your own town" thing), it's just that, well, you don't quite get the same sense of renewal that comes with actually getting away and recharging. With that in mind, we propose a new "stay-cation" alternative that's almost as budget-friendly (no airfare or lodging required) but far more rejuvenating: the "spa-cation"!

From the ancient mineral baths of the Dead Sea to the legendary Golden Door spa of California, great spas of the world have been coveted vacation destinations for centuries. But with so many luxurious day spas located right here in the northern suburbs, there's no reason you can't pamper yourself and still remain close to home. From haute mud wraps to hot-stone massages, chakra realignments to miracle treatments that have you aging in reverse, here are just 10 of our favorite North Shore "spa-cation" destinations for 2009.



Yoga classes are just one of the many offerings at The Silken Tent in Glenview.

## ANTALEE

### Wellness Center & Spa

1834-36 Glenview Road, Glenview,  
847/486-1130; www.antalee.com

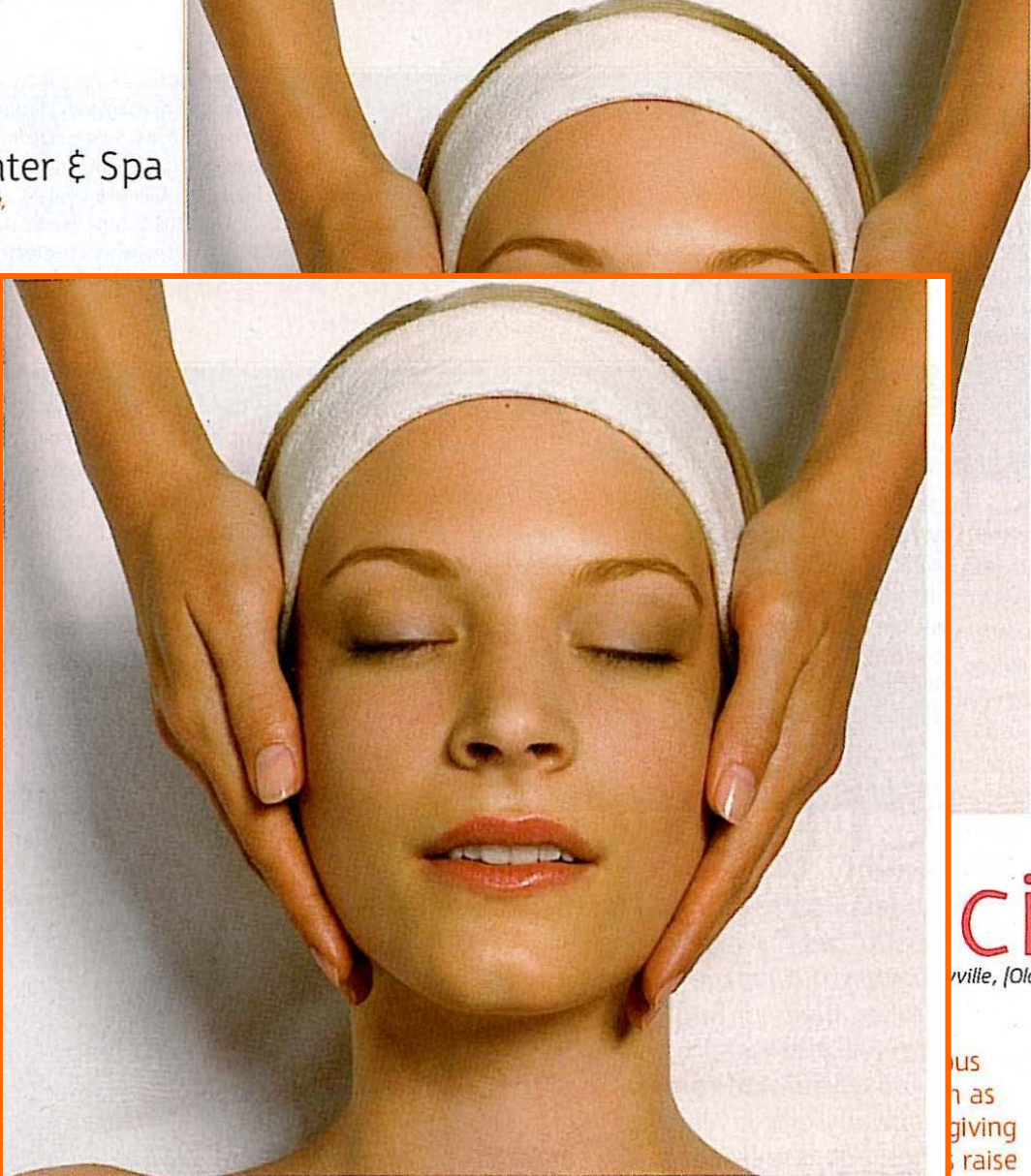
**SPA. FOCUS** on the spa. That's what we're telling ourselves after visiting Antalee Wellness Center, the beaten-path Antalee Wellness Center. Research this story. Certainly there are many spas on there. Between Antalee's one-of-a-kind "Season" facial (facial treatments are made with the freshest organic fruits of the season!) and the Reiki Rain (balancing universal energy and combined with 11 essential oils), this Russian-born Morgan Stanley stockbroker has created something unlike any other on the North Shore.

Yet it's hard to focus on the hidden details of such things when the food you have is so fresh, so good, you almost want to skip the Taste section. The three-tasting menu has become so popular in this downtown neighborhood that people have been flocking to [Antalee is located on the second floor of the office/retail complex] just for the food. None other than Arutcheva's father-in-law is a regular.

Our tasting menu included vegetable specialties as well as one of our favorites: turkey patties (fresh-ground turkey with fresh cilantro and onion and cooked in a Zepter pan). For those who like to travel through travel experiences, this spa will end up feeling like a trip to some faraway land.

Antalee also features a small but stylish accessory boutique in the lobby and artwork by local artists for sale on the walls. Perhaps the best describe it is the most obvious: It's the best possible way.

You can work out the kinks in your neck and work out your chakras. You can make an appointment for consultation on laser skin treatments, acupuncture, energy reading or energy healing session. Nothing on the Antalee menu that is more relaxing than in these uncertain times: a class on how to use your natural energy to attract success. We'll see you there.



## Mario Tricoci

Locations in Arlington Heights, Crystal Lake, [Hawthorn Center] Vernon Hills, Libertyville, [Old Orchard] Skokie and [Woodfield] Schaumburg, 800/TRI-COCI; www.tricoci.com

We don't need to tell you the Mario Tricoci story. The eponymous Chicago-area chain is legendary on the North Shore for its salon as well as its über-luxe day-spa menu. It's also been noted for its "giving back" initiatives, including the "spa & share" program that helps raise funds for local organizations. But in the realm of the "spa-cation," Mario Tricoci recently announced one exclusive new service that could be the perfect substitute for a trip to Rodeo Drive.

The Red Carpet Facial harnesses the techniques of West Hollywood's Kinara Spa and facialist-to-the-stars Olga Lorenzin-Northrup. The treatment combines a lactic acid peel with an arginine neutralizer said to virtually "steam clean" the pores, reviving the skin's natural glow. Think of it as the ultimate celebrity airbrush.

Bluff and Northfield since the beginning. But based on what we saw recently, it won't be long before Lana has a few new Evanston customers of her own.

## ROBERT GOLD

**SOME DAY SPAS** have posh cafés that keep people coming back for more. The spa in northwest Evanston has Lana Gold.

She is the oft-requested facialist for high-end facial treatments, whether it's the Caviar Facial or the Luminous C & E (rich in vitamin C and seaweed). And at Lana's work, we understand why. Her talented masseuses, hairstylists and estheticians are bigger salons and spas in the area as "first class."

"It's all about service," the Israeli-born Gold explains one snowy afternoon in the newly constructed addition to his Central Street space.

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