

PRIMP & SHOP

Facial

With a spa menu featuring over a dozen ways to pamper your face, including everything from decadent chocolates to vitamin C with antioxidants, a facial at Changes Salon & Day Spa promises to leave you looking radiant. "Whether you come to Changes for a few hours of renewal or with a chronic skincare challenge, our estheticians have the expertise to customize facials that can transform your skin," says manager Pamela Casan. 1225 N. Broadway, 94710, changesalon.com.

you have to make is lavender or crimson polish. 2001 Mount Diablo Boulevard, 94588, nailermoiselle.com.

▶ Botox

This upscale medical day spa, founded by a renowned plastic surgeon, M. Dean Vistnes, knows that a little Botox goes a long way. The staff and esthetic nurses at **SkinSpirit** are experienced at reversing the signs of aging. Each client receives a consultation with a medical professional to discuss treatment options and expectations, ensuring that you leave looking fabulous. 1647 N. California Blvd., 952-9200, skinspirit.com.

Mani Pedi

Getting a mani/pedi at Bolinger Nail Salon is a full-on spoil yourself experience. Their signature mani/pedi (\$55) starts with a relaxing dip in a whirlpool footspa and ends with an invigorating hand and foot massage, all while you relax in one of the salon's Relaxor massage chairs. Sometimes all you need is a one-hour retreat where the only decision

▶ Bikini Wax

From brows to Brazilian, with a few quick steps, Europeans Wax Center strips away unwanted hair with an all-natural beeswax from Paris. Clients get a painless waxing experience and incredible results. 4845 Spruce Valley Road, 925-9292, wocenter.com.

Message

After a grueling workout or stressful day at the office, a great massage can be nirvana. The full-service day spa at Renaissance Club Sport, RSpa, offers massages to members and guests that detoxify and rejuvenate in a private, soothing environment. "We pride ourselves on having a top-notch, experienced staff," says Heather Dominguez, spa director. "Many of our

massages have been with us since we opened eight years ago and they are committed to taking care of our guests from head to toe." 2805 Jener Road, 947-8379, renaissanceclubsport.com.

Men's Haircut

When it comes to grooming, men have a lot of options. At the barber shop of the iconic 1920s building, the 100-year-old Maggior's Barber Shop, the staff is committed to providing a classic, old-school haircut. "We have a lot of regulars who come in for a classic crew cut or a pompadour," says manager Tom Maggior. 1000 Broadway, 947-4444, maggiorsbarbershop.com.

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