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Just opened



Zen palace Reebok Sports Club/NY members should kick off their sneakers to take advantage of the brand-new, 5,000-square-foot **Mind Body Studios**—offering a full schedule of yoga, Pilates and Gyrotonic classes. 160 Columbus Ave at 67th St (212-362-6800)

throughout the tristate area. Round-trip transportation from Manhattan is provided. Meet at 79th St at Central Park West (845-424-3770, wildearthadventures.com). Subway: B, C to 81st St—Museum of Natural History. \$45–\$90. Call for schedule.

Spas & specials

Body Central Aw, poor thing—you've played too much tennis and golf, and now your little hands and wrists hurt. Reward yourself with a hard-earned 30-minute hand massage featuring cooling lemon lotion (\$40 instead of \$50). Or, if all that strolling on the beach made your tootsies ache, try a 30-minute reflexology session for the same price. And, for the record, we don't feel too sorry for you. 99 University Pl at 12th St, fifth floor (212-677-5633). Subway: L, N, Q, R, W, 4, 5, 6 to 14th St—Union Sq. Through Aug 31.

Just Calm Down Spa Polar Express massage You don't have to have liked the movie to be into the treatment: The hour-long treatment includes deep stretching, cooling essential oils and rhythmic *tapotement* massage techniques (involving a cupped-hand tapping move, done with a warm cloth to increase the cooling effect of the oils). The kicker? It's all done on a chilled water bed. Mention TONY and pay \$140 instead of \$165. Just Calm Down Spa, 32 W 22nd St between Fifth and Sixth Aves (212-337-0032). Subway: F, V to 23rd St. Through Jul 31.

Massage without borders Break out of your boring old Swedish routine: This 100-minute treatment (\$165) combines deep-tissue massage, thorough muscle stretching, and a foot rub meant to refresh your heels and metatarsals. Mention TONY and get \$15 off this or any other spa treatment. Face to Face Spa, 20 W 20th St between Fifth and Sixth Aves, suite 603 (212-633-0404). Subway: R, W to 23rd St. Ongoing.

—Compiled by Kate Lowenstein

Shopping

Sales and sample sales

Designer Loft If you're suffering from cold feet about committing to a superpricey wedding dress, book an appointment to view more-affordable options (now up to 85 percent off) at this bridalwear outpost. Atelier Aimée strapless ball gowns are reduced from \$4,500 to \$2,000, and Risa Rose satin-backed crepe sheaths are \$1,500 rather than \$4,000. 226 West 37th St between Seventh and Eighth Aves, studio 1501 (212-944-9013). Subway: A, C, E, 1, 2, 3 to 34th St—Penn Station. Mon–Fri 10am–6pm. Tue 10–Jul 25.

Destination Maternity Just because you've been knocked up doesn't mean you can't still classify as a knockout: This chichi chain is clipping prices on its clothes for hot mamas by up to 75 percent. Vince shorts are cut from \$145 to \$90, and Seven For All Mankind striped capris are \$50 (originally \$175). 575 Madison Ave at 57th St (212-588-0220). Subway: N, R, W to Lexington Ave–59th St; 4, 5, 6 to 59th St. Mon–Fri 10am–8pm; Sat 10am–7pm; Sun noon–6pm. Thu 5–Jul 31.

Kiki de Montparnasse If handcuffs and the like are on your wish list, drop by this urbane boutique for boudoir accessories. Patent-leather suspenders are whittled from \$195 to \$98. For tamer tastes, satin bras and matching thongs are tagged \$125 and \$63 a pop (were \$250 and \$125). 79 Greene St between Broome and Spring Sts (212-965-8070). Subway: R, W to Prince St; 6 to Spring St. Mon–Wed, Fri 11am–7pm; Thu 11am–8pm; Sat, Sun noon–7pm. Thu 5–Jul 16.

Music memorabilia Audiophiles, listen up: More than 10,000 records, concert photos, sheet music—among other jazz, rock and rhythm and blues collectors' items—will be going for a song. 155 W 72nd St between Broadway and Columbus Ave, fourth floor (212-579-0689). Subway: 1, 2, 3 to 72nd St. Sat 7 10am–2pm.

PHOTOGRAPH: JODIE LOVE

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