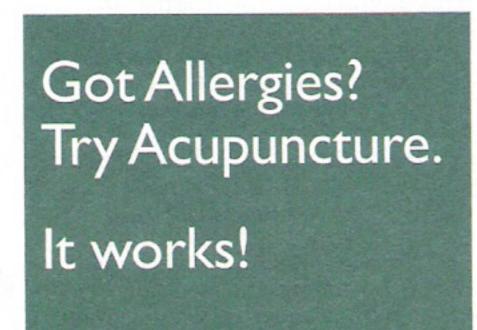


Whole Body Vibration Infrared Sauna Massage

Boutique fitness studio offering the latest in fitness, health, and wellness

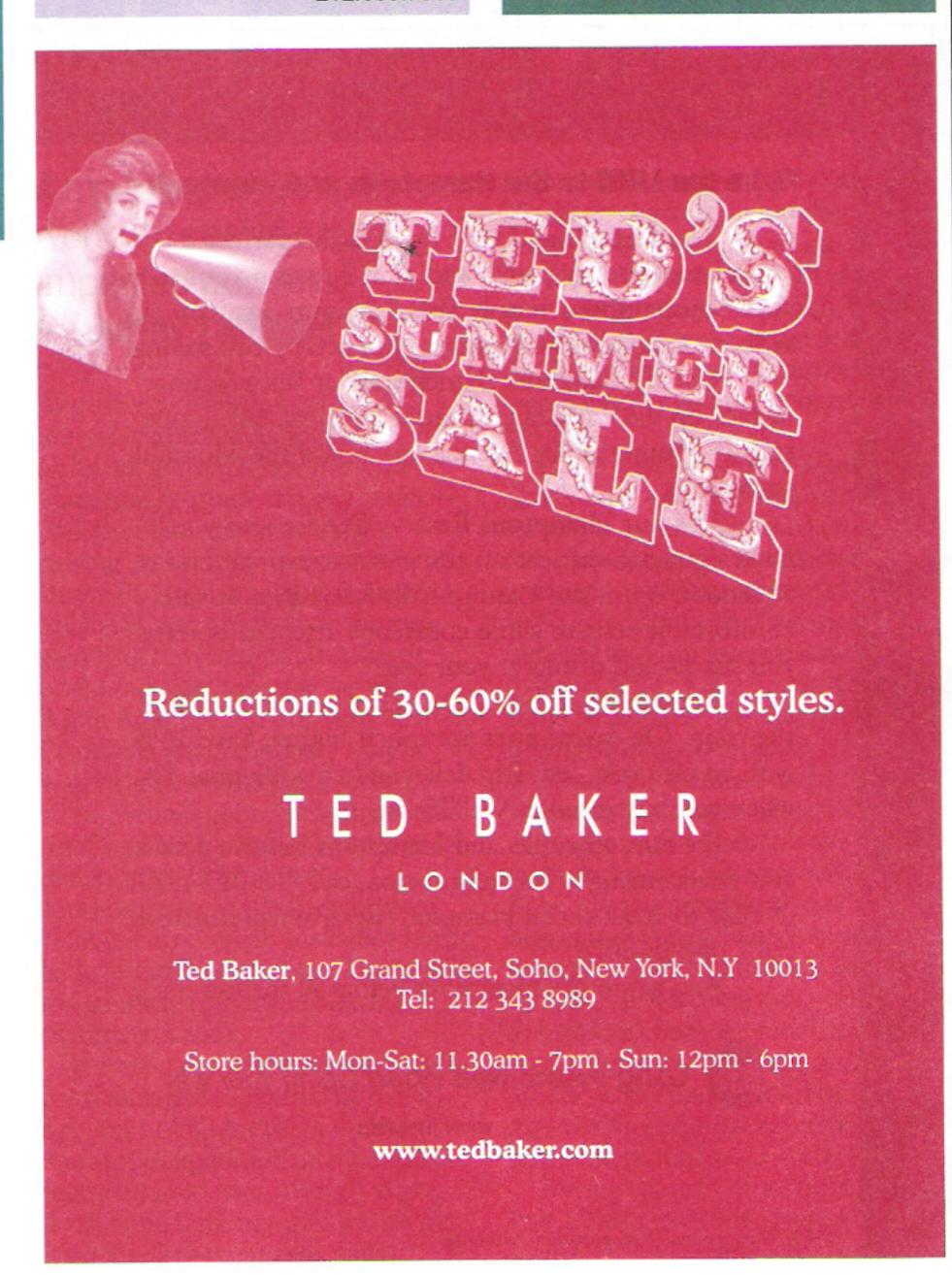
STATION 675 Hudson Street 3rd floor NYC Meatpacking District www.RTY30.com 212.683.7869







41 Union Square West, Suite 519 www.amazinghealing.com (212) 894-0767



Just opened



Zen palace Reebok Sports Club/NY members should kick off their sneakers to take advantage of the brandnew, 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 21st St. Museum of Natural History

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.

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.

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.