



chicago.
lifestyle + luxury. tuesdays + thursdays.

beauty picks.

contributed by karen firsel

summer's here. which mainly means everyone can now stop telling you that it's time for spring cleaning and start telling you that it's time to get bikini-ready.



hold the hummus.

usually we like our cous cous to come with a chicken kebab and a side of jerusalem salad. but at **exsalonce spa** it's on the menu as an exfoliant. the treatment is gentle, helps with circulation, and brings back your skin's moisture content. are we starting to push this whole natural ingredients thing? \$55 for 30 minutes. *exsalonce salon and spa. 2150 west roscoe street. between leavit and hamilton. 773.327.4848. www.exsaloncechicago.com*