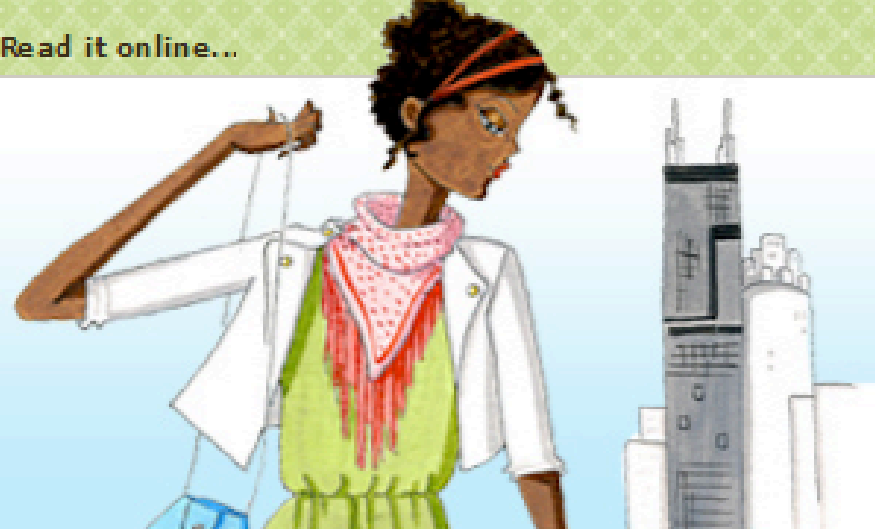


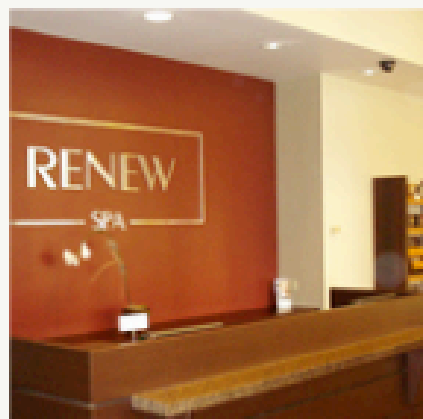
ideal**o**bite chicagobite



LOCAL BITE – CHICAGO

NEW ECO-SPA

Mr. Spa-ck



The Bite

Wanna explore a new spa frontier? As in, one that's easier to afford? Beam yourself over to Renew Spa, where eco-pampering will put you back 30%-40% less than other spas. Try the citrusy, **paraben**-free facial with vitamin C to rehydrate sun-dried pores, or bliss out during the hot stone massage with organic lavender oil. Or keep it simple with a mani-pedi with vegan (read: no fish by-products), **formaldehyde**-free polish. Plus, the walls of the place are insulated with soy fill (nontoxic) and colored with no-**VOC** paints. It's worth the *Trek*.

Small Changes ADD UP

If 10,000 Chicago Biters get a paraben-free facial rather than a conventional one, we'll keep the weight of more than four Trekkies in toxic chemicals out of production.

Why Care?

Using paraben-free products keeps hormone-disrupting, synthetic preservatives off our bodies and out of the environment.

Personally Speaking

We primed our tootsies for the last sandal-friendly days of summer with a little action from **SpaRitual's** Hunka Burning Love - aka red. Also included with pedicures: a lakeshore view from your chair.

Wanna Try?

Renew Spa, 980 N. Michigan Ave., 2nd Fl. (312-526-3891). Services, \$55/manicure and pedicure; \$45/30-minute massage; \$85/60-minute massage.

Map It



Mention Ideal Bite when you make an appointment, and get the following discounts through Oct. 11: \$59/60-minute massage; \$85/90-minute massage; 25% off/nails, facials, or body wraps.

SPONSOR

Win Music That Naturally Rocks

Enter for a chance to WIN a signed copy of Marié Digby's new album, *Breathing Underwater**

*Available now everywhere

[Enter Now](#)

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COCKTAIL FACT

Male warriors in ancient Egypt colored their nails to match their lips before going into battle.

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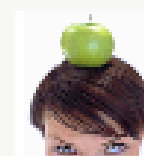
FORWARD TO A FRIEND

ADD TO MYBITES

BLOG WITH US

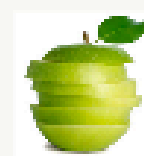
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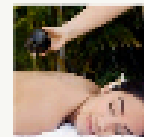
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