

Boston's Best

BEAUTY + HEALTH





— EXERCISE CLASSES —

THE CLUB BY GEORGE FOREMAN III

His dad knows a thing or two about the ring, so it was a no-brainer for George Foreman III (an undefeated heavyweight himself) to open a boxing gym. You can work the bag, hit the 12-station circuit and weight and cardio rooms or jump right into the ring. But we're especially impressed by the lineup of more than 120 weekly classes, including yoga, Pilates, cycling and signature Box-FIIT offerings. Foreman even offers streaming-video classes for days when you can't get to the gym. You'll become a prizefighter, even if your ring is the beach and your opponent a bathing suit.

15 CHANNEL CENTER ST., BOSTON
(857-250-4140) EVERYBODYFIGHTS.COM



— EXTENSIONS —
STUDIO 27

When you feel like no one “gets” your hair, consider Blessing Chitanda a blessing. With a love of hair that took root when she was helping her mom at her salon in Zimbabwe, the owner of this South End spot specializes in beautiful, natural-looking weaves (glue-in and sew-in) using techniques proven to be gentler to tresses, and she’s also skilled at applying relaxers with a safe touch to loosen your locks.

780 TREMONT ST., BOSTON (857-239-8400) STUDIO27HAIRSSALON.COM

Eyebrows
EYE STARR

If eyes are windows to the soul, consider eyebrows the gorgeous window dressing. Owner Andrea Starr, an Elizabeth Grady grad, makes this her mission as she shapes natural arches and tames unruly strays with a steady hand and a gentle touch. She offers several wax options for sensitive skin and a “tweeze only” service for those not keen on the sticky stuff. Is her own product line in the works? Interested brows are raised.

291 NEWBURY ST., BOSTON (857-233-2034) EYESTARR.COM

Facial
SKINHEALTH CENTERS

Originally created to help fund research on melanoma, which took the life of her sister in 1999, Cheryl Clarkson’s SkinHealth Centers treat skin with respect—their facials are heartfelt apologies to your skin for the times when you forgot SPF or didn’t wash off makeup. They combine custom masks with eye treatments, neck and shoulder massages and other elements based on your needs. The menu of facials has something for everyone, including men and teens, and they’ve even got your back. Literally.

73 NEWBURY ST., BOSTON (617-267-7546);
 251 WASHINGTON ST., WELLESLEY
 (781-431-7880); SKINHEALTHCENTERS.COM

Hair Color
SALON EVA MICHELLE

You’re about to get schooled: Blue pigments are the first to leave hair, while red ones are the hardest to get in and out. This science-savvy color team knows that and much more. Hair-painting whiz Adriana Petrola forgoes foils, instead using Color ID products to prevent bleeding between hues, while co-owners Michelle Lee and Eva Mustafai are training to be Wella Master Color Experts. With all this know-how, they should be wearing lab coats.

118 NEWBURY ST., BOSTON
 (617-262-8118)
 SALONEVAMICHELLE.COM

— FEEL-GOOD WORKOUT —
INNERCITY WEIGHTLIFTING

Flex your smile muscles with a training session from ICW, a nonprofit that helps at-risk youth build skills instead of turning to violence. You get a great workout while they invest in their futures, whether by working toward a career in personal training or just networking with professionals like you. Free weights, bumper plates, kettlebells—they have it all. And now you have an even greater reason to get in shape.

LOCATIONS IN DORCHESTER AND KENDALL SQUARE; INNERCITYWEIGHTLIFTING.ORG



*Haircut—Men's*ROOSTERS
MEN'S
GROOMING
CENTER

History is happily repeating itself. Owner Tyson White's grandfather was a barber, and general manager Steve Spinale's grandfather owned the Copley Square Hotel barbershop in the '50s. Now their crew offers stellar shaves, trims, lumbersexual looks and more in oversized leather chairs, earning extra points with their Pro Hero Cut for military and first responders and a BCA partnership that brings local art to the South End shop.

518 TREMONT ST., BOSTON
(857-305-3106) ROOSTERSMGC.COM

*Haircut—Women's*VISELLI
SALON

Taught by gurus such as Vidal Sassoon, Bumble and bumble and TONI&GUY, this team of stylists wields scissors with precision. Although they're trained on all the trends, you call the shots on your style, whether it's edgy or classic, a trim or a total transformation. Thorough consultations mean you won't have to worry about any surprises—except how easy it is to maintain your new 'do at home with pointers doled out during your haircut or at one of the salon's dedicated one-hour blow-dry classes.

297 NEWBURY ST., BOSTON
(857-350-4856) VS-SALON.COM

Health Club

EQUINOX

For top-notch equipment and stellar personal training, look no further than this power chain. The innovative class lineup includes recent additions such as Precision Running treadmill training and the Eliminator, a challenging metabolic workout that doubles as an interactive game. And the recent takeover of Sports Club/LA ups the ante with a swimming pool, squash courts, a basketball court and a roof deck for sunset group classes overlooking the Common. Afterward, don't forget to cool down with one of the legendary chilled eucalyptus towels.

131 DARTMOUTH ST., BOSTON
(617-578-8918); ADDITIONAL
LOCATIONS IN BOSTON AND
CHESTNUT HILL; EQUINOX.COM

*Lashes*LASH
L'AMOUR

Be it a dramatic full set or a subtle cat-eye flutter, owner Cynthia Tsang and her team create a flirty fringe one lash at a time. And Lash just became one of the only Boston salons to offer Russian Volume—also known as 3D-6D lashes—a technique that adheres up to 600 ultra-fine 0.05 extensions per eye instead of the traditional 100 at 0.15. With the right care, you can bat these babies for up to eight weeks.

55 LANGLEY ROAD, NEWTON
(617-916-1209); 129 NEWBURY
ST., BOSTON (617-247-1871);
LASHLAMOUR.COM

Makeup Artist SARRA

Most early experiments with lipstick? Not pretty. But Hingham native Lauren Genatossio had an edge: She learned by observing her grandmother, a makeup artist and now the namesake for Genatossio's two brow and makeup studios, as well as her skin care and makeup line. She or one of her five fellow artists will even edit your makeup bag and show you how to make the most of your favorite products. If she says to ditch that à-la-1992 berry gloss, listen to her.

100 SUMMER ST., BOSTON
(617-269-8999); 104A NORTH
HINGHAM (781-749-5599);
SARRASTUDIOS.COM

Manicure/Pedicure MINILUXE

When the Newton-based MiniLuxe debuted in 2007 with the aim of setting an ultra-hygienic standard for nail care, we kicked up our heels. So we're not surprised that it's grown to 10 locations, including a new Prudential spot stocking "prestige polishes" from Chanel, Tom Ford and Louboutin. With all that posh polishing comes hospital-grade tool sterilization and fresh whirlpool water, plus delicious LemonAide products, organic oil DeLuxe Massage add-ons, online appointment booking and the brand's own 45-shade collection, which happens to be five-free.

296 NEWBURY ST., BOSTON (857-362-7444); ADDITIONAL LOCATIONS
IN BOSTON, BROOKLINE, NEWTON
AND ELSEWHERE; MINILUXE.COM

— PRODUCTS—HAIR — LIVING PROOF

Living Proof got its start when stylists Mitch DeRosa and Ward Stegerhoek hooked up with MIT scientists to develop a moisture-controlling molecule. Their tech-forward approach to tresses hasn't slowed down: Today, the Cambridge-based line boasts 33 products covering hair concerns from frizz control to curl enhancing, and you can test not-yet-launched ones at their recently opened Style Lab. Go ahead and earn your PhD—perfect hair day.

301 BINNEY ST., CAMBRIDGE
(617-621-1800) LIVINGPROOF.COM



Massage

BELLA SANTÉ DAY SPA

Translating to “beautiful health,” this spa has all you knead to relax. In addition to the traditional deep tissue and Swedish touch, this Newbury spot offers targeted treatments, including Dot.com Relief for 9-to-5 tightness and a sickness-fighting Cold Combat massage. Try out accessories such as heated bamboo canes and river rocks or enhance visits with cupping, aromatherapy or an agave nectar hot-oil scalp treatment.

38 NEWBURY ST., BOSTON (617-424-9930) BELLASANTE.COM



SHAMANUTI

SEAWEED
TONER

BALANCE • REFINE

118 ml / 4 fl. oz.

SHAMANUTI

FACE OIL

SIMPLE SKINCARE FOR
COMPLICATED CREATURES

15 ml / 0.5 fl. oz.

— PRODUCTS—SKIN —

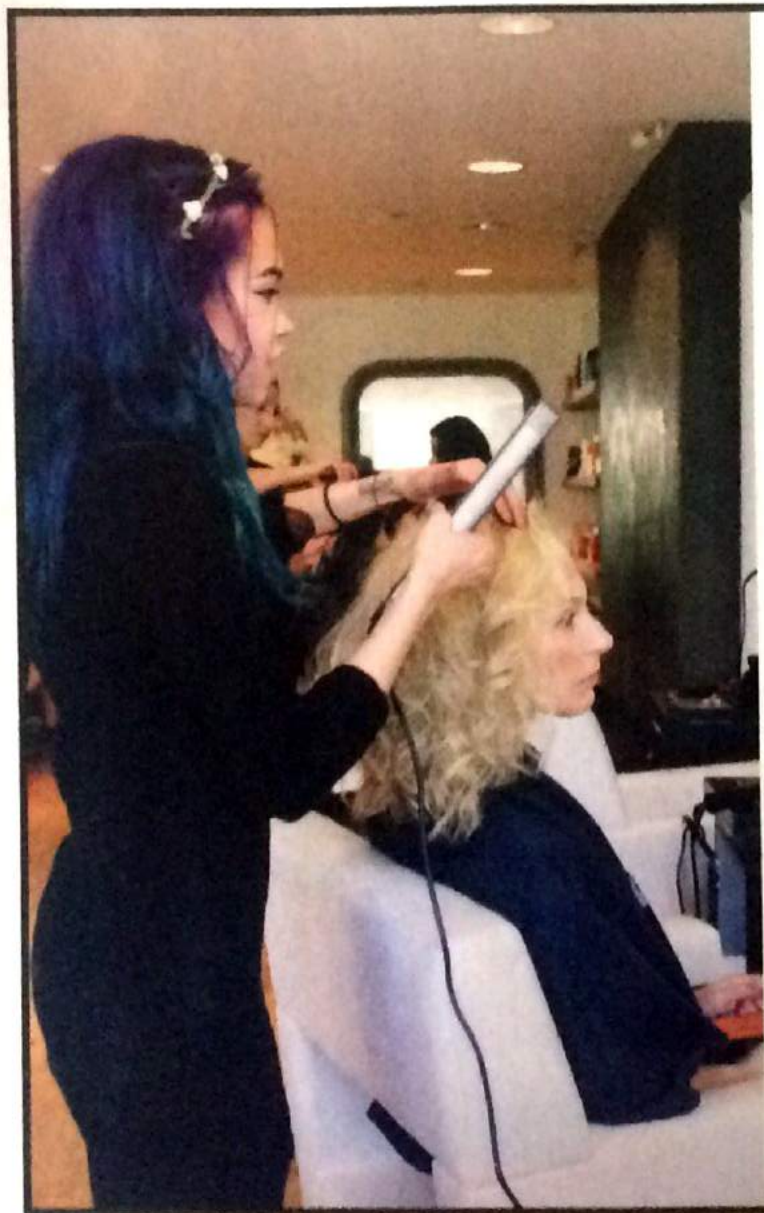
SHAMANUTI

Years before charcoal-based beauty products hit the mainstream, the Natick-based Shamanuti was winning fans with its signature activated charcoal cleanser. That's but one standout in a line that pulls off a rare feat: combining wholesome ingredients with luxurious textures and beautiful packaging. Of course, it's what's inside that really counts, namely organic, wild-crafted products—like the coveted pumpkin enzyme mask—that harness the power of plants, giving a whole new meaning to natural beauty.

MVP MARIO RUSSO

Celebrate 25 years on Boston's competitive beauty scene, and you can consider yourself a champ. This Italian-born, Boston-bred beauty innovator, who has a hand in sulfate-free hair care line Illumai, has two successful salons, not to mention a dedicated clientele. The flagship location boasts two floors—one for cutting and styling, one with a customized color bar—while a second on Fan Pier has spectacular water views. “Everyone has the potential to be beautiful with the right cut and color,” Russo says. We agree.

9 NEWBURY ST., BOSTON (617-424-6676); FAN PIER, BOSTON (857-350-3139); MARIORUSSO.COM



— SALON — PINI SWISSA SALON

When you're taking selfies next to Gisele, you don't trust your locks to just anyone. This is why Tom Brady (and other A-listers) go to Pini Swissa. Get coiffed, cut and colored like a celeb at this Back Bay oasis (think tranquil music, nature-inspired colors and lounging European statues); then complement your style with a European facial with enzyme peeling, brow tinting or waxing. When someone mentions “Deflategate,” you'll know they aren't talking about your hair.

18 NEWBURY ST., BOSTON (617-236-1727) PINISWISSA.COM

Waxing BLISS

The folks at Bliss believe that going fuzz-free should be pain-free. With a pre-wax oil, expert technique and an original formula for hard wax that sticks to the hair and not to you, this spa takes it all off. It even tackles men's unmentionables with the ultimate HE/Wax, a male Brazilian of sorts. Plus, the spa's recent redesign added the QuickBliss Wax Room, a space dedicated to hair-removal treatments that gets you in and out in no time.

W BOSTON, 100 STUART ST., BOSTON (617-261-8747) BLISSWORLD.COM