

BOSTON COMMON



Cynthia
Nixon

HER SEX-Y SECRETS

*Chefs' Recipes
for Romance*



TODD ENGLISH
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SAVE YOUR SOLES

When it comes to perfect mani-pedis, these spas absolutely nail it.



DREAMSICLE DIGITS

If you're one of those people who live and eat clean, you probably like your beauty treatments the same way. Already featuring a dedicated cleaning lab in-house and an array of natural nail treatments, **MiniLuxe** is attracting pedi purists with the new Klean pedicure (\$42). Snuggle into the comfy pedi chairs for a soak in foot tubs that don't recirculate water, then get some top-tier pampering using paraben-free products. Specialists massage sugar scrub and a rich vanilla-orange lotion on your legs, so you'll smell as yummy as an organic creamsicle.

The Mother Earth-worthy treatment is finished off using polishes by Zoya, a "three-free" brand: free of formaldehyde, toluene and phthalates.

Natch. 792 Beacon St.,
Newton Centre; miniluxe.com
—JANICE O'LEARY



CHIPLESS CHALLENGE

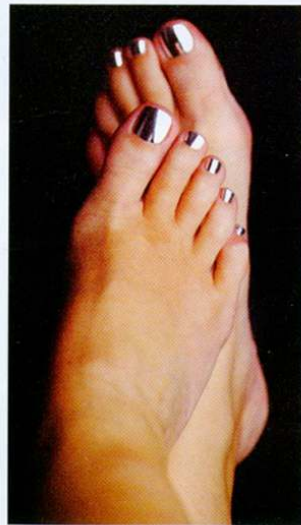
Two innovations in nail polish have hit the Hub, both delivering extra-long-lasting manicures. **OPI Axxium Soak-Off Gel Lacquers** come in your favorite OPI shades (from Susie Skis the Pyrenees to You Don't Know Jacques). The difference is that instead of polish, the manicurist paints a gel onto your nails with a brush, then "cures" it with a UV lamp. When you're done, there's no dryer time and no worries about smudges. The hour-long manicure (\$40-\$60) should last for up to two weeks without chipping and soaks off in 15 minutes when you're ready for a change. *SalonCapri*, 406 Legacy Pl., Dedham; saloncapri.com

Also catching on is another polish alternative—**Minx** nail "polish" comes in nail-shaped metallic or wild-pattern sheets that shrink to your nail with the help of a heat lamp. Stylish diva Beyoncé is reportedly a huge fan of the magic mani, which stays chip-free longer (up to eight days for fingernails and a month for toenails) and is shinier than a typical polish manicure. Full Minx manicure \$40; individual nails \$8. *MiniLuxe*, 296 Newbury St.; miniluxe.com



TOE THE LINE

Before you step out in your best summer sandals, head into the serene **Ardan MedSpa + Salon**, where Kearwon Rolde is saving soles with the Signature Foot Facial (\$65). Start with a warm-water whirlpool soak (*ooh*), followed by a moisturizing scrub, foot-and-calf massage and hydrating masque, just like those used in the spa's facials (*aah*). Finally, your legs and feet are treated with Oe Soft Emulsion, an organic moisturizer exclusive to Ardan. End with a long-lasting Style Berry pink pedicure. 72 Central St., Wellesley; ardanspa.com—NAOMI KOOKER



SHORE THING

You put the lime in the coconut... and your toes drank them both up? Such is the premise behind **Bliss'** 60-minute, island-paradise-perfect "pedi"-colada (\$70). Soak your tired tootsies in a warm pineapple-scented bath as you sip a tasty (virgin) piña colada. Next up: a citrus sugar scrub, followed by a hot-shell foot-and-leg massage. Top off this beachy retreat with a pretty polish in a sexy Tahitian-sunset shade, and you're set to start the summer with your best foot forward. 100 Stuart St.; blissworld.com

—JILL SIERACKI