RAISING ANCHOR

A CONVERSATION WITH

CNN's Erin Burnett

A STYLISH AFFAIR
GLAMOROUS LOOKS FOR STEPPING OUT

BETTER TO GIVE
HOLIDAY GIFTS FOR EVERY PERSONALITY

Metro Boston's Perfectly Wrapped Guide to Entertainment, Culture and a Tinsel Ribbon

$2.95 OUTSIDE OF METRO BOSTON
Drink of the Moment
Good Nose

**INGREDIENTS:** Aquavit, Bärenjäger, Becherovka, arugula, lemon.

**PRICE:** $10

**THE NAME:** “Beton” is the French word for concrete, a macabre reference to cement shoes.

**INVENTOR:** Danielle Marshall.

**PAIR IT WITH:** The Ploughman ($17), a hearty selection of charcuterie and cheese that goes nicely with the cocktail’s refreshing finish.

**SELLING POINT:** The ladies behind Gallows’ all-female bar keep slingng the drink because it introduces customers to new spirits.

**MOST LIKELY TO:** Mislead with its appearance. Cheery lemon and sprightly arugula suggest a springtime salad in a glass, but the drink’s flavors are just the opposite.

**TASTING NOTES:** Good luck picking out individual flavors or tasting the same thing twice. The complex cocktail successfully fuses lemon, cinnamon, caraway and clove in one refreshing, easily downed lowball. Peppery arugula and full-bodied honey notes peek in from time to time.

**TIP YOUR TOUR GUIDE:** Be the first to taste this signature cocktail through a unique collaboration with Moroccan coffee, which will be served at the pop-up October 17.

LINDSEY CANANT

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**Beauty**

**NAILS DOWN** The latest selection of manic and pedis have gorgeous digits down pat.

**Axon & Spice and Everything Nice Pedicure at Spa Ninjolly** $52

**Setting:** This time of year, it’s a two-floor frenzy of holiday decorations, flowers and holiday music.

**Procedure:** The seasonal pedicure includes an egg nog soak with cinnamon and nutmeg, a cinnamon scrub, massage, a warm paraffin foot mask and polish. Comes complete with choice of egg nog or hot cocoa.

**Results:** Polish that lasts nine days, plus the fun of feeling like you were at a party while getting.

**Signature Pedicure at Ardan** $45

**Setting:** Massage chairs in the quiet lower level of the sunny salon.

**Procedure:** An hour-long treatment that’s heavy on exfoliation, sweet-smelling lotions and butter bliss.

**OP’s Axum Gel Soak-off Pedicure at Salon Capri** $65

**Setting:** A European-inspired space where the conversation flows as freely as the champagne.

**Procedure:** 50 minutes of product application—the kinds normally applied to the face (massaged in ampoules, enzymes, masks and paraffin)—chased by a polish.

**Results:** Soft-as-silk hands for several days thereafter.

**OPI’s Gel Soak-off Pedicure at Salon Capri** $65

**Setting:** Cutting-edge cool design and ultra-mod minimalism.

**Procedure:** The stuff of a regular manicure (cuticles pushed back, nails are filed and buffed). But then a coat of gelis applied to each nail, with 30 seconds of drying time under a UV light in between. A second coat is applied, and then allowed to dry again for 30 seconds.

**Results:** Chip-free polished nails for at least two weeks.

**Reality Bites**

**FIT TO BE TRIED**

For many, turning down a place in the spotlight can be nearly impossible—a fact that explains the glut of reality shows out there. And, as was proven when **STYLE NETWORK’S WICKED FIT** came calling to **The Improper** offices, our staff is no exception.

Starring brash Wellesley fitness trainer Katie Boyd, the fledging show follows the former pageant girl as she barks orders at her clients (Lift more weights. Squats, now), while stirring up the politics among her staff. But it also follows her outside the gym—and in this case, that meant into our offices so we could conduct an on-camera interview and photo shoot for an upcoming episode. And she arrived like a freight train—along with one of her most high-profile clients, Red Sox wife Farrah Lester.

“This isn’t about just being in good shape,” Boyd said during her interview. “It’s really all about self-esteem. That’s what I tell all of the beauty pageant contestants who I train.” That’s presumably what she told Lester, too, the entire time they were working together to take off the weight Lester had gained after a recent pregnancy.

“When you’re a mom you’ve got so many people’s needs that you’re putting in front of your own,” said Lester. “I needed to balance that with what I needed for myself.” She also needed a confidence bump, she insisted. “I felt like I was being judged harshly by fans for not being in the kind of shape people felt I should be in. But I did need to do that for myself, even though sometimes it was hard to be doing it so much in the public eye.”

Of course, this was said on the set of a reality show. But hey, who are we to judge? The episode airs Dec. 18, and we’ll be on TV right beside both Boyd and Lester.

ALEXANDRA HALL