

# CHICAGO COLLECTION

David  
Schwimmer:  
A Matter of  
**TRUST**

Spring  
Style:  
Make it  
work

THE KEYS TO  
*bridal bliss*

What's Cooking  
*in the Windy City*



## SAY CHEESE

The big day creates countless memories—and probably even more photographs. The last thing any bride or bridal party member wants to remember is yellow teeth! Make sure yours are pearly white with the SpaWhite teeth-whitening treatment offered at **The Salon at ULTA** (114 S. State St., 312.279.5081, [ulta.com](http://ulta.com)). Developed by the WhiteScience group, this 20-minute treatment uses hydrogen peroxide and DayLight 5 K

light to brighten the natural hue of your teeth by two to six full shades with little sensitivity. Classified as a cosmetic product by the FDA, the service's \$199 price tag is much more affordable than a visit to the dentist—and far more relaxing. ULTA program manager Jennifer Rodi or esthetician Joanna Wec will distract you from any discomfort by indulging you in a luxurious hand massage. And your smile? Picture perfect!

## GET YOUR GLOW ON

While experts, like Spacio Spa's lead esthetician Margaret Cardone, say that being too tan can look tacky, an airbrush treatment can give you light, sun-kissed color that's perfectly appropriate. Spacio's airbrush tanning (\$60) offers a custom blend of three separate formulas, mixing solutions to "get that perfect color for your skin type. It's not just one hue that's sprayed on everybody," Cardone says.

**Brilli Salon** (3334 N. Ashland Ave., 773.755.4247, [brillialon.com](http://brillialon.com)) takes a different approach with its South Seas spray tan (\$55). "A lot of the celebrities, like Mariah Carey and Jessica Simpson, are getting the South Seas spray tan," salon owner Brenda Berry says. The best part is that it only takes a few minutes. "We do the front, then the back, then the sides, then the arms. It immediately dries," she says, adding that results can last up to a week. Clients should wear dark, loose, baggy clothing and avoid showering or sweating for eight hours after the appointment.

Cardone and Berry both recommend coming for your tanning treatment two days prior to the wedding.

## THE PERFECT PEDI

Planning a wedding can take its toll on even the most prepared bride and her posse. Relax and unwind—and get your footsies peep-toe ready—with the Hot Milk & Almond pedicure (\$65) at **Bliss Spa** (644 N. Lake Shore Dr., 888.243.8825, [blissworld.com](http://blissworld.com)). The 60-minute treatment softens feet in

steamed whole milk after an "intense dry buffing with a fierce diamond-sided callus fighter." The spa can accommodate you and up to four of your friends at a time, depending on the appointment date and time; book your party at least one month in advance to ensure an absolutely *blissful* experience.

