

EVERY DAY

with RACHAEL RAY

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213

recipes & tips

30-MINUTE MEALS for tonight

the only chocolate-chip cookie recipe you'll ever need!

easy outdoor entertaining

pool garden cocktails, hot block parties
PLUS! how to keep your flowers fresh

SOIL YOURSELF
spa Treatments
for Less

breakfast
BLOWOUT
OVER-THE-TOP PANCAKES
STUFFED FRENCH TOAST
HEARTY STEAK & EGGS

cakes
101
how to LAYER, FROST & MORE!

WING IT!
chicken
3 WAYS



face

Save cash while saving face. These spas show love to your most-seen part—and your wallet.

Boston

\$20 paraffin eye treatment

Layover at Logan? No problem. Depuff your eyes in the **Jetsetter Spa**, near JetBlue and United airlines. The 20-minute treatment seems to take off years. (*Logan International Airport: Terminal C, Upper Level, 617-567-7979*)

Chapel Hill, NC

\$40 exfoliating facial

The **Aveda Institute Chapel Hill** feels like an upscale spa (tea service, candles, amazingly good smells), but the treatments are given by—and priced for—students. The hour-long custom facial includes exfoliation and either a mask or a face massage, depending on your skin type. (*200 West Franklin St., avedachapelhill.com, 919-960-4769*)

Detroit

\$26 brow shaping with wine and snacks

Getting your brows plucked is a lot easier to bear on Thursday nights at **6 Salon**. Nosh on appetizers (like toasted ravioli) and sip wine while a DJ spins hot beats until midnight. (*multiple locations including 306 W. Sixth St., Royal Oak, sixsalon.com, 248-398-1586*)



Birmingham

\$35 facial with custom mask

Sonia Tutuwan, a former nurse, runs the **Changes Salon Spa & Wellness Center**. Her 30-minute facials are designed to give your skin what it craves. (*1210 32nd St. North, naturalhairandskin.com, 205-254-6959*)

Dallas

\$65 facial peel with a personal grocery shopper

Unwind in the first-ever **Spa by Whole Foods Market**, a soundproof space upstairs from



Bring It Home

The French spritz sheets with lavender; you can find the calming herb in lotions and in the **Red Flower French Lavender Petal Topped Candle** (*\$34, redflower.com*).

the retail store. While you settle in for a 50-minute fruit-acid peel, a store concierge will shop for your groceries. (*11700 Preston Road, wholefoodsmarket.com, 214-363-9760*)

Boise, ID

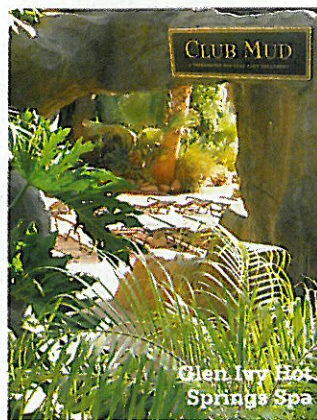
\$40 therapeutic facial, plus a limo ride

The **Panache Hair Studio & Day Spa's** 30-minute facial targets problem zones. Bring friends: Groups that spend \$300 or more can ride to and from the hotel in the spa's limo. (*1115 N. Cole Road, panachespaboise.com, 208-377-3300*)

Mesa, AZ

\$49 facial

Plunk down at **Fuchsia's** for the 50-minute facial. Then hang out awhile in the spa's pink lounge, watching episodes of *Grey's Anatomy*. (*1854 S. Val Vista, Suite 108, fuchsiaspa.com, 480-813-7465; rate for new customers, regular price \$75*)



Charlotte, NC

\$40 Swedish massage

Settle in for an hour at **Zen Massage Center**, a funky old house in the historic Dilworth district. (*1021 East Blvd., zencharlotte.com, 704-342-0996*)

Gainesville, FL

\$28 personalized massage

On Thursdays and Saturdays, a

Oklahoma City

\$15 aromatherapy massage

The pros at **Eden Salon & Spa** will blend a custom scent from 12 oils—such as citrus and ginger—and then apply the brew to knead your knots. At just a dollar a minute (with a 15-minute minimum), it's a real steal. (*500 W. Main St., edensalon.com, 405-231-4772*)

Los Lunas, NM

\$60 hot-stone massage

A massage therapist will place hot stones on your spine and rub you down for an hour at the adobe **Almost Heaven Spa**. Then lounge in your robe among the spa's piñon trees. (*651 N. Los Lentes Road, almostheavenspa.net, 505-565-8089*)

Flagstaff, AZ

\$39 trigger-point massage

At **Massage Envy**, heated tables and a trigger-point technique tag team to rub out your deepest knots in 50 blissful minutes. (*1235 South Plaza Way, massageenvy.com, 928-526-3689; rate for new customers, regular price \$65*)

Corona, CA

\$35 soak and bake package

For the price of a nice dinner, you'll have free reign over **Glen Ivy Hot Springs Spa's** six acres, which includes 16 pools, natural hot springs, steam rooms and a sauna, plus an outdoor mud bath where you can slather yourself from head to toe with red clay and "bake" until dry. (*25000 Glen Ivy Road, glenivy.com, 888-453-6489; \$48 on weekends*)



body

These body treatments—like muscle-melting massages and invigorating scrubs—pamper every inch without breaking the bank.