

years. One catch: being the best puts Swaney in high demand, so if you want to get her expert advice on what to do with your hue, get on her schedule ASAP.

PRENATAL MASSAGE
URBANA CITY SPA
AND TEABAR

7510 Pineville-Matthews Rd., Ste. 5B,
704-543-1700, escape2urbana.com

With the Urbana Mom massage, you'll feel the healing power of a tender, gentle massage that will alleviate prego aches and pains and quell swelling. Plus, anti-stretch-mark oil—containing ten pregnancy-specific essential oils like jojoba seed oil, sweet almond oil, and vitamin E—soothes, strengthens, and restores skin. Available only following the first trimester. \$100 for sixty minutes.

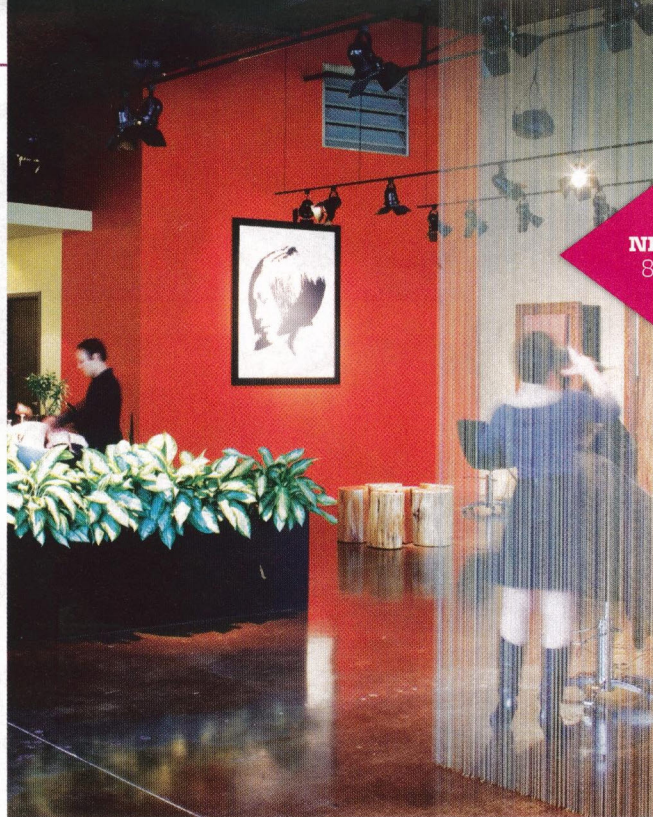


NEW GYM

METRO FITNESS CLUB

2820 Selwyn Ave., Ste. 200, 704-365-6555,
metrofitnessclub.com

From its neon-orange interior accents to its indoor track with artificial turf, everything screams upscale about the hip, new, progressive wellness hub Metro Fitness Club. But unlike your typical New York City loft-style gym, this midsize, boutique-style gym has the friendly, familiar feel of your neighborhood basketball court. Not to mention big windows, a CrossFit affiliation, and top-



BEST
NEW SALON
8 The Salon

Now \$45 is starting to sound pretty reasonable, isn't it?

WAXER

BETH SOLOMAN

Charles Grayson Salon & Spa, 6401
Morrison Blvd., Ste. 4B, 704-364-2944,
halcyondaysalonsandspas.com

This is Beth Soloman's fifth year winning Best Waxer, and we swear it's not because she has incriminating photos of us in our worst pair of underwear—though she's definitely seen them. In fact, she's seen it all. And the fact that we continue to swallow our shame and go back to Soloman for more is proof positive that when it comes to ripping and pulling, she does it better than anyone else. She's friendly, efficient, gentle, meticulous, and, of course, completely nonjudgmental when we've gone too long without a little maintenance on our legs, eyebrows, or bikini line.

NEW SALON

8 THE SALON

4310 Sharon Rd., Ste. T01A, 704-366-0858

We wish we could brag that lauded West Coast hair master Rodger Azadgian (who has styled the locks of Kate Spade, Melinda Gates, and Linda

notch equipment (including Purmotion and traditional cardiovascular machines with iPod capability and cardio theater). The gym offers two types of membership, personal trainers, and about forty-five fitness classes, such as athletic conditioning and kettlebells.

FREE WORKOUT CLASS

LULULEMON

4400 Sharon Rd., Ste. P13,
704-334-3682, lululemon.com

Lululemon is not just a fancy place to buy yoga pants; it's a hub of wellness activism. Each store prides itself on getting out into the community and finding out how best to bring its mission of inspired, active living to the people. It's kind of like a cult. A really, really healthy cult with a killer butt. One of the ways it woos new believers is with free weekly yoga classes in its

store (all levels welcome, mats provided), as well as occasional free classes at other fitness studios around the city.

LONG-LASTING MANI/PEDI

"SHELLAC" AT
POLISHED NAIL BAR

6700 Fairview Rd., 704-643-9199;
2041 South Blvd., 704-954-0004;
605 Providence Rd., 704-375-3488;
ipolished.com

Yes, \$45 is a lot to shell out for a manicure. But this, dear friends, is no ordinary manicure. Applied like polish, it dries in a flash under a heat lamp, rendering your nails so dry you'll be able to dig around in the depths of your purse and then confidently open a can of soda. And while that \$20 manicure you usually get might last you a week, this one goes strong for at least fourteen days without a single chip.



BEST
CHILDREN'S
CLOTHING
STORE?

Elizabeth Upchurch
Manager, Fresh boutique
Magic Windows



BEST
SKATING
RINK?

Charletta Benjamin
Loan Specialist,
Wells Fargo Home Mortgage
Starlight
Skating Rink



BEST
MECHANIC?

Alan Springate,
Owner, The Cowfish
Larry Griffin, Jr.
at Griffin Bros.



Hayley Selah
Charlotte Museum
of Natural History