

be beautiful

When your skin glows, your clothes impress, and your hair magnificently flows, your soul, most assuredly, will sing. "It's so much more fun when you escape with your girlfriends," says Anne-Marie Dezelan, owner of Annie O's, a local event-production company that organizes girls' trips. And we agree.

here:

PEEL OUT: Girls focusing on their faces might want to try the jet-peel machine at **Mango Bay**, which powerwashes skin with a mixture of oxygen and saline. **NEW SWAG:** Over lunch, ladies can shop for the latest casual clothes and accessories when **AH Collection** (823-6129, ahcollection.com) sets up a mini-boutique at Mango Bay for them. **DROP YOUR BAGS:** You'll need your hands free to raise an apple-butter martini at **Meridian** (5694 N. Meridian St., 466-1111, meridianonmeridian.com) when you wind down your day of beauty.

Going to a spa, shopping, kicking back cocktails, and reliving it all over a fabulous meal—now that's a beautiful life. An **ANNIE O'S** (annieos-events.com) limousine can get your group started—with creme brulee French toast and el Diablo coffee, maybe?—by dropping you at **ZEST!** (1134 E. 54th St., 466-1853) in the SoBro district. Then head straight to **MANGO BAY SPA** (1329 W. 96th St., 846-3427), where co-owner Jan White says she wants her guests to feel as though they've run off to the Caribbean. Try the Change of Tides body treatment to restore your skin's elasticity (\$85), or an Island Puddle Jumper Massage for those problem spots (\$55). Hop back into the limo and head to **FRANKEY'S** (1300 E. 86th St., 580-1111, frankeys.com) to check out the eco-friendly tees and board shorts by Loomstate, Lovestory wide-leg jeans by J-Brand, or Burning Torch's Moonlight Garden dress. New clothes without new shoes? Never! **CYNDE'S SHOES** (8701 Keystone Crossing, 848-1600, cyndesshoes.com) in the Fashion Mall may have you springing for Bruno Magli slingbacks or Carlos Santana's pounce-print stilettos.



FRANKEY'S



MANGO BAY