

**Fit Yoga and Pilates Style conferences** Goodman Media Group, publisher of *Fit Yoga*, *Pilates Style*, *LA Yoga*, *Ayurveda* and *Health*, hosts these yoga- and Pilatesfests in the same hotel over the same three days. Take your pick: On the yoga end, you'll have access (in the form of sessions and seminars) to big names like Cyndi Lee, Glenn Black and Lillias Folan; Pilates stars include Mari Winsor, Lolita San Miguel and Colleen Glenn. **Hilton New York, 1335 Sixth Ave between 53rd and 54th Sts ([fityoga.com](http://fityoga.com), [pilatesstyle.com](http://pilatesstyle.com)).** *Subway:* E, V to Fifth Ave-53rd St; F to 57th St. *Tue 7, Wed 8, Aug 9 7am-6pm. Expo hall free, passes from \$35.*

**If the shoe fits...** Mani-pedi haven Dashing Diva has exactly 21 pairs of open-toed Manolos, Guccis and Fendis that they're giving away, one at a time. Spending \$60 at the salon entitles you to try on the evening's pair. If they fit, you go home with 'em. Prince Charming not included. **Dashing Diva, various locations throughout the city ([dashingdiva.com](http://dashingdiva.com)).** *Mon-Fri 7:30pm; Sat 6pm. Visit website for locations and times. Through Aug 21.*

**Pedi "Cure"** Treat your aching feet to a private Foot Work Pilates session. Price of admission includes a pair of Toesox, a foot roller and a 15-minute reflexology session. **Real Pilates, 177 Duane St between Greenwich and Hudson Sts (212-625-0777).** *Subway:* A, C, 1, 2, 3 to Chambers St. *Mon 6-Aug 10 4-8pm. \$97. Call for appointment.*

**Rediscover the Bhagavad Gita** Join a study of the world's oldest text on yoga philosophy. Designed for yoga teachers and students, the 12-week course includes lectures on the history and interpretation of the Gita, reenactments of scenes from it, live music, meditations and exercises. **Jivamukti Yoga Center, 841 Broadway at 13th St (212-353-0214, [jivamuktivyoga.com](http://jivamuktivyoga.com)).** *Subway:* L, N, Q, R, W, 4, 5, 6 to 14th St-Union Sq. *Tue 8-9:30pm. \$17. Preregistration recommended. Through Tue 7.*

**FREE Summer Wellness Initiative** If you're feeling like it's time to atone for summer's sins, print out a free one-day pass to the West Side YMCA's expansive gym. And to find out whether you'll need more than that one day of working out (just kidding, silly, you're supposed to work out several times a week!), the center is offering free blood pressure and body-fat screenings from noon to 1pm and from 6pm to 7pm every Monday. **West Side YMCA, 5 W 63rd St between Central Park West and Broadway (212-875-4218, [ymcany.org/westside](http://ymcany.org/westside)).** *Subway:* 1 to 66th St-Lincoln Cir; A, C, B, D to 59th St-Columbus Circle. *Through Aug 27.*

## Spas & specials

**Acupuncture and deep tissue massage** According to Chinese medicine, muscle tightness slows the

circulation of *qi* (energy) and causes pain. Get things up and running again with a full acupuncture treatment combined with a 40-minute deep tissue massage. **TONY readers get 20% off (\$144 instead of \$180).** **Handle with Care Massage Therapy, 59 W 19th St between Fifth and Sixth Aves, suite 6C (212-242-7343, [handlewithcaremassage.com](http://handlewithcaremassage.com)).** *Subway:* F, V to 14th St; L to Sixth Ave; 1 to 18th St. *Through Aug 15.*

**Ajune** Another Venti latte really isn't going to make you look more awake. Spend a few weeks' worth of Star-bucks on the 30-minute Stimul-Eye Treatment and Miracle Waves LED (\$100 instead of \$175), which aims to improve microcirculation, drains the eye area to reduce dark circles and puffiness, and finishes with Miracle Waves LED, a process that uses light to energize cells, boost collagen levels and rejuvenate the skin. **Ajune, 1294 Third Ave at 74th St (212-628-0044).** *Subway:* 6 to 77th St. *Through Aug 31.*

**A.R. Hair Salon** This 15-year-old salon has trimmed its prices for midsummer 'dos: A full head of highlights is \$120 (instead of \$180); single process treatments (cut and blow dry) are \$120 (regularly \$150); and a Japanese hair straightening is \$400 (regularly \$600). **A.R. Hair Salon, 249 W 23rd St between Seventh and Eighth Aves (212-645-1800, [arhairsalon.com](http://arhairsalon.com)).** *Subway:* A, C, E to 23rd St; 1 to 23rd St. *Through Aug 17.*

**FineLiving New York Ayurveda** If you're skittish about putting chemicals on your skin, ayurveda (the Indian practice that uses only natural ingredients) might be for you. Try a two-hour *abhyanga* (ayurvedic body massage and facial) for \$135 instead of \$160; get the 100-minute massage-plus-*shirodhara* (which involves the dripping of herbal oil on your forehead—trust us, it's soothing) for \$120 instead of \$150; or get any 30-minute treatment for \$45. **FineLiving New York Ayurveda, 154 W 14th St at Seventh Ave, fourth floor (212-616-4127, [newyorkayurveda.com](http://newyorkayurveda.com)).** *Subway:* 1, 2, 3 to 14th St. *Through Aug 31.*

**Visia Computer Skin Analysis** Don't deny it: All that time in the sun has taken a toll on your skin. Find out just how bad the damage is—and what you can start doing to fix it—for \$50 instead of the regular \$100. **Dr. Eisenstadt, 50 E 69th St between Madison and Park Aves (212-249-7775).** *Subway:* 6 to 68th St-Hunter College. *Call for appointment. Through Aug 31.*

**Wrinkle-Free Fridays** What, you? Wrinkles? Nah. But if you're really fixated on getting rid of those smile lines, at least get a good deal while you're at it. Every Friday this summer, Botox injections (\$18 per cc unit) are 10% off, and dermal fillers (\$650-\$1,500) are discounted by \$50. **Tribeca MedSpa, 114 Hudson St between Franklin and North Moore Sts (212-925-9500).** *Subway:* A, C, E to Canal St. *Call for appointment.*

—Compiled by Kate Lowenstein

# Shopping

## Sales and sample sales

**Arrive** Flying north for the summer, this Miami boutique is unloading cutting-edge wares from a host of posh labels on the LES. A guys' Martin Margiela leather bomber jacket is chopped from \$1,845 to \$662, and a Marc Jacobs two-button seersucker suit is \$534 as opposed to \$1,335. For ladies, a Mike & Chris zip-up hoodie is whittled from \$166 to \$75, and Alexander McQueen patent-leather ballerina flats are \$180 (originally \$425). **151 Orchard St between Stanton and Rivington Sts (917-365-8510).** *Thu 2, Fri 3 10am-7pm; Sat 4 10am-8pm; Sun 5 11am-5pm.*

**Azaleas** Still haven't made it to the beach? Gear up with Vix bikinis, marked down from \$165 to \$70, from this superfemme East Village boutique. If you'd rather soak up rays at one of the city's hot spots, snag a sizzling ensemble—from underpinnings on up—with Princesse Tam Tam bras, tagged \$35 rather than \$65, and a T Luxury cocktail dress, halved to \$70. **223 E 10th St between First and Second Aves (212-253-5484).** *Subway:* L to First Ave, 6 to Astor Pl. *Mon-Sat noon-8pm; Sun noon-6pm. Fri 3-Aug 12.*

**BoConcept** Dorm-roomish decor won't impress any sleeper guests: Upgrade your furniture with this housewares firm's modernist works. A Limo platform bed is nicked from \$859 to \$699; a matching dresser is chipped from \$769 to \$615; and a Solo leather chaise is rolled back from \$1,499 to \$1,199. **Various locations throughout the city.** *For more info, go to [boconcept.com](http://boconcept.com).* *Mon-Fri 10am-7pm; Sat, Sun noon-6pm. Thu 2-Aug 18.*

**Buckler** You might not be blessed with Mick Jagger's lips, but you can cop his style at this English label's Meatpacking District flagship, which is doling out breaks on its spring and summer menswear. A skinny Italian cotton button-down is nicked from \$175 to \$114, and relaxed-fit linen shorts are \$81 as opposed to \$125. **13 Gansevoort St between Eighth Ave and Hudson St (212-255-1596).** *Subway:* A, C, E to 14th St; L to Eighth Ave. *Mon-Sat 11am-8pm; Sun noon-7pm. Thu 2-Aug 15.*

**Daryl K** This culty womenswear line's summer-friendly pieces offer immediate gratification. A cotton babydoll top is \$110 instead of \$275; paper-bag shorts are knocked down from \$267 to \$107; gabardine slim-cut pants are \$60 (were \$305). **21 Bond St between Bowery and Lafayette St (212-529-8790).** *Subway:* B, D, F, V to Broadway-Lafayette St; R, W to Prince St; 6 to Bleecker St. *Sat 4 9:30am-7:30pm.*

**Dempsey & Carroll** In lieu of a quickly typed e-mail, convey your thoughts using this stationery company's elegant designs. Graced with your monogram or name, a set of 100 informal notes is now \$190 (formerly \$250). Boxed sets of ten cards and envelopes bearing such summery motifs as a pink seashell will go for \$10 (originally \$45). **136 E 57th St between Lexington and Third Aves, fourth floor (212-750-6055).** *Subway:* N, R, W to Lexington Ave-59th St; 4, 5, 6 to 59th St. *Mon-Fri 9am-6pm. Thu 2-Aug 31.*

**Music memorabilia** If you can't listen to another MP3, bolster your record collection with the mint LPs at this one-day affair. The dizzying array of genres on hand includes rock, blues, gospel, comedy and opera. What's more, jazz concert posters and rare African-American sheet music will be also up for grabs. **155 W 72nd St between Amsterdam and Columbus Aves, fourth floor (212-579-0689).** *Subway:* B, C, 1, 2, 3 to 72nd St. *Sat 4 10am-2pm.*

**Phyl Couture** Stop by Garment District watering hole Stitch Bar for trendy, girly clothes from this emerging label and perhaps a few cocktails. Hand-beaded peasant tops are \$25 a pop (in lieu of \$110), and embroidered dresses with floral cutouts are pared from \$165 to \$45. **247 W 37th St between Seventh and Eighth Aves ([phylcouture.com](http://phylcouture.com)).** *Subway:* A, C, E, 1, 2, 3 to 34th St-Penn Station. *Wed 8 5:30-9:30pm.*

**Sweet Tater** Snap up this tiny shop's adorable private-label and vintage clothing and accessories—now slashed by up to 40 percent. High-waisted jeans from the '70s are sliced from \$112 to \$78; a Sweet Tater cap-sleeve tunic is cut from \$168 to \$116; disco-era woven leather sandals are \$62 (formerly \$88). **280 Mulberry St between Houston and Prince Sts (212-219-6400).** *Subway:* B, D, F, V to Broadway-Lafayette St; 6 to Bleecker St. *Mon 6-Aug 12 noon-7pm.*

## Event

**FREE Freshpair National Underwear Day** Not wearing a clean set of skivvies? You're in luck: This online retailer is storming Times Square with its fourth annual underwear celebration. Change into free panties, boxers or briefs from innerwear labels C-IN2, Diesel and Ginch Gonch. A fashion show will demonstrate how to show off your spanking-new undies with flair. **Broadway at Seventh Ave between 43rd and 44th Sts ([freshpair.com](http://freshpair.com)).** *Subway:* N, Q, R, 42nd St-S, 1, 2, 3, 7 to 42nd St-Times Sq. *Tue 7 11am-2pm.*

## Recently opened

**Alice + Olivia** Perhaps channeling maverick Edie Sedgwick, designer Stacy Bender's second location is outfitted like a '60s gem with black lacquer and retro

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