

FEEL GOOD SPA GUIDE / URBAN CAT TRAPPERS

SEATTLE

METROPOLITAN

Best Bars



WHEN to go. WHO to know.
WHAT to drink.

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What makes
ultramarathoner
Scott Jurek run?

The four secrets to
making marriage
last—or not

eyes with an injection-free collagen treatment before applying a customized facial mask. **FEEL-GOOD FACTOR** It's like a one-stop wellness shop: Begin your experience with an invigorating vinyasa or hatha yoga class in a heated studio, move on to an om-my-God delicious raw lunch—eggplant lasagna, coconut "noodle" pad thai—(food must be ordered ahead, see Web site for details), and finish up with this restorative face saver. \$125 for 90 minutes at Urban Yoga Spa, 1900 Fourth Ave., Downtown, 206-420-0222; www.urbanयोगspa.com

Razor Rehab

TREATMENT PLAN Men's Fitness Facial at **PAULE ATTAR**. An in-your-face steam hydrates pores and prepares them for pineapple-papaya extract, a balm for roughed-up, razor-burnt skin. A second steam, with a towel wrap, aids in the absorption of a liposome-rich peel. Looking for something a little more macho? Zit-lancing and blackhead-extractions separate the boys from the men. **FEEL-GOOD FACTOR** Skin guru and able body-kneader Leana Johns knows that in this economy, you need tension-free shoulders and untroubled temples when you're putting your best face forward. \$68 for 60 minutes at Paule Attar, 10223 NE 10th St., Bellevue, 425-453-3288; www.pauleattar.com

Electric Lady Land

TREATMENT PLAN Advanced French Facial. They don't slough away layers of skin at **JILL BUCY SKINCARE**. *Au contraire*, the salon's nonsurgical "face-lift" uses mild electrical current to build up skin and work in plant-based serums, toners, and moisturizers (from France, *naturellement*), all accompanied by soothing classical music in rooms lit with chandeliers that might have come from Marie Antoinette's estate sale. **FEEL-**



Well-Oiled Machine

TREATMENT PLAN Abhyanga massage at **GENE JUAREZ SALONS AND SPAS**. Translation: ancient Indian all-over massage therapy tune-up inside Seattle's chic megamarts of beauty and restoration. **FEEL-GOOD FACTOR** In the

Information Overload Age, absolute oblivion is the ultimate bliss. Lily Melby pushes your chill-out buttons—in Ayurveda they're called marma points—while essential oils rubbed in deep stimulate energy flow and allow your soul to slide toward nirvana.

By the time you hit the multijet shower—or rather, it hits you—you'll begin regaining consciousness. \$125 for 60 minutes at Gene Juarez Salons and Spas, visit www.genejuarez.com/locations



GOOD FACTOR Jill Bucz discovered the secrets of French skin care on a trip to Europe after graduating from a Kirkland high school. Clients once guarded Bucz's name as closely as a Parisian beauty secret, but her salon in the Marquene Hotel makes the tingly galvanic machine facial—and glowing, youthful skin—available to the rest of us. \$390 for 90-minute machine facial plus three machine-only follow-ups at Jill Bucz Skincare at the Marquene Hotel, 600 Queen Anne Ave N., Lower Queen Anne, 206-283-9295; www.jillbucz.com

Social Networking

TREATMENT PLAN Girlfriend's Glycolic Manicure and Pedicure at **JULEP**. Like a facial for hands and feet, the peel gently pulls away years with a gentle exfoliant