

Flower and Spa Ritual. In each of the spa's eight treatment rooms, iPod docks allow customers to set their treatments to the beat of their choice. To get a taste of the spa's signature treatments, book an *AromaHarmony Massage*, a totally relaxing experience aimed at balancing the chakras.

If you're looking for a tart and satisfying treat to help you stay fit without losing elements of flavor, **Berry Chill** (635 N. State, 312.266.2445) should be added to your dessert must-have list. "Berry Chill is decadent and nourishing at the same time, offering all of the health benefits of yogurt with the satisfaction of a rich dessert," says owner Michael Farah. This yogurt shop is pure refreshment, nourishment and satisfaction. Their secret to high flavor minus high calories is serving the yogurt chilled, though never frozen, with a creamy texture that tantalizes the taste buds with a punch of tang. Like counterparts Pinkberry and Red Mango, Berry Chill's menu also offers a selection



of rotating flavors. Currently Berry Chill is serving up *Chilled Latte*, *Strawberry-Banana* and *Chilled Hot Chocolate*. Take my word for it—the yogurt is scrumptious on its own, but it is downright addictive when mixed with the flavorful toppings. More than a dozen fresh fruit toppings (including lychee and pineapple) and more than 20 dry toppings (all of your favorite dry cereals and granola) make creating your own favorite combination a guiltless pleasure. And, with stores opening soon on both LaSalle and Madison, Berry Chill is one downtown venue which will be impossible to miss. **scene**