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MEGAN BALDWIN

HOT \hät\ *adj.* Having a high or higher than desirable temperature or giving off heat or feeling or causing a sensation of heat or burning, very popular or successful; newest or most recent.

Symptoms: Limp locks and more split ends than you can count.

Diagnosis: A case of troubled tresses.

Cure: That pitiful ponytail isn't fooling anyone. It's time to take off your baseball cap and confront what lies beneath. But before

you blow your savings on an \$800 hair cut from Sally Hershberger, the doctors at **Asha Salon and Spa** (1135 N. State, 312.664.1600) prescribe a daily regimen of Aveda's plant-derived volumizing products. Specially formulated for gentle, daily cleansing of fine, limp or damaged hair, **Aveda's Pure Abundance Shampoo** (\$14) and **Conditioner** (\$14) boosts hair with organic agents like kaolin clay, which help to give your limp locks the appearance of increased body and texture. And for the seriously mismanaged mane, **Aveda's Pure Abundance Hair Potion** (\$22) magically bulks up fine or thinning hair, increasing the hair shaft's diameter by up to 17 percent. Taken once daily (rinse, lather and repeat) and those bad hair days will be a distant memory.



Symptoms: Feelings of lethargy, accompanied by a desire to stay inside and constant cravings for comfort foods.

Diagnosis: Seasonal Affective Disorder, aka winter blues.

Cure: After months spent battling sub-zero temperatures and willing numb fingers and toes to come back to life, how could you not feel under the weather? But before you book a one-way trip south of the border, those at **Exhale Spa** (945 N. State, 312.753.6500) recommend their luxurious **Four Hand Massage** (\$230), perfect for wiping out any lingering winter blahs. Start off in their serene rain showers and eucalyptus steam room



before the hour-long massage in which two practitioners work on you in synchronized motions. Combining the best of therapeutic massage practices from around the world, this unique treatment uses specific rhythmic massage movements and potent herbal and aromatherapy oils to enhance the healing effects. After the heavenly "four hand" treatment, you should be peeled back to your pre-frostbitten state and rejuvenated for spring.

Symptoms: Sore feet and testy toes.

Diagnosis: Bi-pedal depression.

Cure: When was the last time you did something really nice for your feet? In the summer you pamper, pedicure and show off your tootsies in strut-worthy stilettoes. But winter means six months

spent in the cruel confines of sheepskin-lined boots. Well, they aren't standing for it anymore. So, even



DAVIS BY RUTHIE DAVIS VIDEO PUMPS

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sexy look that works like Prozac for your feet. Available at **SHE Boutique** (1024 W. Armitage, 773.880.8061).

Symptoms: Irrational anger brought on by your boyfriend's refusal to do anything other than watch college sports.

Diagnosis: March Madness.

Cure: No, it's not an illusion. He hasn't moved from the couch in three days. So quit pretending you know what the "Sweet Sixteen" is (a clue, it's not a show on MTV), because it's only going to drive you mad. Instead of fighting over the remote, spend the month getting rid of all that negative energy and restoring the balance in your life by striking a pose in **Om Girl's Organic Roll Top Yoga Pants** (\$55). Designed to help you find your inner peace,

though open-toed season is months away, you can still perk up your pedals by slipping them into a curative pair of **DAVIS by Ruthie Davis' Video Pumps** (\$525). Not your plain Mary Jane's, these boldly hued heels are as high tech as they are high fashion, with an elevated platform and rubber strap. Constructed from Italian leather with architectural heels balancing out a rounded toe, they look and feels like a classic Louboutin, but still radiate original style. Pair them with skinny jeans, or rock them with ultra-feminine dresses for a sublimely



OM GIRL'S ORGANIC ROLL TOP YOGA PANTS

their sporty and oh-so-soft togs come in an array of soothing colors so you can roll off your couch, onto your mat and out into the world looking (and feeling) fabulous. With a full array of pants, camisoles and hoodies, their line is the perfect remedy to get you away from the La-Z-Boy and into a serene state of mind. Available at Barefootyoga.com.

Symptoms: Fantasies involving Ben & Jerry.

Diagnosis: Acute dieter's dilemma.

Cure: You've sworn off sweets, cut carbs and phased out fats. Unfortunately, that doesn't keep you from drooling every time you stroll down the frozen foods aisle. If only indulging didn't mean having to log extra hours at the gym. Well, good news health nuts and diligent dieters. Now you can have your Berry Chill and eat it too. Not your mother's frozen yogurt, **Berry Chill** (635 N. State, 312.640.0312), combines healthful, all-natural yogurt with the freshest ingredients and trendiest toppings into a meal/snack/dessert that's as tasty as it is good for you. Did we mention your cup is tailored to fit? And with options ranging from virtuous fresh fruit to custom-made Milk & Honey granola (not to mention all the cereals you loved as a kid), the possibilities are as endless as your appetite. Have it delivered or stop by after a night out (they stay open until 4 am) for a snack you won't regret in the morning. Just think, instead of depriving yourself, you could be berry, berry satisfied. **scene**



BERRY CHILL