

facials (including corrective skincare treatments for Rosacea and severe acne), massage, body treatments, electrolysis, manicures, pedicures, airbrush tanning, chemical peels, Endermatherapy, makeup application and micro-dermabrasion. Guinot and Skinceuticals products. Visa, MasterCard and American Express. Closed Sundays and Mondays except for private parties and special events.

Studio 19 Salon and Spa

1630 E. 19th St. at Kings Highway in Midwood, (718) 336-7373.

75-minute facial: \$65; basic 50-minute massage: \$70. Primarily uses Dedaré, Guinot and Jurlique products. Has 10 treatment rooms. Studio 19 offers a hair salon, manicures and pedicures, electrolysis, waxing, facials, massages, makeup and body treatments. Studio 19 also sells accessories, hair care products and make-up. Discover, MasterCard and Visa. Closed Mondays.

Studio Fryzura

78 Clark St. at Henry Street in Brooklyn Heights, (718) 522-1222.

Basic massage: \$65; basic facial: \$65. Renovated in October 2003, Studio Fryzura is a full-service salon offering facials, massages, manicures, pedi-

hairdo for Laura Jay as part of her makeover.

Tapestry

107 Montague St. at Hicks Street in Brooklyn Heights, (718) 522-1202.

Basic facial: \$70; basic massage: \$78. Primarily use Dermalogica products. Services include facials, massage, waxing, manicures, pedicures, reflexology and a full-service hair salon. Outdoor garden available in season. Visa, MasterCard and American Express. Open Tuesday through Saturday.

The Spa

8806 Third Ave. at 88th Street in Bay Ridge, (718) 921-6100, www.thespasnewyork.com.

Basic massage: \$70; basic facial: \$80. Primarily uses Matis products. Services include massages (shiatsu, pre-natal, reflexology, hot stone and more), body treatments (including Parafango Spanish sea mud, blue corn + soothing lavender exfoliate and more), facials (including caviar, teen acne and more), tan application, micro-dermabrasion, manicures, pedicures, makeup application, threading hair removal and waxing (including Brazilian). Series discounts available. American Express, Discover, MasterCard and Visa. Open daily.

which opened December 2002, offers acupuncture, massage (including "tui na"), cupping, herbal remedies, Mobilisation (heat therapy), aromatherapy and reflexology. Offers packages for patients who wish to stop smoking or lose weight. Retail store offers Tipton Charles and Silk Moon products, American Express, Discover, Visa and MasterCard. Closed Sundays.

FemSurge Health and Wellness

79 Atlantic Ave. at Hicks Street in Brooklyn Heights, (718) 797-8797, www.femsurge.com.

Basic massage: \$80. Proprietor Stacey Brosnan, a nurse practitioner, herbalist and certified nurse midwife, offers a wide array of therapies practiced by licensed professionals. Services for "women and the people they love" include one-on-one holistic health counseling, herbal and nutritional remedies, acupuncture, facial rejuvenation, reiki and therapeutic bodywork. Consulting services address the continuum of women's concerns from PMS to menopause. Retail store offers Dr. Hauschka and FemSurge Therapeutics herbal tonics, custom blended medicinal teas, nutritional supplements and skin care products. MasterCard, Visa, American Express and Discover. Closed Sundays.

Mermaid Spa

3701 Mermaid Ave. at West 37th Street in Seagate, (718) 265-5188, \$23/day.

This bathhouse underwent renovations two years ago and includes three saunas, a steam room, cold plunge pools fed with ice from a chute, and a circular Jacuzzi inside a huge, lodge-like wooden dining hall. Bring your bathing suit.

Opal Center for Massage and Allied Therapies

158 Fifth Ave. at Douglass Street in Park Slope, (718) 857-6183, www.opalcenter.com.

Basic 70-minute massage: \$80. The center provides Swedish-based massages from licensed massage therapists. Sessions are priced according to length, no matter how many modalities are employed. Opal Center offers aromatherapy, hot stones, hot packs, compresses, flower essences and by special arrangement reiki, cranial-sacral therapy or meditation. Carries own line of massage oils, made on premises. Series discounts available. MasterCard and Visa. Open daily by appointment only.

Sage Healing Arts

405 Fifth Ave. at Seventh Street, 2nd floor, in Park Slope, (718) 832-2030, www.sagebrooklyn.com.

Basic massage: \$75. Open since June 2004, Sage offers licensed massage therapy (including certified prenatal massage), reflexology and massage classes, such as the upcoming "body work for dogs." Offers series discounts. MasterCard and Visa. Closed Sundays.

Sol Massage Therapy

Brooklyn Spine and Arthritis Center at New York Methodist Medical Pavilion, 263 Seventh Ave.

Xing Lin Healing Arts

401 Court St. at Second Place in Carroll Gardens (718) 266-1806.

Basic massage: \$80. Offers acupuncture, holistic skincare, massages (including Rolling), herbal medicine, nutrition counseling, homeopathy, guided meditation, naturopathic medicine, reiki and energetic therapies. MasterCard and Visa. Open Monday through Saturday by appointment only.

Stores

Brooklyn Botanic Garden Gift Shop

1000 Washington Ave. at Eastern Parkway, (718) 623-7282, www.bbgo.org.

The garden's gift shop carries Smackers Make Your Own Bath Gel and Lotion sets, Burt's Bees products, Pée de Provence products, Thymes products and Davies Gate perfumes and more. Members receive a 10 percent discount.

Carolyn's Comforts

P.O. Box 180138, Brooklyn, NY 11218-0138, (718) 633-9840, carolynsboozbarz.com, www.boozbarz.com.

Carolyn Mustopa's Kensington-based company makes and sells her BoozBarz, handcrafted glycerin soaps, through her Web site. Among the scents are gin martini, cosmopolitan, fuzzy navel, pina colada and apple martini. Coming soon: high coffee scent.

Carol's Daughter

1 S. Elffort Place at DeKalb Avenue in Fort Greene, (718) 596-1862, www.carolsdaughter.com.

Owner Lisa Price opened her Fort Greene store in 1999. Offers everything from shampoos and conditioners to nail oils to body scrubs to products for baby to candles and incense. New fragrances include Tui (pronounced TWEED) and Groove. Don't forget to look in the fridge for more products made of natural, fresh ingredients.

Karen's Body Beautiful

150 Clinton Ave. at Myrtle Avenue in Clinton Hill, www.karensbody-beautiful.com, (718) 797-4808.

Products range from \$4-\$20. Open daily from noon to 8 pm. Karen's Body Beautiful offers natural, hand-made body and bath products for women (available in 24 scents) and men (available in 12 scents). Aromatherapy products are available in 50 single-note essential oils and nine blends.

Tripoli Restaurant

156 Atlantic Ave. at Clinton Street in Brooklyn Heights, (718) 596-5800.

Owner Mohamad Salem's family cultivates their own olive groves in Khoura region of Lebanon, and they make their own natural products, including olive oil soap (which can be used on the hair and body) and Ancient Tree Olive Oil, which are available for purchase at the restaurant.



Better than camping: A newly erected cabana affords enough room for couples to be massaged side-by-side at D'Mai Urban Spa in Park Slope.

cures, micro-dermabrasion, permanent makeup, waxing and body treatments. Aveda products. Discover, MasterCard and Visa. Closed Mondays.

Tantra Day Spa

(at Cavale Tonuzi Salon) 8211 Third Ave. at 82nd Street in Bay Ridge, (718) 748-9880, www.cavale-tonuzi.com.

Basic facial: \$80; basic massage: \$80. This location offers an Aveda Lifestyle store, full service hair salon and spa. On site chef creates healthy salads, sandwiches and drinks (protein, wheat grass, carrot and more) at the light bar. Services include eyebrow threading, makeup application, facials, waxing, micro-dermabrasion, micro crystal peel, manicures and pedicures, Cool Glide laser hair removal, massages and body treatments. Tantra offers discounts (when pre-purchased) for a series of facials, massages and eyebrow threading sessions. Garden available in the spring. Spa is available to rent for private events (bridal and corporate). American Express, MasterCard and Visa. Closed Mondays.

Nailcare

Polish Nail Emporium

433 Atlantic Ave. at Bond Street in Boerum Hill, (718) 222-9303.

Polish (pronounced like nail polish) offers exotic treatments such as the "Honey Latte Pedicure" (\$75) and the "Supreme Sunflower Slough" (\$90), which have been featured in national magazines. American Express, MasterCard and Visa. Open Saturdays 10 am to 5 pm and Sundays 11 am to 5 pm; by appointment only.

Holistic Therapies

Cornerstone Healing

476 Court St. at Fourth Place in Carroll Gardens, (718) 254-4075, www.cornerstonehealing.net.

Basic massage: \$80; 30-minute facial massage: \$40. Cornerstone Healing,