

Right now, we want...



Some of us prefer coffee for a pick-me-up in the morning. But we also like some good morning cheer, such as this vintage-style **hand-painted linen pennant garland**. \$45 at etsy.com/shop/rareshop.



We're gaga for this Wisconsin-based designer's Etsy shop, chock-full of everything Pendleton. This colorful clutch by **Timberline Treasures** puts our ragged leather wristlet to shame. \$30 at etsy.com/shop/timberlineltd.

We're still on board with the wallpaper trend—especially after discovering this **Sanderson Miro wallpaper**. The British design is 1950s-inspired without being kitschy. \$72 at Nancy Corzine showroom (222 Merchandise Mart, #622, 312-645-4500).



Cycling season is upon us. And before you bike to your first outdoor BBQ of the season, attach this **six-pack frame cinch** to your ride. Just resist the urge to crack open a bottle until you get to your destination. \$22 at etsy.com/shop/walnutstudiolo.

Listings

If you want to be listed

Submit information by mail, e-mail (thegetat@timeoutchicago.com) or fax (312-924-9350) to **Kevin Aeh**. Include details, dates, times, address of venue, nearest El station or bus routes, contact information and admission price, if any.

Mind & body

► timeoutchicago.com/wellness
► timeoutchicago.com/sport

Classes & workshops

FREE Buddhist Meditation Open House Eliminate stress at the start of the work week by joining the Diamond Way Buddhist Center the first Monday of every month for an open house and a chance to channel your inner calm. The center prefaces a guided meditation session with an introduction to Diamond Way Buddhism. Enjoy snacks and casual conversation, too. *Diamond Way Buddhist Center of Chicago, 830 N Hermitage Ave (312-421-0133, diamondway.org/chicago). El: Blue to Chicago. Bus: 9, 66. Mon 8pm.*

ChiRunning Workshop It's that time of year again, when we all pull out our running shoes and get ready to pound the pavement. But before you do (better yet, before you get injured), join in a basic or advanced workshop where you'll learn to channel the flow of tai chi with the power of running. Learn everything from posture tips to core muscle drills to pre-run warm-ups and post-run stretches. The basic session goes from 10am–2:30pm, the advanced goes from 1:30–4pm, or stick around for the full day. For more information, visit infinityeffect.com. *UIC indoor track, 901 W Roosevelt Rd (312-413-8421, uicflames.com). El: Blue to UIC/Halsted. Bus: 8, 12. Sat 10am–4pm; \$149–\$219.*

FREE lululemon athletica Studio of the Month Save your sanity and your money by stopping by lululemon's Michigan Avenue location every Sunday in April. TruHarmony Yoga instructors teach a complimentary hour-long class every weekend this month. *lululemon Gold Coast, 900 Michigan Ave (312-951-5923, lululemon.com). El: Red to Grand; Brown, Purple (rush hrs) to Chicago. Bus: 22, 65, 156. Sun 11am–noon.*

Spas & specials

Avanti Skin Center If you've ever had a spa treatment with a Clarisonic, you've no doubt become hooked on the gadget and have been saving up to purchase one. Well, now's the time to open up that pocketbook. Buy a Clarisonic (which removes six times more makeup than manual cleansing and leaves your skin silky smooth), and get a free chemical peel or microdermabrasion at Avanti. The package usually costs \$305 but is \$175 for the time being. *409 W North Ave (312-988-7546, avanticenters.com). El: Brown, Purple (rush hrs) to Sedgwick. Bus: 73. Tue 9:30am–7:30pm; Wed 8am–7:30pm; Thu, Fri 9:30am–7:30pm; Sat 9am–4pm.*

Lincoln Park Massage Spa Let's face it: We'll be craving any source of warmth until July when the sun finally comes out for good. Instead of waiting until then, enjoy 20% off a 90-minute hot-stone massage (usually \$155, now \$124) Thu 31. *630 W Webster Ave (773-296-6300, lincolnparkmassage.com). El: Brown, Purple (rush hrs), Red to Fullerton. Bus: 8, 9, 74. Mon–Fri 10am–8pm; Sat, Sun 10am–6pm.*

Solo Salon We, too, believe that letting our legs and underarms grow a coat of hair during the winter keeps us a little warmer. But it's time to embrace the upcoming spring with a new, hairless you. Better yet, get two

jobs done for the price of one: Through the end of March (Thursday's your last chance!), book an underarm wax and receive a brow wax for free in return. *1065 W Madison St (312-491-9771, solo-salon.com). El: Blue to Racine. Bus: 8, 20. Mon–Wed 9am–9pm; Thu 9am–9pm; Fri 9am–7pm; Sat 9am–5pm; Sun 10am–4pm.*

Spa at Four Seasons Hotel Get a little something extra for treating yourself this week in honor of the Four Seasons Hotel Chicago's 50th birthday. Book a 50-minute or longer treatment at the spa and receive a complimentary enhancement, including reflexology, a scalp treatment, a facial mask, back exfoliation, waxing and more. *120 E Delaware Pl (312-280-8800, fourseasons.com/chicagofs). El: Red to Chicago. Bus: 66 (24hrs), 145, 146, 151 (24hrs). Mon–Wed 8am–8pm.*

Spacio According to Madonna's T-shirt in the '80s, "Italians do it better." Perhaps she was implying that they create superior skin-care products? Spacio might think so since the spa has just started carrying Comfort Zone, a natural and organic line from Italy. Shop the line at the Lincoln Park spa, and get a free lip balm (valued at \$24) with your purchase. Items in the collection include Sacred Nature milk cleansers, face masks, creams and more. And that's not all that's happening at the spa this month. Through the end of March, purchase any product in the shop and receive a second product of lesser value for half its original price. *2706 N Halsted St (773-244-6500, spaciospa.com). El: Brown, Purple (rush hrs) to Wellington. Bus: 8, 22, 76. Mon noon–7pm; Tue noon–8pm; Wed 10am–8pm; Thu, Fri 10am–8pm; Sat 9am–6pm; Sun 10am–6pm.*

Shopping

► timeoutchicago.com/shopping

Events

"Circus" opening There's more to Lakeview store the Inking Shop than handmade handbags and stationery. Check out works by artist Brandy Agerbeck at this Friday's opening reception during Lakeview East's First Fridays. The show, titled "Circus," is inspired by two trips: one to a toy museum in San Miguel de Allende and another to a circus in Zurich. *Inking Shop, 2917 1/2 N Broadway (773-248-8004). Bus: 8, 22, 36, 77. Fri 6–10pm.*

Aromatherapy workshop Increase your chances for some great R&R with help from essential oils. This evening's class, led by Tedd Neenan, will teach you how to use oils such as neroli, ylang-ylang and chamomile to encourage a peaceful rest. Call in advance to save a spot in class. *Aroma Workshop, 2050 N Halsted St (773-871-1985, aromaworkshop.com). Bus: 8, 73. Fri 6–7:30pm; \$30.*

Brides Against Breast Cancer Forget the "trash the dress" photo shoot and give up your dress for a good cause instead. Donate any contemporary gown (designed in this millennium, people) to white CHICAGO, and proceeds from the sale will benefit the Making Memories Foundation, an organization that grants wishes to breast-cancer patients. *white CHICAGO, 222 W Huron St (312-397-1571, whitechicago.com). El: Brown to Chicago. Bus: 8, 66. Tue, Wed 11am–7pm; Thu 11am–7pm; Fri 11am–6pm; Sat 10am–6pm.*

FREE Chez Mignon: A House of Pretty Things Spring is all about new life and new experiences...and a new look for you. Head to Logan Square's Elastic Arts Gallery and get inspired by a showcase of sustainable designs and vintage attire by Dollparts, Alidade and Caroline Burucki, with styling by YellowBirdd and Dethrose Vintage. Looks will be sold after the show. Enjoy live instrumental jazz and a photo show, plus complimentary cocktails. *Elastic, 2830 N Milwaukee Ave (773-772-3616, elasticrevolution.com). Bus: 56, 72, 82. Fri 7–11:30pm.*