

The IMPROV

July 7-27, 2010

MAN

Boston's

BEST

All Smiles

Bridget Moynahan's Happy Return to the Big Screen

\$2.50 OUTSIDE OF METRO BOSTON



OUR ANNUAL GUIDE to the CITY'S TOP RESTAURANTS, BARS, BOUTIQUES & more

2010 WINNERS

FOOD+DRINK

B A R S +
C L U B S

A R T S + E N T.

S P O R T S

P E O P L E

+ P L A C E S

G O O D S +

S E R V I C E S

F A S H I O N

B E A U T Y

+ H E A L T H

B R I D A L →



THROW A DART AT A BOARD, and you're more likely to hit a paltry five or a bystander's head than to nail the bull's-eye. The same goes for picking a brunch place. We live in a world where mediocrity persists, and where one bad move can lead to serious indigestion. That's why we devote an entire issue to the city's top spots and services.

AS ALWAYS, we hosted a feast for a panel of talented judges and asked them to fill out a ballot of their personal favorites. This year's dinner party took place in the apt setting of the world-class Mandarin Oriental, Boston, where our local experts included Rounder Records cofounder Bill Nowlin, Skinner Auctioneers & Appraisers CEO Karen Keane and senatorial scion Ayla Brown [see page 132 for the full group].

BACK AT THE OFFICE, we counted their votes, weighing factors such as conflicts of interest, nepotism and crushing fact. Then, we picked the best in the field. From Irish pubs to French cuisine, from lingerie to sneakers, it's an exhaustive, but worthy, list of winners. All of which are worth a fling. **JONATHAN SOROFF**

HAIR STRAIGHTENING

Lisa McLaren
 at Salon Marc
 Harris

Lisa McLaren has natural ringlets, but you'd never know it. McLaren calls herself the straightening guinea pig at Salon Marc Harris. Who better to tame your tresses? Based on firsthand experience, she prefers Simply Smooth, which uses botanicals like apple pulp and keratin from human hair for a gentler finish. The process ranges from 90 minutes to four hours, depending on length and thickness, and lasts four to five months. Don't have the time or money for a complete treatment? Try the faster and more affordable Brazilian blowout.

→ 30 Newbury St., Boston » 617-262-2222 » salonmarcharris.com

HEALTH CLUB

Equinox

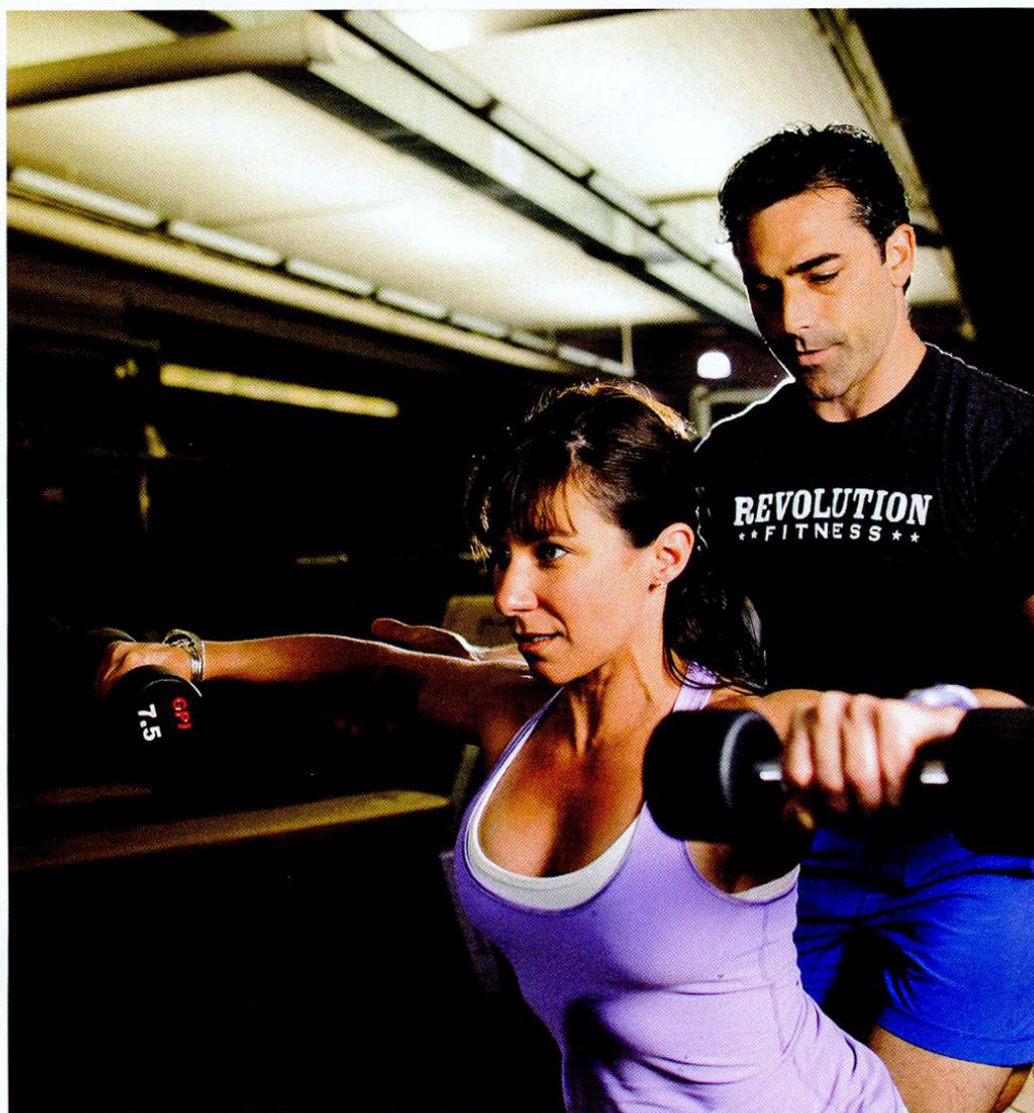
Boxing, yoga, pilates—whatever your fitness passion, Equinox has it covered. With two state-of-the-art facilities in Boston, this health-club chain offers a dizzying array of group classes, a full-service spa, top trainers, WiFi hot spots, Kiehl's products and a juice bar/cafe. Workouts range from Chisel'd and Whipped! to Stage5 cycling and cardio dance, and moms love the nursery at the Back Bay location.

→ 131 Dartmouth St., Boston » 617-578-8918 » 225 Franklin St., Boston » 617-426-2140 » equinox.com

LASHES

LuxLash

Come here to get movie-star eyes in just 90 minutes—while you nap. Suzanne Cats, who runs a second salon in Beverly Hills, has developed a semi-permanent method that leaves even the skimpiest lashes looking lush. Applied with a steady hand, they



TRAINER

Mike D'Angelo
 at Revolution Fitness

An 18-year gym veteran with a degree in exercise physiology, Mike D'Angelo crunches your stats—height, weight, body composition and workout—then builds a calorie count and an individualized fitness regimen. Whether helping CEOs or soccer moms, D'Angelo steers clear of fads, emphasizing diet and strength training in Revolution's renovated 17,000-square-foot space.

→ 209 Columbus Ave., Boston » 617-536-3006 » revfitboston.com

shed with your own, one or two per day, and a touch-up comes included in the package price. The popular classic, a shorter and more conservative set, is perfect for these parts. If it's good enough for Hollywood...

→ 232 Newbury St., Boston » 617-587-5274 » luxlash.com

MASSAGE

Exhale Spa

You can't go wrong at Exhale, with their team of 20 therapists and menu of 12 massages, including basic deep-tissue, prenatal and shiatsu. The adventurous might prefer the power body-detox, using electrical stimulation to zap

Matt Teuten