

PowerHouse Kickboxing

Konstantin Selivanov's sweat studio in Central Square may offer the most intense total body workout in town. Selivanov, who trained in underground fight clubs in Russia, has perfected a "street friendly" style of mixed martial arts training. Selivanov has offered group classes for years, but now you can spar with him one-on-one for \$90 an hour. Bring tissues – he may have you crying like a baby. 91 Sidney Street, Cambridge, 617-225-7977, powerhousekickboxing.com



LOOK GOOD, FEEL GOOD

Beauty doesn't come without a little work, but relaxation does.

Mandarin Oriental

You don't have to be a resident at this grand hotel to spend a day in the lap of luxury. Start your morning with a visit to The Spa at Mandarin Oriental with their popular "Time Rituals" package. While your feet are being massaged, a personal consultant will help you select custom treatments. Nosh on Asian cuisine downstairs at Asana. Next stop, the Mizu hair salon opened by Elan Sassoon, talented son of Vidal. A purchase at the sumptuous Frette linens boutique will let you sleep like royalty. (Even the pope snoozes on Frette.) Or pick up the next "It" bag at Gucci. End the day at the M Bar & Lounge, a chic spot to sip a drink. 776 Boylston Street, Boston, 617-535-8888, mandarinoriental.com

Life in Synergy

› A fitness studio without costly membership fees or yearlong commitments? Works for us. At \$15 per class, or \$120 for a package of 10, this well-appointed eco-friendly facility offers everything from yoga and Pilates to martial arts and funky dance classes. 867 Boylston Street, second floor, Boston, 617-867-6500, lifeinsynergy.com

Jeanne Lee Salon

› After years of performing foot-pampering pedicures at other Newbury Street salons, Jeanne Lee has opened her own serene, calming, and extremely private space with her equally experienced mother Cathy Tran. Since both are skilled in Chinese reflexology, put your feet up and stay awhile. 125 Newbury Street, Suite 4, Boston, 617-536-0143, jeannesalon.com