

» ON THE TOWN



TREAT YOURSELF

Everyone's favorite indulgence, **Spa Week**, is back. In the name of wellness, the city's best spas are offering treatments for \$50. Fresh, V Spa, ZaSpa, Coldwater Creek, Spa Esoteric and a host of others are taking reservations for treatments that can cost up to \$150. A body treatment making its debut for Spa Week is Hiatus Spa's Green Science Body Lift. With a combination of a skin-rolling massage, dry brushing and an Aveda, ultra-hydrating peel, skin is given a smoother, firmer appearance, and impurities are swept away. The neck and décolleté are then carefully treated with the Perfecting Plant Peel for finalizing radiance. Guests are also given helpful evaluations of their skin and body conditions, complete with product recommendations and practices to maintain a great appearance. Visit Spa Week online to see the full list of participating spas, and get your piece of the relaxation. www.spaweek.com. —Quia Querisma



MOONLIGHT SERENADE

The Dallas Arboretum's spectacular beauty is heightened in the fall, as the gardens are prepared for Autumn at the Arboretum and The Great Pumpkin Festival. Plan your trip on a beautiful, fall evening for the return of the **Cool Thursday's Concert Series**, Thursday nights in October. Dance under the stars overlooking scenic White Rock Lake to bands including Cuvee, Petty Theft, Mickey and the Motorcars and the M-80's. There's a music genre for everyone! Dallas Arboretum, 8525 Garland Rd., 214.515.6500. www.dallasarboretum.org. —Alexandra Wall



Funny Guys

Looking for a good laugh while you are in town? If so, put historic Sundance Square on your list of destinations and enjoy an evening at the hilarious **Four Day Weekend Improvisational Comedy Club** in Fort Worth. The comedians featured at the club have sold out audiences for 13 years, and they are going strong! Sit back in an intimate theater and prepare to laugh your head off at some of the most talented comedians south of the Red River. Shows are held every Friday and Saturday at 7:30 pm and 10 pm. 312 Houston St., Fort Worth, 817.226.4329. www.fourdayweekend.com. —A.W.

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