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On Your Mark Coaching and Training CS August 2011

THE RADAR | HEALTH & BEAUTY



A Q&A ABOVE George Gonzalez, owner of George The Salon

SPOTLIGHT

By George...

Losing a client is always tough but when the "client" is Harpo St... could make a person crazy. Not Gonzalez. In fact, Gonzalez—a Calumet City native who opened The Salon on Hubbard Street three years ago—is busier than that Oprah has said goodbye to... But it's more than just filling up his calendar; his helping women in need. As a man who witnessed domestic violence, he now uses his salon as a safe space to support that cause. "From the salon opened, we started being victims of domestic violence, do hair at no charge to help restore self-esteem and trying to make a good about themselves," he says. "I see it and feel it from them—that their lives are tough—and take them away from that life moment, it's a nice feeling."

But still, he wishes he could do more, which includes everything from growing the business with a second location—most likely in the Gold Coast—to hosting more fund-raising events to developing an earth-friendly product line with proceeds benefiting shelters and charities like

THE BUZZ

Let's Sweat!

Whether you're an indoor or outdoor workout warrior, one of these two coveted classes will get you pumped about getting physical. —Elise Hofer

Inside...

If you're the type of health nut that needs to feel the burn to be satisfied at the end of a workout, then we've got the class for you: **Rope Burn** courtesy of **On Your Mark Coaching and Training** (aka OYM) at its Bucktown location. Weighted jump ropes engage key muscle groups while you get hit with intense cardio. *\$25 per class, oymtraining.com*

Outside...

We're pretty sure you've never tried this before: Through September, **Kayak Chicago** and **Helios Center for Movement** are offering SUP Pilates, a 90-minute class where students do Pilates while balancing on a paddleboard in Lake Michigan. It's essentially a double workout for your core. *\$65 per class, kayakchicago.com*

me, it was no big deal," he says. "I was there to do my job, just like every day." But what he does dish on is the Oprah effect on philanthropy: "It was nice to be a part of that and witness what she does on such a large scale. It inspired me." 23 W. Hubbard St., Ste. 4, 312.923.9444, georgehasalon.com —Katie Schneider

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ROPE IT UP: Jump ropes engage key muscle groups while you get hit with intense cardio. (Photo: George Gonzalez)

in guru Leah Chavia is the first aesthetician to use the **Biologique Recherche Body Wrap** (\$300), a treatment that's customized for each guest. First Chavia applies a full-body toner, then frees up your system with circulation-enhancing gloves. Next, a lifting/detoxifying seaweed is applied and you're wrapped in foil for 20-30 minutes. Before leaving, you're topped off with essential oils and creams to target problem areas. —Kory Taylor

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