



March 7, 2006

The Big Sleep

Becky was half an hour late to work this morning, and you gave her double gold stars. One for making you look particularly punctual in front of Mr. Man and another for her excellent case of pillow-induced crease-face.

But the tables turned postlunch. Fifteen minutes of shuteye in your auto gave you major seatbelt cheek.

Retreat Self-Care is here to help you save face. The first of many state-of-the-art relaxation centers has opened in the center of Glendale's business district.

Instead of sleeping in your car, come in for a twenty-minute nap and take advantage of their high-tech massage chairs with full body and target settings (try the stretch program), or try a zero-gravity chair that reclines into an ergonomic position that relieves spinal stress. They also have a dry hydrotherapy machine and POD power-napping setups that seem straight out of Spaceballs.

But don't worry, you won't leave looking like Pizza the Hutt.



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