

IN BLOOM

# PETAL PUSHERS

There are few better ways to usher in spring than with a fun weekend getaway at a luxurious destination with breathtaking flora. If you don't want to stray too far from the city, **The Lodge and Spa at Callaway Gardens** is offering a Room to Bloom package, complete with an overnight stay in an elegant lodge, a chef's choice seasonal amenity, breakfast in the Piedmont Grille and admission to the Gardens' beautiful grounds (plus seeds to take home and grow in your own garden). *\$189 per night, callawaylodgeandspa.com* >>> Hit the road to Charleston, S.C., to experience **The Inn at Middleton Place's** inspired package, A Gardener's Paradise. Guests enjoy a two-

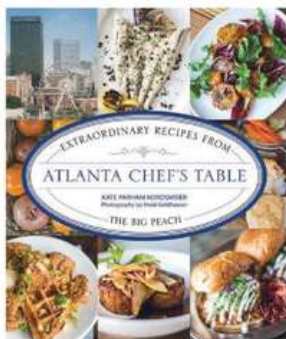
night accommodation, healthy breakfast for two each morning, Middleton Place grounds admission and a complimentary azalea from the famed garden, as well as evening cocktails and hors d'oeuvres to boot. *\$270 for two nights, theinnatmiddletonplace.com* >>> Head south for the 80th annual Savannah Tour of Homes & Gardens, happening March 26 to 29, to experience some of the finest blooms and private estates the state has to offer. Book a stay at **The Gastonian** downtown to enjoy the boutique hotel's own hidden garden bursting with azaleas, boxwoods and colorful seasonal plant life. *\$279 per night, savannahtoursofhomes.org; gastonian.com* -Caroline Cox

## A Healthy Relationship

Imagine having your personal trainer, nutritionist, aesthetician and doctor all working in tandem to help you achieve optimal health.

**ShapeMed by Life Time Fitness** does just that. "We are focused on offering comprehensive, lifestyle-driven solutions for our clients that incorporate all aspects of fitness, wellness and beauty, and are tailored to meet the needs of the individual," says Mark McKenna, M.D., C.M.O. of ShapeMed, a nonsurgical aesthetic and wellness clinic that recently merged with Life Time Fitness. In addition to traditional health club offerings, the national fitness centers present premium amenities and services, such as indoor and outdoor swimming pools, basketball and racquetball courts, cafes and spas—all within a resort-like setting.

ShapeMed by Life Time Fitness specializes in Botox and dermal fillers, but its trained team of physicians, nutritionists and personal trainers keep you in top form, providing everything from photo facials (\$250-\$350) and nutrition counseling (\$50 per hour) to laser hair removal (from \$99). The clinic is open to nonmembers of the fitness club, who receive two hours of complimentary use of the child center and access to the facility for the day. *Five Atlanta-area locations, 404.303.2323, shapemed.com* -KTA



### BOOK LOOK

#### Local Flavor

The next time you have a top-notch meal at an eatery like Cakes & Ale, Bistro Niko, The Iberian Pig or Bacchanalia and wish you could recreate it at home, thank Atlanta-based author Kate Parham Kordsmeier for turning that dream into a reality, thanks to her new cookbook, *Atlanta Chef's Table: Extraordinary Recipes From the Big Peach* (\$27, Globe Pequot Press). Released earlier this year, the more than 200-page tome offers up recipes from 75 local restaurants with mouthwatering photos to boot. Bonus: Look for sidebars detailing the city's beer scene, farmers markets, food halls and more. -CC



**FACE TIME**  
Get your filler fix at ShapeMed by Life Time Fitness.