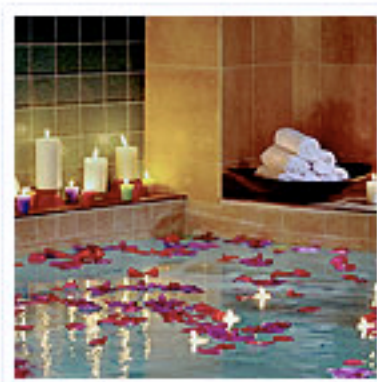


June 25, 2008

Body Shots

Tasty Summer Beauty Treatments



Now that summer is officially here, your fun-free diet is in full swing.

Off limits: ice cream (for obvious reasons), margaritas (they turn you into a cream puff), and nuts (you simply can't stop).

Having hunger pangs? Indulge without the bulge with these foodie body treatments.

What: [Ice Cream Pedicure](#)

Why: The sherbet scrub and sweet polish colors will satisfy your feet without packing on pounds.

Where: [The Spa at The Stoneleigh](#), 2927 Maple Ave. (469-375-5878).

What: [Dean's Margarita Salt Glow](#)

Why: Who needs the cocktail when there's an 80-minute, calorie-free treatment that includes a salt scrub and hydrating body massage?

Where: [The Spa at the Ritz-Carlton](#), 2121 McKinney Ave. (214-922-4823).

What: [Pecan Body Polish](#)

Why: The crushed-nut treatment leaves your skin silky smooth, unlike the cellulite-inducing real deal.

Where: [Four Seasons Spa & Salon](#), 4150 N. MacArthur Blvd., Irving (972-717-2401).

Stick to these and your thighs will thank you.

DailyCandy Contest

You need a day off like mac needs cheese. Get it. Now. Describe in 50 words or less how you'd spend your [ideal day off](#). The editors' favorite entrant will then live out his or her perfect day, courtesy of [Samsung Glyde](#) (the winner gets the phone, too). Wit, desperation, honesty — the approach is up to you. On your mark, get set, [go!](#)

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