

[PARAGONS]

TOOTH FAIRY

Dentist-phobe MICHELE BENDER discovers a **DAY SPA** that cleanses and soothes mind, body, and mouth.



NO SWEAT

DON'T THINK that getting it has been tedious or boring. These gyms have invented some interesting ways to keep you in shape:

Shreadmill (at Equinox Fitness clubs, New York City) is an hour-long class that alternates high-intensity drills on the treadmill with resistance training (equinoxnyc.com 212/677-0180).

Rumbacise (at Crunch, Miami) is a heart-pumping class that makes salsa and merengue dancing a workout (crunch.com or 305/674-0247).

Spin, Stride, Splash (at East Bank Club, Chicago) a two hour mini-triathlon, asks you to hit the pool, the bike, and the treadmill for 30 minutes at a time (eastbankclub.com or 312/527-3500).

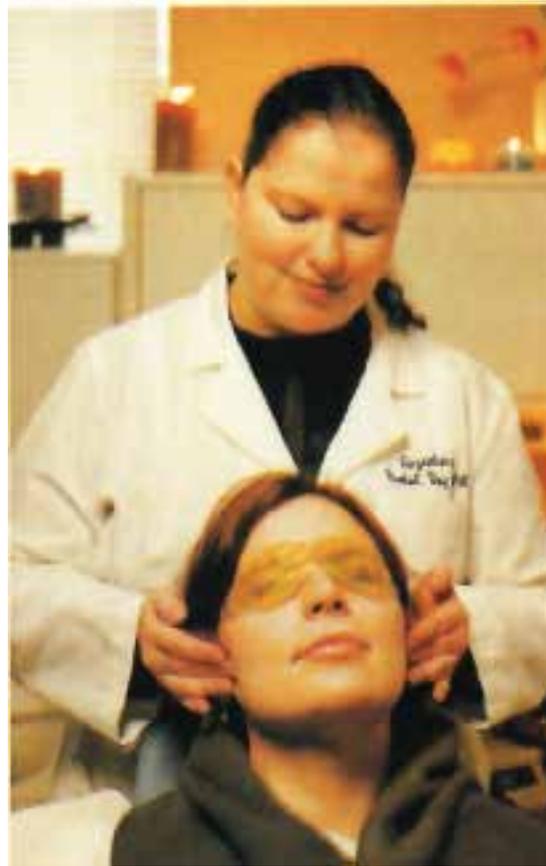
Bikram's Yoga (at Global Yoga, San Francisco) is a rigorous 90-minute workout taught in a room cranked up to at least 100 degrees (415/346-0403).

—M.B.

[EPITOME]

What was hard to bear
is sweet to remember

PORTUGUESE
PROVERB



There were no sounds of screaming drills (or patients) in far-off rooms, just the soothing lilt of piped-in classical music and a babbling water fountain. The receptionist greeted me with a choice of tea or sparkling water, and a small fruit plate. Before I had even settled into one of the plush chairs in the waiting area, she returned with a warm neck wrap that smelled faintly of cinnamon buns. When I climbed into the massaging dentist's chair ten minutes later, a smiling Dr. Rozenberg placed an herbal eyelid compress on my eyes and slipped my hands into heated mitts. My checkup and cleaning were followed by the Prophy Power, a tooth-polishing and whitening treatment that uses a special jet to massage the gums. Dr. Rozenberg had to rouse me after my aromatherapeutic jaw massage, and I nearly asked for a couple of fillings so I could stick around for a few more hours. But she had other patients waiting, so I floated back onto the street a new woman.

I now realize that D.D.S. no longer means "doctor of dental surgery" but "dental day spa." I'll be back in six months, no reminder cards needed.

IT'S NOT VERY OFTEN that you hear someone say, "I'm so stressed out, I really need to make an appointment with my dentist." Your dentist?

When I was a child my parents had to bribe me with candy (a nice irony) to open wide twice a year. When I got older, it took several of those cheerful little reminder cards in my mailbox just to get me to come in for a checkup. I hated squinting into those glaring fluorescent lights, smelling the too-strong odors of dental products, and going eye-to-eye with the dentist. After each appointment, I heaved a sigh of relief that I didn't have to return for another 183 dentist-free days.

But that was before I visited Dr. Lana Rozenberg. When I walked in the door for my first appointment I smelled lavender instead of that stale doctor-y smell. The room was dimmed like a Greenwich village cafe with scented candles flickering on small tables beside vases of fresh flowers.

THE TICKET

The Rozenberg
Dental Day Spa
is located at 45
West 54th
Street in New
York City
For more
information, call
212/265-7724.