

By KRIS FRIESWICK

# Look Like a Million Bucks...

(Without Spending It)

YOUR  
GUIDE TO  
SPA-QUALITY  
PAMPERING  
ON THE CHEAP.



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Whether it's a new cut and color, a deep-tissue massage, a manicure, or a glycolic facial, there's nothing like a little indulgence to get you through February's cold, dark days and nights (and, honestly, who can tell them apart?). Sadly, this perfectly reasonable impulse collides head-first with your resolution to be more fiscally responsible . . . unless you possess the key to low-cost pampering in Boston.

This secret, held close by those in the know, is a little something called "training night." Nearly every salon and spa in the city reserves at least one evening a week during which new hires and even longtime pros brush up on their technique, learn new product lines, or get demos from beauty company representatives. Whether it's a new hairstyle, a revolutionary face peel, or just a routine manicure, they have to practice on *someone*. And that someone could be you. The cost for these services ranges from a fraction of the original price to free, and Lola knows you can afford that.

Worried you'll come out looking like Cyndi Lauper circa 1985, or permanently paralyzed by a shiatsu slip-up? Fret not. All trainees are licensed in their respective discipline but are also overseen by

seasoned veterans. Better yet, oftentimes those veterans will be the ones working on you.

Finding out about this gold mine of low-cost glamour is easy – open your mouth and ask. Odds are the salon or spa that you already adore has at least one or two training nights a week. Some salons will put you on a list, and you'll get whatever cut or beauty technique they're studying at their next training session. Others will try to fit you in on a night when their needs meet yours. Some allow you to book whatever treatment you want with a student for a cut rate. Once you get yourself on a few "training night" lists around town, it's possible to pay next to nothing to keep yourself looking like a million bucks.

For spa services like massages and facial treatments, your best bet is one of the many local beauty schools, which allow you to book appointments with students instead of only offering services on certain nights. Simply Google during your lunch break and let your soon-to-be manicured fingers do the walking. Most schools charge a small fee for services given by students, but it's worth it. Just one fiscally timeless pointer: Don't forget to tip.

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*Kris Frieswick, who writes frequently about money, lives in Boston.*

## Beauty Bargains

*Here's a sampling of outlets for cut-rate cuts and other services:*

**Bojack Academy of Beauty Culture, West Roxbury, 617-323-0844, [bojackacademy.com](http://bojackacademy.com)**

Beauty treatments, haircuts and color, and massage by students or instructors, appointments available

**Cortiva Institute/ Muscular Therapy Institute, Watertown, 617-668-2000, [cortiva.com](http://cortiva.com)**

Massage by students, appointments available

**Dellaria Salon, Boston, 617-262-8750, [dellaria.com](http://dellaria.com)**

Haircuts by trainees on specific evenings

**Elizabeth Grady training center, Medford, 781-391-9380, [elizabethgrady.com](http://elizabethgrady.com)**

Beauty treatments and massage by students, appointments available