

Fall is in the Air!

By Brooke Puglise

With Labor Day weekend flying by and the start of a new season closely approaching, we all hope to have a little time to ourselves for much needed rest and relaxation this autumn. That is, if our busy schedules allow us to even consider relaxing for even one moment!

In the event you are planning time off without your smartphone pinging and email chirping, I have some suggestions for you to unwind.

If a spa day is your cup of tea, look no further than the Natural Body Spa and Shop. With locations all over the metro area, as well as downtown, Natural Body is a relatively easy time commitment and is convenient for most people. Their treatments are reasonably priced and include a Jurlique facial (my favorite) and various massages, hair services, and all sorts of treatments for your hands and feet. Locally, the nearest Natural Body Spas are located in Snellville at the Shoppes at Webb Gin, and in Alpharetta at The Collection at Forsyth. You can also find them in Decatur, Morningside, Buckhead, and Brookhaven.

If you are a foodie, you'll enjoy some of the restaurants featured during Midtown Restaurant week. A great hot spot is Article 14, a Midtown favorite that famously has the "Lawyer Wall of Fame" prominently displayed in its dining room. A personal favorite of mine, Ecco, is known for their Italian fare, or Lure, for delicious seafood. Pasta da Pulcinella is a guaranteed good experience, especially before a show at the Fox, a stroll through the High Museum, or concert at the Atlanta Symphony. If you're by Piedmont Park, Varuni Napoli rivals Giovanni di Palma's Antico for best pizza in Atlanta. Apres Diem is another local favorite with an ever changing tapas menu.

Since September brings us all the joys that pumpkins and pumpkin spice lattes offer, you might be interested in taking the family up to Burt's Farm in Dawsonville. Opening September 1, Burt's Farm has hayrides, a country store, and the biggest, most amazing pumpkins of all time!

