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FASHION POLICE

That's a stretch

[GETUPS GO 'ROUND THE BEND]

By IVANA MARTINI

Note to self: Ease up on the yoga. I've been on a Bikram binge of late, with thrice-a-day classes in a tres hot

room. You never know when you might drop a Skittle under the couch, and I want to be nimble enough to retrieve it. Anyhoo, I was on the receiving line to meet the Queen in New York earlier this week, when it was my time to curtsy hello.

Maybe it was muscle memory, but my legs kept going until I was in full Downward Dog (with a hint of Cobra) before the QEII.

Fortunately, my chum Gremolata Bunion (of the Newport Bunions) was there and saved the day.

"May I introduce Miss Ivana Martini," she said, "the Human Semaphore."

Speaking of problem solving, the get-ups nabbed in this week's fashion bust do just that.

Let me brace for this Royal Shock, and I'll file my report:

▶ HANDS DOWN

Want to break the habit of talking with your hands? Trying to refrain from inappropriate applause? This shoulder skirt does the trick.

ROYAL SHOCK

1 T. Aftershock
1 shot Crown Royal whiskey
Pour a shot of Crown, add a tablespoon of Aftershock and down it.
—drinknation.com



▲ FACE FENCE

I hate when the paparazzi catch me eating at a swanky fete. That's why I'm going to buy whatever the heck this is. You could gnaw on a hambone behind that thing and no one would be the wiser.

AP PHOTOS



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STYLE CALENDAR

SUMMER SALE: Take that, heat! Crush Boutique (131 Charles St., 617-720-0010) is making room for fall goodies by marking select summer merchandise 20 to 60 percent off. Celebrate at the presale party, 4-8 tonight, with summery wine spritzers and light bites.

TREAT YOURSELF: Summer's here and it's time to renew, recharge and relax. Head to Naz Kupelian Salon (311 Woburn St., Lexington, 781-676-7791) to take advantage of a new seasonal selection of Repechage treatments.

Available through August, choose from the full-body Sea Spa Glow (\$75), Lip Plumping Treatment (\$50), Hydra Dew Alternative to Botox (\$45) or Seaweed Facial On the Go (\$55). Or book one of The Spa at Mandarin Oriental's 50-minute Spectacular Summer Soothers. Spring for either a body treatment or a massage, available through July 31, for \$115; \$125 on weekdays. 776 Boylston St., 617-535-8820.

BENOLD BEAUTY: Empire Beauty School celebrates the opening of its

100th school with an open-house event Tuesday, noon to 4 p.m. Prospective students are invited for free manicures and haircuts, door prizes and student competitions. Meet educators and view the student salon. 30 West St., 617-266-2661.

Send listings at least one week in advance to Style Calendar, Julia Rappaport, Boston Herald, P.O. Box 55843, Boston, MA 02205-5843; call 617-619-6429 or e-mail jrappaport@bostonherald.com.

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