

TEST DRIVE

# Wynken, Blynken, and Pod

It's always naptime at Rejuvenate.

By CHANDRA R. THOMAS

NAPTIME MAY HAVE BEEN the hour we dreaded most in kindergarten, but as adults many of us would love the luxury of a short snooze to stave off after-lunch lulls. Before you're tempted to crawl under your desk, you might want to try the private power-napping rooms at REJUVENATE AT THE GARDENS, available for a twenty-minute or longer pick-me-up. Located in Downtown's SunTrust Plaza Garden Offices building, Rejuvenate offers two types of "nap pods" for your forty winks. After purchasing an \$85 card (which bought 100 nap minutes—that's 85 cents a minute if you're counting), I tried out both pods in two fifty-minute sessions.

The first pod, which looks like a space-age leather La-Z-Boy, features a rounded white dome that encircles your head as you recline to the sound of soft music piped in through headphones. The other pod, the "Alpha" chamber, resembles a white, egg-shaped coffin—once inside, I felt like I was waiting to hatch.

Although your head is exposed and there are holes through which your arms may slip, the bizarre egglike contraption is not for the claustrophobic. Initially, the console of flashing lights and knobs above—which allows you to regulate everything from the force of air blowing on your face to the volume of music in your headphones—was a bit distracting, but the adjustable heat and



vibration settings eventually lulled me into a light sleep. The chairlike pod, on the other hand, was less fussy and therefore more conducive to the mission at hand.

Both pods will be most appealing to those who prefer sleeping on their backs. (Also, the headphone cords could be hazardous if you tend to toss and turn.) Most bothersome, though, is the spa's lack of private bathroom facilities. I had to walk bleary-eyed—"bed head" and all—through the high-rise's lobby to reach a public bathroom.

Overall, the pods are probably only practical for the executives working long hours in the building. With rates as high as \$1 per minute, you may be better off making that pallet under your desk. *Rejuvenate at the Gardens, 303 Peachtree Center Avenue, Suite AL-112, SunTrust Plaza Garden Offices, 404-577-4877. For a full menu, including massages and yoga classes, visit rejuvenatespas.com.* ■



MODEL CITIZEN

## Vicki Stern-Brown

Promom Couture founder and CEO **Vicki Stern-Brown** launched her line of tees, tanks, thermals, and stationery in 2004. Her mission? To help end the "mommy wars" between professional and stay-at-home mothers by designing her looks with messages—such as "Vote for Mom" and "Maverick Mom"—that promote *all* moms.

**HAILS FROM** Southern California  
**RESIDES IN** Buckhead  
**MOM TO** Zachary and Lille  
**EXPERIENCE** Practiced law in San Francisco

**ON "MOMMY WARS"** It just occurred to me that it was so absurd—it just mattered that you were a mom. I wanted to get that message out, so I said, "I'll start with T-shirts."

**I CRUSADE TO** rid "stay-at-home mom" from our vernacular. There's no such

thing as a stay-at-home mom. I don't know any moms that really *just* stay at home.

**STYLE INFLUENCES** Everything about motherhood is classic and timeless—we've always been around and we will always be around. Like Audrey Hepburn . . . Our logo is inspired by her eyes.

**MANTRA** Do it all and be it all *as best we can*. I got that from my mom.

**ON PROMOM'S ORGANIC COTTON TEE LINE** We tell our kids, "Pick up after yourself," or, "Your room is a pigsty," but we're kind of leaving the earth a pigsty. As moms, we have to take the lead.

**CELEBRITY FANS** Cindy Crawford (who touted the line on *Oprah*), Angelina Jolie (spotted in an "All American Mom" tank), Heidi Klum, and Reese Witherspoon

[Promom Couture, \$38–\$48, 404-771-3322, promomcouture.com]