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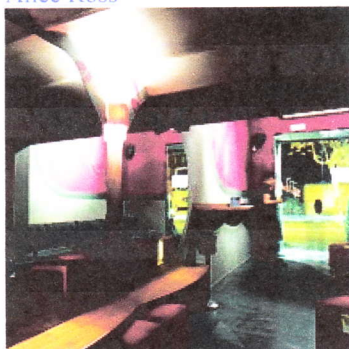
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Alice Ross

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It's widely accepted that air is good for you. Following this principle, in the past decade 'oxygen bars'—where punters inhale pure oxygen from canisters—have sprung up in trend centres like Tokyo and New York. Now it's Barcelona's turn: Shadow Lounge offers its customers four choices of flavoured oxygen, for 15-minute blasts. It's claimed that pure oxygen has a cleansing effect on the body, as well as increasing alertness. The jury's still out on the actual health benefits, and asthma sufferers should steer clear. However, it's certainly a novel experience, especially compared to the decidedly impure air of most of Barcelona's bars. For those who want to re-tox afterwards, the slick, intimate, Shadow Lounge also offers a delicious—but viciously potent—selection of cocktails.

**Shadow Lounge Bar**  
*Consell de Cent 223, Tel. 93 452 4712*



Sitges. Se alquila Apartament o de Noviembre a Mayo, en playa San Sebastian, 1 habitación con vista al mar. €750/mes gastos no incluidos + €750 de fianza. Carmen 93 894 1690 o 617 937 489.

Family in Sant Cugat with 3 little children looking for an english speaking girl to play with them 2-3 days a week. cde Igado@tailor.es

I am looking for fellow fans of american football to watch the NFL on Sky Sports on Sunday nights. josiahgeiger@yahoo.com