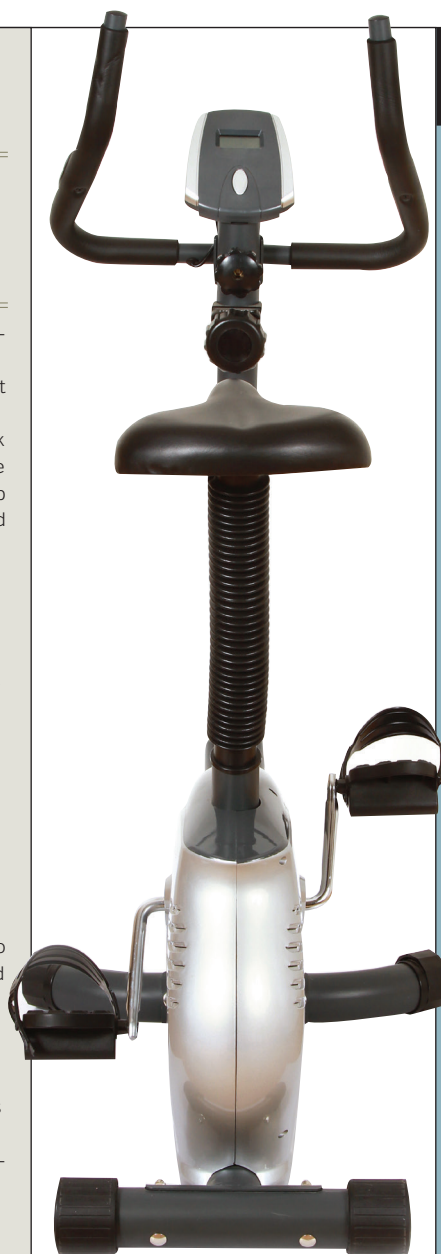




NEW GYM SPARK FITNESS

111 SANDRA
MURAIDA WAY,
STE. 100,
[512] 432-5800
SPARKFITNESS
AUSTIN.COM

Finding the motivation to go to the gym got a lot easier with the opening of Spark Fitness Club. The ultramodern club has personal and team-training programs, state-of-the-art equipment, locker rooms with TV lounges and a soothing eucalyptus steam room. Beyond your standard yoga and spinning classes, Spark offers group sessions like burlesque, cardio funk, Zumba and Kangoo boot camp. Unwind post-workout around the corner at the gym's bar, Black Dog, stocked with coffee, smoothies, beer and wine.



READERS' CHOICE HEALTH & BEAUTY

BARBER
**FINLEY'S
BARBERSHOP**

BIKINI WAX
**BLUSH
SKINCARE
BY ANGIE**

BLOWOUT
**BLO BLOW
DRY BAR**

EYEBROW
WAX
**BEAUTIFUL
ME LLC**

EYELASH
EXTENSIONS
**AT HELLO
LASH STUDIO**

FACIAL
**MILK +
HONEY**

GYM
**STRONGHORN
FITNESS**

HAIR COLOR
**JANET ST.
PAUL, JANET
ST. PAUL
STUDIO
FOR HAIR**

LASER HAIR
REMOVAL
**ANN WEBB
SKIN CLINIC**

MAKEUP
ARTIST
ROCHELLE RAE

MANI/PEDI
EMBELLISH

MASSAGE
**HILLARY
BERGMAN**

PERSONAL
TRAINING
**KIM
STRASSMANN-
EAGLE, EARN
THAT BODY!**

SALON
**WILD ORCHID
SALON**

SPA
**VIVA
DAY SPA**

WOMEN'S
HAIRCUT
**VANESSA
BOHLMANN,
STUDIO
ELITE**

YOGA STUDIO
**BLACK SWAN
YOGA**

NEW SPA SPA SOCIAL

7720 O'CONNOR DRIVE, ROUND ROCK,
[512] 291-6413, THESPASOCIAL.COM

The only thing more fun than receiving spa treatments is getting them alongside your entourage. Spa Social's Social Butterfly parties let friends bond while getting services such as facials, mani-pedis and massages together. Slip into a robe and slippers and enjoy pampering treatments along with access to the indoor pool, jacuzzi, steam room and sauna. The spa also offers services for one, if your idea of heaven is having some time to yourself.



NEW WELLNESS CONCEPT TIE: AQUATONIC FLOAT SPA/ CRYO BODY WORKS

AQUATONIC FLOAT SPA, 4301 W. WILLIAM CANNON DRIVE,
[512] 487-5593, SPAINAUSTINTX.COM; CRYO BODY WORKS,
3501 HYRIDGE DRIVE, [512] 522-0221, CRYOBODYWORKS.COM

When you think of the word "therapy," you probably don't envision floating weightlessly in an i-sopod tank or standing in a -240 F chamber. But the opening of AQUATonic Float Spa and Cryo Body Works made these two alternative treatments available and trendy. Flotation therapy is said to alleviate pain, relieve depression and improve athletic performance and sleep, while cryotherapy claims to stimulate the release of endorphins, reduce inflammation and burn between 500 and 800 calories. Best of all, these therapies don't come with a hefty doctor's bill. **AM**