

**READERS
CHOICE
HEALTH
& BEAUTY**

BARBER

Birds Barbershop

BIKINI WAX

Beautiful Me

BLOWOUT

Blo Blow Dry Bar

EYEBROW WAX

**Stacy James at
Luxe Apothetique**

FACIAL

Milk & Honey

FLOWER SHOP

Freytag's Florist

GYM

Fit & Fearless

HOUSE-CLEANING

SERVICE

**More Hands
Maid Service**

INTERIOR DESIGN

**Heather Scott
Home and Design**

WOMEN'S HAIRCUT

**Janet St. Paul
Studio for Hair**

KIDS' HAIRCUT

Sirens Salon

HAIR COLOR

**Shannon
Briggs Hack at
Janet St. Paul**

MANI/PEDI

**Embellish
Nail & Boutique**

MASSAGE

Milk & Honey

MAKEUP ARTIST

Rochelle Rae

PERSONAL TRAINING

**Kim
Strassmann-Eagle**

SALON

**Janet St. Paul
Studio for Hair**

SPA

Milk & Honey

SHOE REPAIR

**Austin
Shoe Hospital**

TAILOR

**Ace
Custom Tailors**

YOGA STUDIO

Black Swan



HEALTH & BEAUTY

NEW EXERCISE TREND

Spinning

When it rains, it pours! Within the last year, cycling studios have popped up all over town, from **kor180**, **RIDE**, **PureRyde** and **Tetra Fitness** in downtown to **CYC** near UT's campus and **Resolute Fitness** and **CycleFit Sports** in the Hill Country. Featuring high-energy instructors, pounding beats, adjustable bike settings and the capability to burn up to 800 calories an hour, it's easy to see why spin is in. Just be sure to bring a towel, as you will be utterly drenched after this intense workout. *kor180*, 1611 W. Fifth St., (512) 243-7955, kor180.com; *Ride Indoor Cycling Austin*, 117 Lavaca St., (512) 322-5252, ride-indoorcycling.com; *PureRyde*, 507 Pressler St. #900, (512) 474-7433, pureryde.com; *Tetra Fitness*, 1717 W. Sixth St., (512) 480-0262, tetrafitness.com; *CYC Fitness*, 715 W. 23rd St., (512) 298-2292, cycfitness.com; *Resolute Fitness*, 5145 FM 620, Ste. 120, (512) 298-3400, resolutefitness.com; *CycleFit Sports*, 11905 Bee Cave Road, (512) 373-3975, cyclefitsports.com