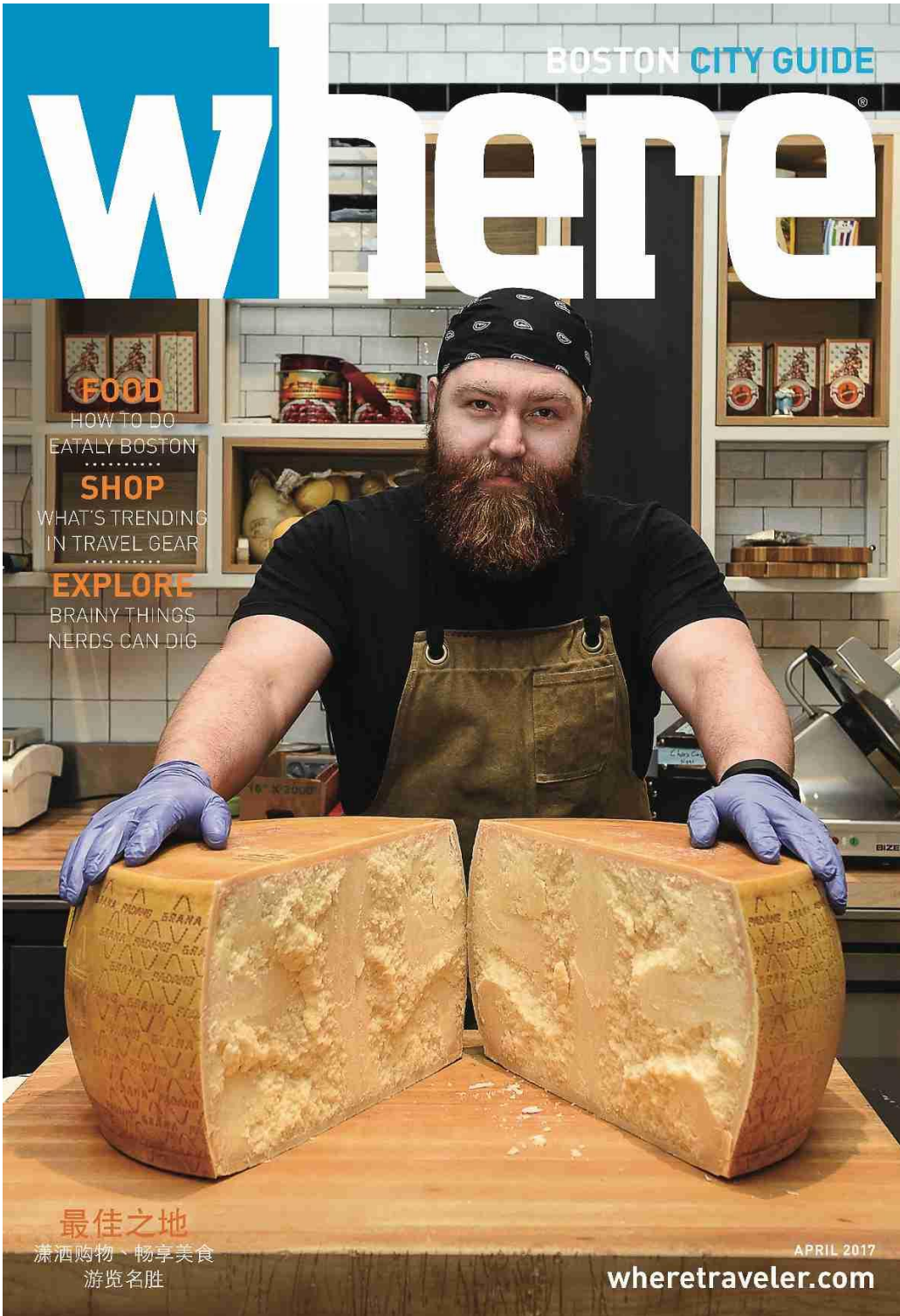


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April 2017

Regional



**BOSTON CITY GUIDE**

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HOW TO DO  
EATALY BOSTON

**SHOP**  
WHAT'S TRENDING  
IN TRAVEL GEAR

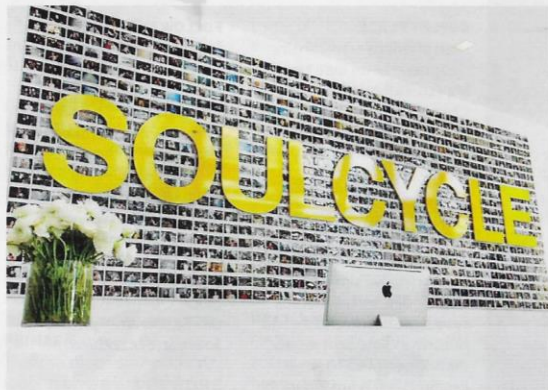
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● THE GUIDE | *Be Well*



**SoulCycle**

The signature SoulCycle workout comes to the Seaport District with a 3,725-square-foot facility featuring 57 bikes and the usual party vibe. The candlelit studio says mellow but make no mistake: These instructors aim to get you sweating like the middle of August, to the sounds of a bespoke playlist. An on-site boutique carries plenty of athleisure styles, so if you forget your kit you can still look great while you pedal your heart out. 101 Seaport Ave., 617.996.7685

**BARBER SHOPS**

**ROOSTERS MEN'S GROOMING CENTER**

Half a dozen barbers treat men to grooming, skin care and relaxation at this new South End rendezvous. A dozen or so services run the gamut from precision cut, shampoo, massage and hot towel treatment to a simple neck trim. Open M-W 10 am-7:30 pm, Th 10 am-8:30 pm, F 10 am-6:30 pm, Sa 8 am-5 pm, Su noon-5 pm. 518 Tremont St., 857.305.3106.

**BEAUTY & PERSONAL CARE**

**MINILUXE**

A spa glow for those on the go, Miniluxe prides itself on its ultra-hygienic hand, foot and skin care, all administered in short order. Manicures, pedicures, mini-facials and more. Open daily 8 am-9 pm. 296 Newbury St., 857.362.7444; 776 Boylston St., 617.684.2769; 81 Seaport Blvd., 617.963.7591; 18 Kilmarnock St., 617.963.7592.

**SKIN SPA NEW YORK**

One of New York's top stops for skin care and beauty treatments also calls Boston's Back Bay neighborhood home. Services include anti-aging treatments, custom facials, massage and laser hair removal. Locals love the membership program, but a la carte services are the go-to for travelers. Open M-F 10

am-9 pm, Sa-Su 10 am-8 pm. 284 Newbury St., 617.236.1444.

**SKOAH**

This Vancouver-based "spa-tique" is welcoming and warm and carries all your beauty and skin care needs. Skoah's facials are highly sought-after thanks to plant-based products mixed with a scientific approach—evident in the "Facialicious" treatment. Open M-Th 10 am-8 pm, F 10 am-7 pm, Sa-Su 10 am-6 pm. 641 Tremont St., 857.350.4930.

**FITNESS**

**BURN FITNESS STUDIOS**

This boutique gym is shaking up workout routines with innovative sweat sessions that keep your body guessing with a multitude of physical challenges. Combining strength training, cardio and flexibility, the classes here are sure to "burn" in the best way. Class schedule and registration available online. 867 Boylston St., 617.651.3625; 547 Columbus Ave.

**EVERYBODY FIGHTS**

Boxing great George Foreman brought the art and intensity of boxing to Bostonians in 2013. Now with two locations, the gym delivers a holistic fitness philosophy with time-tested training methods and high-intensity workouts. Open M-Th 5 am-9 pm, F 5 am-8 pm, Sa-Su 8

am-4 pm. 15 Channel Center, 857.250.4140; 1 Federal St., 857.990.3108.

**NOVEMBER PROJECT**

Born in Boston as a way to stay in shape during the dreary winter months, the November Project movement has grown to a nationwide phenomenon. The premise is simple, get up and at it with morning workouts that include everyone from Olympic athletes to couch-potato converts. See your city's webpage for workout details. *Boston and Cambridge.*

**PETER WELCH'S GYM**

This authentic boxing gym focuses on fostering the qualities of elite boxers: strength, speed, balance and stamina. But you don't have to be a pro to workout here, just come ready to sweat in a no-nonsense atmosphere. Open M-Th 5:30 am-9 pm, F 5:30 am-8 pm, Sa 8 am-4:30 pm, Su 9 am-1 pm. 371 Dorchester Ave., 617.936.8939.

**PURE BARRE**

This popular franchise has been transforming bodies across the nation with toning, isometric movement routines that emulate the art (and intense workout) of ballet. Schedule and registration available online. 350 Newbury St., 617.247.5360.

**FITNESS CENTERS**

**EQUINOX FITNESS**

While the classes and training of this private mind-and-body facility are members only, nonmembers can indulge in the Spa at Equinox, which offers facials, massages, body treatments and waxing. Call for appointment. 131 Dartmouth St., 617.578.8918; 225 Franklin St., 617.426.2140; 4 Avery St., 617.375.8200.

**RECYCLE STUDIO**

Cate Brinch's cycle studios were some of the first to open in Boston, back in 2011. Today, the boutiques are candle-lit, state-of-the-art and designer implemented, in order to put a focus on relaxation and well being. Schedule online. 9 Newbury St., 617.366.9670; 18 Union Park St.

**SWET STUDIO**

Swet Studio hosts a variety of classes intended to raise your fitness level and provide relaxation. Whether you choose an aerial yoga, barre or meditation class, you are sure to have a challenging yet rejuvenating experience. Schedule and registration online. 480 Tremont St., 617.670.0631.

**THE HANDLE BAR**

This large indoor cycling studio features low-lit, music-driven classes where you can clip in and spin away some calories. Walk-ins wel-