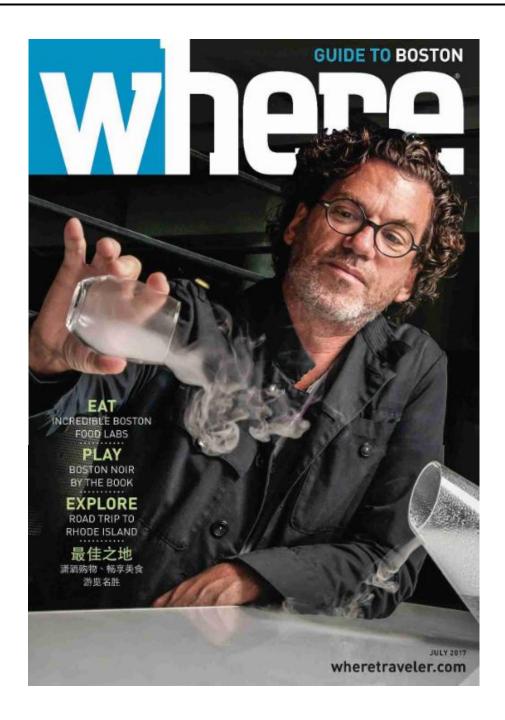


July 2017 Regional



Balans Organic Spa

Now we've all got into the habit of checking the ingredients on pretty much everything we put into—and onto—our bodies, it's good to know that Balans on Newbury Street prides itself on being Boston's 'first and only organic spa." That means skin care with no synthetic additives, coupled with an attentive approach to nutrition, health and lifestyle. Take advantage of their ultra-chillaxing Float Room or try out some Maria Åkerberg body and massage oil with rosemary. 216 Newbury St., 617.424.1500

BARBER SHOPS ROOSTERS MEN'S GROOMING

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-6:30 pm, Sa 8 am-5 pm, Su noon-5 pm. 518 Tremont St., 857:305.3106.

BEAUTY & PERSONAL CARE

ELIZABETH GRADY

Give way to an innovative approach to beauty and skin care at Elizabeth Grady. Services include skin care, waxing treatments, makeup consultations, nail treatments, massage therapy and microdermabrasion. Hours vary by location. 69 Newbury St., 617:536 4447; 1 Winthrop Square, 617:259,1000.

LASH L'AMOUR

Show a little love for your lashes at this boutique beauty care hot spot. Services include everything eyelashand eyebrow-related, from extensions to tinting, waxing and hydrafacials. Open M-W 10 am-7 pm, Th-F 9 am-8 pm, Sa 10 am-6 pm, Su 11

am-6 pm. 129 Newbury St., 617.247,1871.

PYARA SPA AND SALON

Merges Ayurvedic philosophies with modern day, plant-based Aveda products. Treatments range from a botanical resurfacing facial to a meditative chakra balancing massage. Open M-F 8 am-10 pm, Sa 8 am-8 pm, Su 10 am-6 pm. 1050 Massachusetts Ave, Cambridge, 781.270,9200.

SKIN SPANEW 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 à 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, 61238.1444.

SKOAH

This Vancouver-based 'spatique' is welcoming and warm and caries 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 5t. 617.651.3625; 547 Columbus Ave.

CORE DE VIE

Full-service lifestyle center focusing on balancing the mind and body. Offers Gyrotinic, Pilates, yoga classes, massage and acupuncture treatments. The boutique proffers athletic wear and UMI skin care products. 40 Charles St., 617.20.0411.

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.

ETHOS

The ethos here is simple: move well, eat well, be positive. Kettlebell training programs are this studio's bread and butter, but there are group classes and personal training, too. Scheduling and registration online. 477 Harrison Ave. 617,936.4346.

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, 5a-Su 8 am-4 pm. 15 Channel Center, 857.290.4140; I Federal St., 857.990.3108.

FLYWHEEL SPORTS

This indoor cycling studio offers an intense cardio experience aboard a high-tech bike for 45 or 60 minutes. Climb, race and sprint while you listen to "Flybeats" and find you rhythm. Sign up online. 800 Boylston St., 617.300.0388.

NORTH END YOGA

Drop in and take a class for \$16. Owners Alicia Orr and Alessandra Miele have more than 10 years of combined experience as yoga students and teachers, and they offer some 30 classes each week at their studio. 256 Hanover St., 617.227.9642.