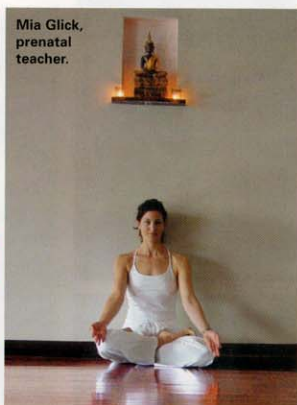




Mia Glick,
prenatal
teacher.



wax island or as all-encompassing as a day-long transforming journey," raves a local fan.

"For two years we operated out of two locations with the salon/spa at one end of Lincoln Road, and Brownes Apothecary at 841" (Brownes & Co.'s current address), Feinberg continues. "In 1997, we merged the salon, spa, and apothecary and 841 Lincoln became a one-stop emporium. In 2002, we took over the entire second floor, moving the salon and spa upstairs. This allowed more space for the apothecary, and in 2003, the Joyella Boutique opened in the far end of the main floor." With the upstairs addition of The Yoga Room, the 7,000 square foot oasis now has it all.

The spa combines creativity with function. The back wall of the spa's entrance welcomes guests with red velvet Moroccan drapes, and each treatment room celebrates a different culture in decor as well as in the services it provides. For example, skin-rejuvenating applications are done in the Tahitian room, while massages are performed in the Marakesh room.

"The Shanghai suite, or luxe lounge, is the perfect getaway for couples or small groups," says Feinberg. "It has two treatment tables and a private bathroom and shower." Tasty treats can be ordered from the endless selection of area bistros.

Special packages have been cre-

ated that combine services from The Yoga Room, the Some Like it Hot Salon, and Brownes Beauty Lounge. Such combinations include "Around the World in a Day," which schedules a treatment in each of the spa's destination rooms; "Chill Pill," a three-hour relaxation session featuring a Margarita Pedicure (with lime and salt) and a hair treatment; and the "Hair Wellness Juice Bar," featuring avocado, grapefruit, and jojoba-based treatments that are both fragrant and beneficial.

After your morning practice and a few spa treatments upstairs, check

out the new arrivals at the Joyella Boutique downstairs. "I basically work with independent designers so everything that I have is pretty unique and exclusive," says owner Jennifer Mielke. "There are a lot of one-of-a-kind pieces that I carry, all from people who are keeping the art in fashion. It's very hands on—[Joyella offers] a lot of craft-oriented and handmade pieces. That's true in terms of the clothing, jewelry—even my swimsuits are by a local designer here in Miami."

Yoga classes run 16 dollars a class for drop-ins; however, packages of 10 or 20 classes are available at discounted rates, as are monthly memberships. "What separates this studio from others in town," says Feinberg, "is the location, the quality of the instructors, and the room. Most studios in Miami are pretty makeshift. There's nothing like this on Lincoln Road. It's not a gym—so many studios are within gyms—and it's a part of everything else that we do [combining health, beauty, and spiritual needs]. People walk in here and get a nice feeling." ☯

For class schedules, check out www.brownesbeauty.com or call 305-538-7544.



With fabulous natural lighting, immaculate cherry floors, and a "built-in" Buddha, the spacious sanctuary offers 16 styles of yoga classes, from Ashtanga to Jivamukti.