



MEET YOU AT LA BARRE

BY MARY GIBBLE

Palm Beach is full of beauty gurus. But few do it better than Anushka Blau. The owner of Anushka Spa, Salon & Cosmedical Centre in West

Palm Beach, Blau recently opened **La Barre by Anushka**. Inspired by a method developed by the late dancer Lotte Berk, the workout combines ballet, yoga, Pilates and core strengthening. Lauren Kornblum, co-founder of La Barre, was trained in the principles of Berk's method and excels in helping students reach their full potential, something I experienced firsthand when attending one of the classes.

To describe myself as a workout novice would be an understatement. Sure, I am a card-carrying gym member, but my fitness prowess begins and ends at the treadmill. My anxieties abated when I learned some of Lauren's students travel from afar just to study the method.

Under Kornblum's guidance, the hour-long class flies by. Pilates-inspired stretches lead into more intense moves on the barre. Exercises on the barre and floor as well as training with bands and weights are all designed to tone muscles and build endurance. Shaking limbs are normal (as I discovered), and first-timers are encouraged to listen to their bodies, though the class is designed for all levels.

Kornblum ends the workout with yoga and a few moments of meditation. I left feeling slightly exhausted but fully rejuvenated. La Barre is the perfect exercise for those looking to sculpt, improve flexibility and enjoy camaraderie with a supportive group of fitness fans. (561-833-9393, labarrestudio.com)

SAY SPA

AFTER A WEEK OF BLISS IN OCTOBER, **NATIONAL SPA WEEK** IS BACK WITH ITS SPRING EDITION. FROM APRIL 15-21, HUNDREDS OF LUXURY SPAS WILL OFFER SELECT SERVICES FOR \$50. LIFESPA IN BOCA RATON WILL HAVE A MASSAGE, A FACIAL AND NAIL PAMPERING ON ITS \$50 MENU. FOR A FULL LIST OF PARTICIPATING SPAS, VISIT SPAWEEK.COM.



IN THE ZONE

At **The O2 Zone**, relaxation is as easy as taking a deep breath. Located in Palm Beach Gardens, the facility is a combo of oxygen bar and spa. Breathe in pure O2 at a specially designed lounge while surfing on an iPad and enjoying a detox beverage. The recommended time for this therapy is 20 minutes, so it's the perfect mini-luxury to add to your daily routine. And in addition to standard spa treatments, The O2 Zone has services infused with oxygen therapy, including a signature facial. Repeat after us: Breathe in, breathe out. (561-630-4040, theo2zone.com)

App for That



THE PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE HAS CREATED A **21-DAY VEGAN KICKSTART** APP TO HELP VEGANS-IN-TRAINING. THE APP PROVIDES PLANT-BASED RECIPES FOR A THREE-WEEK MEAL PLAN OF LOW-FAT BREAKFAST, LUNCH AND DINNER OPTIONS, LIKE APPLE CINNAMON OAT-MEAL AND COUSCIOUS SALAD. APP USERS CAN CHECK OFF INGREDIENTS, BOOKMARK FAVORITE RECIPES AND SEARCH BY KEYWORD. FOR AN EVEN GREATER JUMPSTART, COMBINE THE APP WITH ITS ONLINE PROGRAM. (PCRM.ORG)