

THE LUXURY LIFESTYLE MAGAZINE OF TEXAS

PRIME

LIVING

design
WELLNESS

TRENDING HOME
OFFICE IDEAS

winter
WARRIOR

THIS SEASON'S MUST-HAVE
BEAUTY PRODUCTS

pop, fizz,
CLINK

TEXAS CHAMPAGNE
COCKTAILS THAT ARE
RAISING THE BAR

annual
**HEALTH &
WELLNESS
ISSUE**

unrivaled
TRANQUILITY

10 BESPOKE SPA DESTINATIONS
OFFERING UNIQUE SERVICES

JANUARY/FEBRUARY } \$5.95 US



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» FOR THE ULTIMATE RELAXATION SEEKER

MIZU INTEGRATIVE MEDICINE CLINIC + FLOAT CENTER

One of the hottest new health trends is where health and wellness meets relaxation. Throw in a luxury environment and you have MIZU Integrative Medicine Clinic + Float Center located in Houston and opened in 2016. MIZU offers three private suites; each includes a state-of-the-art floatation pod, a shower and changing rooms, ensuring all patients have a secluded, luxurious experience.

Floatation Therapy, also known as Restricted Environmental Stimulation Therapy (REST), has been shown, through clinical research, as a means to induce deep relaxation, promote meditation, reduce stress hormone levels, relieve joint and muscle pain, and lower blood pressure. Each floatation pod, resembling a sleek, futuristic spaceship, is filled with a highly saturated solution of magnesium sulfate salt and water, causing the body to naturally float and the musculoskeletal system to decompress, relax and stop fighting gravity.

Additional services offered at the clinic include preventive care, wellness exams, chronic care management, herbal medicine, acupuncture, cognitive behavioral therapy and nutritional medicine. mizumed.com

» FOR THE PAMPERED ENVIRONMENTALIST

PALOMA

Helping to revolutionize the beauty industry, recently opened Paloma provides a refined, non-toxic beauty experience. This next-generation salon offers toxic free nail polishes, polish removers and organic creams. Paloma founder Maryam Naderi utilized her extensive beauty service experience from around the world and founded the salon concept on the belief that beauty and wellness can coexist. "My mission was to create a beauty destination for the modern person to enjoy a toxic free nail experience in an aesthetically appealing environment," Naderi says. Offering custom waterless manicures, pedicures and exfoliate massages, Paloma invites guests to enjoy luxurious amenities and service. facebook.com/palomabeauty

MIZU | PALOMA | KEVIN MARPLE



» FOR THE CAKE DREAMER

SUSIECAKES

Offering a variety of nostalgic desserts in a friendly, old-fashioned neighborhood experience, SusieCakes recently opened a second location in Plano. Owner Susan Sarich honors her grandmothers, Mildred and Madeline, in her dedication to their baking traditions. "You most likely recall a cake as part of your life's milestone celebrations. Cake has the unique ability to connect us with the people and events of our past," Sarich says.

Offering the services of a celebration specialist, a cake connoisseur is available for guests to work with to create their dream custom confection. Equipped with an iPad full of photos for inspiration, the celebration specialist hosts tastings by appointment and guides guests on creating the perfect dessert spread for any celebration. susiecakes.com

