

[health | fitness | diet | sport | style | life]

AUSTIN **FIT**

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magazine

10

OF AUSTIN'S FITTEST PEOPLE

featuring

Kristin Armstrong

Paul Carrozza

Susan Cooper

and more...



AUGUST 2006 | FREE

TOWN LAKE TROUBLES + MIRACLE 4 MEGAN + TEEN STEROID USE

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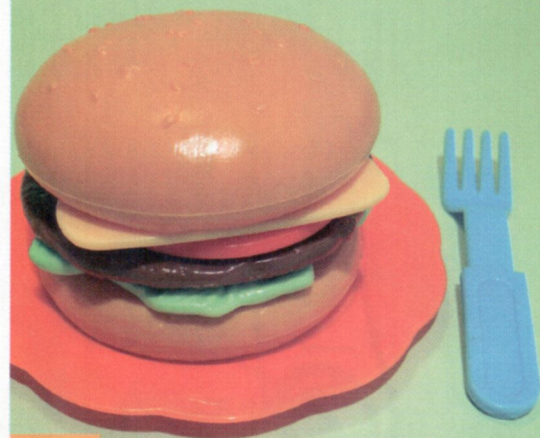
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WIN AN ART CLASS

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RESTAURANT REVIEW



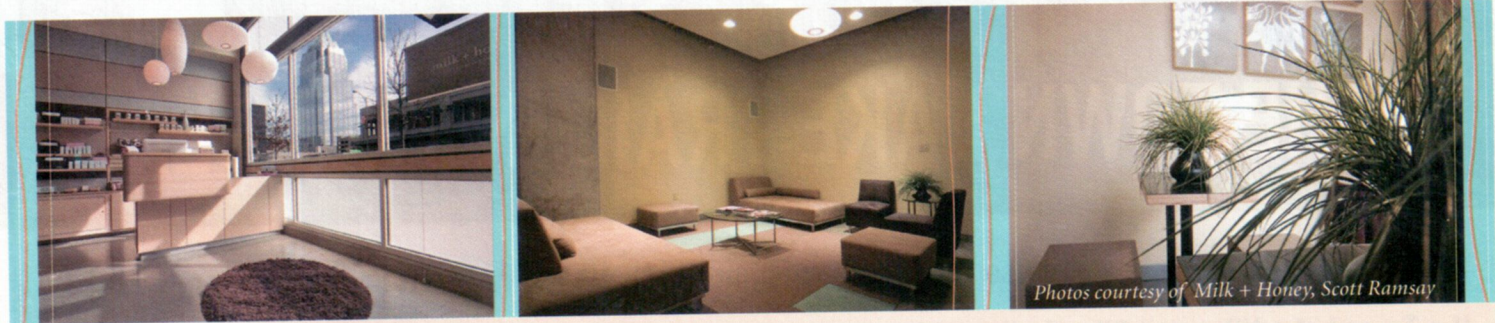
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SKIN SAVVY



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SPORTY SPA TREATMENT



Photos courtesy of Milk + Honey, Scott Ramsay

THE TOWN LAKE HIKE AND BIKE TRAIL

may be one of Austin's most cherished spots for taking in the gorgeous views while working up a sweat, but all that gravel and hard pavement can really take a toll on the body. For just that reason, **Milk + Honey Spa** in downtown Austin has created a special package designed specifically for runners, walkers and bikers. Aptly named, the "Hit the Trail Retreat," is the perfect way to relieve sore muscles after a long run. It starts with an hour-long warming massage, targeting the areas that get the most work while you're working out. Soothing oils and a

heating pad help to relax the body while a trained spa partisan works to get the kinks and knots out that can build up after a run. By the end of the hour, you'll feel so loose and comfortable that you may even start to doze off. But don't sleep through your sports pedicure! First, your tired feet will soak in a bath of soothing birch and arnica. Next, you'll receive a luxurious foot massage focusing on the areas that take the most abuse. Finally, pick out your favorite color of polish to ensure that you look your best both on and off the trail! For more information about this unique package, visit www.milkandhoneyspa.com.