

MODERN LUXURY

HOUSTON

Holding Court

Chris Paul Pays
It Forward



THE LUXE LIST

2019's Best Bets
for Health, Style,
Fitness, Design
& More!

BROOD CHIC

Kids' Fashion
Grows Up

PLUS

A Fresh Face
at CAMH



THE

LUXE LIST

JAPANESE TASTING MENUS, PET SPAS AND CUSTOM SUITS, OH MY!
OUR GUIDE TO THE CITY'S LUXURY FINDS WILL SATISFY THE MOST
DISCERNING HOUSTONIANS.

BY THE EDITORS WITH ROBIN BARR SUSSMAN

Fitness & Wellness

Stretch, sweat and become your best self at our favorite fitness and wellness finds across the city.

BEST TRAINER TO THE STARS

Dose Khan at Nine Innovations (5805 Star Lane, ixinnovate.com) Though it specializes in football and baseball training, IX Innovations accepts clients with various fitness goals. Book a session with head athletic trainer Dose Khan, who has worked with the likes of Megan Cushing and the Houston Dash's Kealia Ohai.

MOST INNOVATIVE GROUP CLASSES

Equinox (4444 Westheimer Road, equinox.com) Come for the luxurious facilities and cold eucalyptus towels, and stay for the trailblazing fitness classes (Trilogy Barre, anyone?), of which there are 120 per week.

MOST TRANQUIL GYM EXPERIENCE

The Preserve (3303 Audley St., thepreservehouston.com) This 15,000-square-foot nature-inspired fitness sanctuary features naturally lit spaces, a patio and garden with a yoga deck, a 25-meter temperature-controlled saltwater pool, and more; plus memberships are limited, so there's never a line for the shower.

BEST RESORT SPA EXPERIENCE

Trellis (1111 N. Post Oak Lane, houstonian.com) The ultraluxe spa at the Houstonian offers 20 treatment rooms, with coveted services like the Diamond Rose Experience (\$720, which includes a facial, body treatment, mani-pedi, lunch

or dinner, and a spa gift). The best part? You don't have to leave. Book a night at the iconic hotel and let the luxury continue.

MOST LUXURIOUS WAIT ROOM EXPERIENCE

Aesthetic Center for Plastic Surgery (4400 Post Oak Parkway, Ste. 300, mybeautifulbody.com) ACPS recently opened its new 12,000-square-foot office in the Galleria area, which is complete with chandeliers, wood floors and roomy lounge furniture. Have a glass of seasonally infused water or tea as you wait for a consult.

MOST TENURED YOGI

Robert Boustany (2303 Dunlavy St., pralayayoga.com) This 40-year yoga veteran created the research-

based Pralaya, which he teaches out of his studio in Montrose. He holds a masters in physics and is known for a detailed understanding of the anatomy and physics of yoga poses. Book a 60-minute one-on-one class for \$140.

BEST FOR GETTING YOUR CHAKRA ON

Lori J. Earley at Phoenix Rising (1219 S Shepherd Drive, phoenixrisingacu.com) This buzzy acupuncture clinic, which moves to a new address this month, provides holistic treatments that work to expand consciousness and balance the chakras, and cupping to aid in blood circulation. Its fearless leader, board-certified acupuncturist, herbalist and reiki master, Earley, is the real deal.



The Preserve gym has luxurious steam rooms in each locker room.