



## Destination Yoga:

# An Updo and a Downward Dog

This Miami hot-spot is a one stop shop for beauty, wellness, and spirit

In the heart of Miami's South Beach, on the famous Lincoln Road, glows Brownes & Co., a Zen oasis. Home to 5 shops—Apothecary, Some Like It Hot Salon, Joyella Boutique, and Brownes Beauty Lounge—Brownes & Co. has drawn such celebs as J. Lo, Puff Daddy, Tyra Banks, Gloria Estefan, and Bette Midler. Recently, another dimension was added to the mix: The Yoga Room, a top-notch yoga studio.

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. The studio

has also lured some of the area's best instructors. "I've practiced yoga for over 15 years," says co-owner Gary Feinberg. "I'm fortunate that I've been able to study with, then hand pick the instructors I've wanted to work here." Nikki Mallon, Feinberg's wife and fellow co-owner, is a London-trained colorist who opened the Some Like It Hot Salon in 1991, when the Miami fashion scene first began to explode. "The beach was just 'happening' in terms of the models," explains Feinberg. "It was pretty interesting. But there was no groovy hair salon, which is what Nikki wanted to open." Needless to say, the

doors to Some Like It Hot Salon did open, and it was an instant hit.

A few years later, Apothecary, a retail store serving up a wide variety of cosmetics and fragrances, was added. Feinberg explains, "We developed the reputation as South Florida's source for hard-to-find international beauty lines and became a magnet for models and celebrities."

Brownes Beauty Lounge, a full-service spa, opened in 1995, offering a wide range of services from massages and body scrubs to nourishing body wraps. "A visit to Brownes Beauty Lounge can be as quick as a no appointment trip to the express

