



FRESHJUICE

+ bubbly

City Wellness Guide:  
*Atlanta, Georgia*

# Welcome!

A massage at The St. Regis Atlanta Spa. Barre class at Exhale Spa. A Guac It Out bowl at Upbeet. These are a few of my favorite Atlanta wellness things.

Regardless of whether you call this southern city home (like me) or you're just visiting, this guide aims to provide you with the intel to pick and choose your wellness experiences wisely — especially in a world with Covid-19. Using the [experience](#) I've gained over a decade as a wellness journalist and 20 years in the fitness industry, I've provided 24-hour itineraries for two of my favorite Atlanta neighborhoods: Buckhead and Midtown. (And FYI, if you're looking to spend more time in the city, just combine both itineraries. The neighborhoods are side by side, so your travel time will be manageable.)

Each plan includes my favorite Atlanta finds or the spots that are high on my to-try list in the following categories (complete with any discounts available for the FRESHJUICE + bubbly community):

-  Hotels
-  Fitness
-  Activewear
-  Spas/Recovery/Beauty
-  Healthy Eating
-  Outdoor
-  Best Spots for Fresh Juice and Bubbly
-  Indulgent Dinner

You'll also find my nine packing picks for your time in the ATL, and a category-based listing of all businesses highlighted in the guide.

OK, now that you know the basics, let's start planning your perfect day of Atlanta wellness...



Visiting a new city and looking to experience local fitness classes, juice bars, and spa treatments — but not sure of where to start? Atlantans, what if you could have a buddy to arrange and guide you through your custom itinerary?

Are you interested in planning a more personalized wellness experience in Atlanta? [I can help.](#)

## COMING SOON...

New FRESHJUICE + bubbly City Guides will be added quarterly! [Subscribe to the newsletter](#) to ensure you're the first to know when new guides are available.

24  
HOURS



*in Buckhead*

## Rest your head here

Located less than a mile from my house, [The St. Regis Atlanta](#) is my favorite spot for a staycation. The service and in-room deep soaking tubs are stellar. Plus, I was impressed by the measures they took to make me feel safe during a stay in the midst of the pandemic (think individual hand sanitizers in your room and a mask requirement throughout the hotel). Finally, all of the spots mentioned in the itinerary are within about two miles of the property, so the location is perfection.

## 8:00 AM | Pick a workout to suit your fitness taste

### [BURN Studios](#)

*\$27 for a Single Class*

If yoga, cycling, or kickboxing (my favorite format here) are your cup of tea, head to the BURN Studio location on Roswell Road. And FYI, the studio is offering outdoor classes for those who aren't quite comfortable working out indoors yet.

### [SculptHouse](#)

*\$15 First Class Special*

Fans of the Megaformer (a Pilates-based machine) will love a SculptHouse class. You can

opt for a sculpt-only class, or try my go-to pick — CardioSculpt. For me, it's the best of both worlds: resistance training plus a cardio session on curved treadmills. Post-class, don't forget to check out the activewear boutique, which is full of luxe brands like Bala, Alala, and Year of Ours.

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### INSIDER TIP:

“Our method is so different from anything else out there, which is why it is so effective,” said Katherine Mason, founder and CEO. “But like anything that is new and different, it takes a few sessions to get the hang of it. Don't be discouraged! We can all look back at our first Megaformer class and remember that it was a little confusing — moves have names like ‘catfish’ and ‘bear.’ But we like to say that after four sessions or so, you start getting the hang of it and start seeing the results!”

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### [PATH400 Greenway](#)

Prefer to go for a run or walk outdoors? Check out PATH400, which runs along the spine of GA 400. Once complete, it will provide a 5.2-mile greenway through the heart of Buckhead, connecting neighborhoods, office, and retail locations with a path for bicyclists and pedestrians.

## 9:30 AM | Grab a green juice

Stop into [Sama Food for Balance](#) for a post-sweat session Six Taste juice (cucumber, celery, apple, dandelion, lemon, and ginger) or a Verdant smoothie (pineapple, kale, chia, and mint). Need something a bit more filling? I love that this healthy spot that uses Ayurveda principles and seasonal, market-fresh ingredients also offers toast and oat and brekkie bowl options.

## 10:30 AM | Scoop up a pair of must-have leggings

In addition to offering Megaformer classes at their Buckhead studio, the [Stellar Bodies boutique](#) has been one of my go-tos for years for a trend setting activewear selection. With brands ranging from KORAL to Ultracor, the boutique offers something for everyone. Plus, they have an [online boutique](#) where you'll receive 10% off your first order (with in-studio pick up available).

## 12:00 PM | Savor a healthy lunch

Known for their assortment of nutritious but delicious soups, salads, and burgers, you can eat healthy without feeling like it at [Cafe West Express](#). (The Green Miracle and Chicken Wellness soups are two of my favorites!) Pair your meal with one of the enhanced waters or green juice, and you'll be good to go until dinner.

### INSIDER TIP:

"We're the 'Home of the Soup Cleanse,'" said Tammy Stokes, founder. "Our soups are not only delicious but some of the most nutritious on the market. And our Green Burger is famous and was featured on TV — it's that good!"

### BUCKHEAD RECOMMENDATION:

"I love [Aillea](#), which is a clean beauty boutique," Stokes said. "It's located next to Cafe West Express and are a go-to for clean makeup and skincare. Plus, they provide free samples of things, so you have the benefit of being able to try before you buy."







Photo Credit: L - Kate Blohm, R - Carlos Maldonado

## 1:30 PM | Just say “spaaaaah”

If you love a traditional spa experience, complete with a glass of champagne and fabulous relaxation room, head back to the hotel for a visit to the newly reimagined [St. Regis Atlanta Spa](#). I’m a fan of the 50-minute massage options (especially the Signature Muscle Relief option, which is 50 minutes of moderate stress relief that will make your muscles melt). Facials and nail services are also available. And rest assured that the spa is committed to Covid-related safety measures, including staggering appointments so that a limited number of guests are gathered in the lobby at any given moment (and to allow for proper cleaning of treatment rooms and equipment between appointments).

### INSIDER TIP:

“Don’t have time for a facial? Add a Knesko mask to your massage,” said Steven Carbajal, spa director. “Powered by reiki, gemstones, and the chakra system, these face, lip, or eye masks are designed to address fine lines and wrinkles, puffiness, dryness, uneven tone, and other areas of concern.”

Looking for a less traditional spa experience? Head to [SweatHouz](#) to detox your body in an infrared sauna. During your one-hour experience

in your private suite, you’ll be treated to a 45-minute sweat and 15-minute refreshing shower designed to rehydrate and tone your skin post-sweat. Even better, your first session is free when you book in person or over the phone with proof of your Atlanta City Wellness Guide purchase!

### BUCKHEAD RECOMMENDATION:

“We love [Corrective Chiropractic](#) in Buckhead — Dr. Taylor is amazing,” said Amanda Zimmerman, SweatHouz operating partner. (SweatHouz is a Legacy Franchise Partners brand owned by Jamie Weeks who also owns Honors Holdings, which is the leading OrangeTheory franchisee.) “They customize treatment plans that go beyond typical adjustments. It’s more of a lifestyle change.”

## 4:30 PM Make your hair happy

Prepare for your evening of indulgence with a shampoo and blowout at [White Salon and Spa](#) — where I’ve been getting my hair done for years. The environment is chic but cozy, and the service is stellar. And FYI, mention the FRESHJUICE + bubbly City Wellness Guide discount when you book by phone, and you’ll receive your shampoo and blowout for only \$30!

### INSIDER TIP:

“Your safety and comfort are our top priorities,” said Max Sanchez, owner. “During the pandemic, we’re limiting our staff working to three people, and we’re available seven days a week to meet your scheduling needs.”

### BUCKHEAD RECOMMENDATION:

“Because FRESHJUICE + bubbly is known for healthiness and indulgence, I’m going to recommend my favorite for a delicious Thai dinner: [Chai Yo](#),” Sanchez said. “I love this spot because it’s an under-the-radar option for some of the best Thai food in Atlanta!”







## 6:30 PM | Toast the day with a glass of bubbles

Feel like you're enjoying a glass of champagne at a Parisian cafe without ever having to hop the pond. Since I moved to Buckhead, the bar at [Le Bilboquet](#) has been a favorite spot for before-dinner-drinks and delicious meals alike. Plus, Bilboquet offers a brilliant patio that is the perfect spot to sip that bubbly when the weather is warm.

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### INSIDER TIP:

“Dining at Storico Fresco is our best attempt to bring you back to Italy, as we only serve traditional Italian dishes with recipes that go back to ancient history,” said Pietro Gianni, co-owner. “As a first timer, we definitely suggest trying our Cacio e Pepe — handmade chitarra pasta with a blend of pecorino and black pepper that is just so unique — or the Ravioli Spinaci.”

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## 8:00 PM | Indulge in an Italian feast

Continue your trip abroad with a stop in Italy. [Storico Fresco Alimentari e Ristorante](#) is the closest thing I've found to an authentic Italian restaurant and gourmet market in Atlanta. Typically, I eat dinner here once a week. (Oh, and they offer half-priced bottles of wine on Mondays!) Although there are certainly healthy options like a whole Branzino, served alongside a fennel salad, my go-to dishes are the Lasagna alla Bolognese or the Ravioli Spinaci (a pillow-like ravioli filled with spinach and cheeses, bathed in brown butter and sage). Oh, and if the fried squash blossoms are in season and on the menu, order them. You're welcome.

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### BUCKHEAD RECOMMENDATION:

“Our neighbor, [SculptHouse](#), is one of my go-tos for staying in the best possible physical and mental shape,” Gianni said. “Their combination of human-propelled treadmills and Megaformers allow for a unique workout that strengthens the core and all muscle groups, while allowing for an intense but low-impact running experience that is truly unique.”



24  
HOURS



*in Midtown*

## Rest your head here

Welcome to the luxury hotel in Atlanta that has held a special place in my heart since my mom and I first stayed here when I was a teenager: the [Four Seasons Hotel Atlanta](#). I've celebrated birthdays and my divorce here. I've spent working weekends here when I needed to focus on nothing but making an article deadline. And to this day, many of the current and former staff members are some of my favorite friends. During a stay, you can expect service with a smile, beautiful views of Midtown, and stellar Covid-19 safety measures (think a temperature check when you arrive and a kit in your room that includes personal hand sanitizer, a wipe, and a disposable mask). In addition to a 24-hour state-of-the-art gym, I also love that the property offers Peloton bikes for use in the fitness studio — or in the privacy of your guest room.

## 8:00 AM | Grab a green juice

Get your green juice fix for the day at [Clean Juice Westside Village](#) by ordering The Glow One (organic apple, cucumber, kale, and spinach) or The Protection (organic cucumber, pineapple, and spinach). Looking for something a bit more filling? Try one of the toast or acai bowl options. And BTW, if you're a first-time customer, you will get 25% off any one item and \$10 off each day of a one- to five-day organic cold-pressed juice cleanse.

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## INSIDER TIP:

"If you know you aren't receiving enough nutrition in your daily life, an organic juice cleanse from Clean Juice can help," said Stephen Schrock, owner. "Think of a Clean Juice cleanse as a reset for your system. Not only are you flooding your body with more vitamins and minerals than you'll receive through a typical diet, but you're also allowing your body to rid itself of toxins that build up from the foods we eat and the substances we're exposed to in our environment."

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## MIDTOWN RECOMMENDATION:

"Check out our neighbors — [Yonder Yoga](#) and [The Refinery](#) — for a good workout before or after you stop by Clean Juice," Schrock said.





## 9:30 AM | Pick a workout to suit your fitness taste

### Stellar Bodies

*First class is \$20*

Not only does Stellar Bodies have a location in Buckhead, the fitness brand known for being Georgia's first Megaformer studio has a location a few blocks from the Four Seasons Hotel Atlanta. But, I recommend visiting their newest studio in West Midtown at The Works — it's stunning. Regardless of which location you visit, you can expect the same challenging low-impact workout. I can say that when I take a class at Stellar, it's never easy — but, it's always rewarding. Also, private training sessions are available.

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### INSIDER TIP:

"All good things take time, and Stellar Bodies wants to make sure that our clients understand the importance of going slow and being patient with their body," said Amy Selig, owner and founder. "The movements that we do are slow, in order to engage your muscles and lower your momentum. Given it's a low-impact and high-intensity workout, we know that it can be shocking for a first-timer to understand the arduous process to complete their first class. This method has a longer learning curve, so we emphasize leaving the ego at the door and having fun!"

### Exhale Spa

*\$30 for a Single Class*

Long before I taught classes at Exhale, I was a member who regularly took barre and yoga here. So, I enjoy taking classes at this studio just as much as I like teaching them. In addition to barre and yoga, you'll also find cycling, HIIT, and cardio classes with some of the best teachers I know. (And definitely check to see if I'm on the schedule — I love to meet members of the FRESHJUICE + bubbly community in-person!) Plus, Exhale offers a full-service spa (where I regularly get my nails done and massages), and a boutique filled with activewear brands like Alo Yoga and Lululemon as well as beauty products.

### BeltLine

Take in some art by artists from Atlanta and beyond while enjoying a walk, run, or bike ride along Atlanta's BeltLine. The BeltLine is a sustainable redevelopment project that will ultimately connect 45 intown neighborhoods via a 22-mile loop of multiuse trails, modern streetcar, and parks — all based on railroad corridors that formerly encircled Atlanta.

## 11:30 AM | Savor a healthy lunch

Organic bowls, smoothies, toast, and superfood lattes — oh, my! Welcome to Upbeet, one of my favorite fast-casual — but chic and healthy — restaurants in Midtown. When it comes to

lunch, this spot is known for its grain-based bowls (my go-to is the Guac It Out) and salads (I'm a fan of the Pesto Manifesto). Grab one of these options with a housemade cayenne ginger lemonade and head to the patio tables for the perfect day of wellness lunch.

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### MIDTOWN RECOMMENDATION:

"One of my favorite beauty spots is Little Barn Apothecary," Wallace said. "Born in Atlanta, LBA's products are 100% vegan, cruelty free, and truly all-natural. Each botanical ingredient is selected by hand, and each product is carefully crafted in small-batch apothecary tradition in their micro facility in Atlanta."





STELLAR  
BODIES



## 1:30 PM | Get the right gear

From that perfect pair of ski pants to trail running shoes, the [Mountain High Outfitters](#) location at Ponce City Market has the selection of gear and activewear that you need for your outdoor activities. You'll find brands like Patagonia, Hunter Boots, The North Face, and even beauty brands like Coola.

## 2:30 PM | Embrace your inner mystic

If you're like me and like a little woo-woo with your wellness, head over to [Modern Mystic Shop](#), which is also at Ponce City Market. I love the way this spot describes itself on its website: "Modern Mystic Shop is your family owned resource for intentionally made, small-batch, metaphysical goods. We carefully curate each crystal, candle, and deck to ensure they bring high-vibe magic into your sacred space." The shop offers beauty items like a Full Moon Bath Bomb and rose quartz facial rollers, and walk-in readings and tarot readings by appointment.

## 4:00 PM | Just say "spaaaaah"

Head back to [the Spa at Four Seasons Hotel Atlanta](#) to enjoy a host of services including the Piedmont Polish signature body scrub, one of a variety of specialized massages (I'm always a fan of the custom option), or the treatment that

has been on my to-try list: the Celestial Black Diamond Nonsurgical Lift Facial.

Then, take some time to read a good book or have a quiet moment in the heavenly relaxation room. Also, if you're ever available from 5-7 p.m., Monday through Thursday, be sure to stop by the spa for its unique Happy Hour where you enjoy two 25-minute treatments from a set menu and a glass of Prosecco or sparkling cider.

### INSIDER TIP:

"When first coming to the spa, explore the array of options we have available," said Eric Kittay, spa director. "Dive into the menu, see what appeals to you, and don't be afraid to ask the spa attendants about the treatment experience, as well as intended results. You are encouraged to ask questions and connect to our craftspeople. We want to get to know you and customize an experience to match your desired outcome."

Looking for a less traditional spa experience? Chill out with a treatment at [Icebox Cryotherapy](#). This cold therapy is known to help with a host of health issues ranging from pain management to helping with circulation and reducing inflammation. So, how does it work? For three minutes, you step into a booth and are immersed in a deep nitrogen-fueled cold. I can confirm that it's a mighty chilly experience, but it's not

painful — and I felt invigorated and energized following my treatment. Or, if you're looking to ease your way into trying cryotherapy, try one of Icebox's CryoFacials. And FYI, when you book online with code GJAB21, you'll receive 10% off all regular-priced services!

### INSIDER TIP:

"Icebox offers a Jump Start initial visit offer that gives all new clients a taste of Icebox and how we can elevate their recovery and wellness goals," said Alia Alston, founder and owner. "Compounding our cryotherapy services is so important, so come back and see us soon after your first visit. Cryotherapy is great after a hard workout, before a yoga class, or when you wake up with an achy back!"







### 6:30 PM | Toast the day with a glass of bubbles

On a warm evening, there's no better place to sip on a glass of bubbly than the patio at [Barcelona Wine Bar](#) in the Westside Ironworks. Enjoy the people watching while you snack on one of the tapas options that this restaurant is known for. (I highly recommend the crispy brussels sprouts or chorizo with sweet and sour figs.)

### 8:30 PM | Indulge in a cozy-but-chic steakhouse feast

I can't say it any better than [Marcel's](#) website, "Marcel is a return to the days when people appreciated every moment, when dull care was forgotten, when love lingered over the best meals — including, pound-for-pound, the best steaks money can buy." The ambiance is as intriguing as the sips and bites, with low lighting, dark leather and wood, and white table cloths. Oh, and the food! Some of my must-orders include the clams casino, filet madame, and pommes dauphinoise. Every bite is like heaven on a fork.

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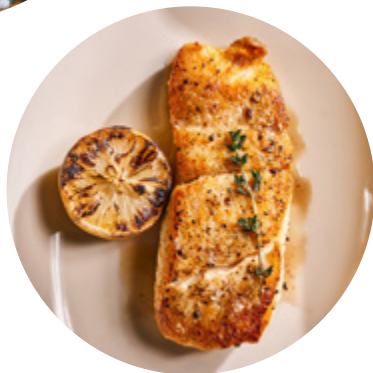
#### INSIDER TIP:

"If you're looking for more healthful options, we offer our plateaus featuring a variety of fresh seafood options from cold to hot, plus a selection of oysters, lobster, clams, crab, shrimp, and scallops prepared fresh daily," said Cowin Mills, general manager. "Additionally, the salad options at Marcel are our spin on the classics, which stick to simple recipes that lend to healthier eating. For example, Salad Marcel encompasses kale, frisée, fennel, apple, hearts of palm, haricots vert, and other seasonal veggies. Chef Adamson has also recently introduced a vegetarian and vegan option to the Marcel menu with a gnocchi with wild mushrooms and butternut squash ragout — which will update seasonally."

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#### MIDTOWN RECOMMENDATION:

"Our neighbors at Westside Provisions District have some great wellness-focused options including [Pure Barre](#), [Lululemon](#), and [Row House](#) — and coming soon, [Flower Child](#)," Mills said.



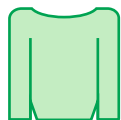
# 9 Packing Picks



## [Pheel Safe Masks](#)

Start at \$12

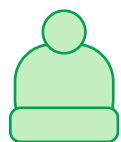
This mask option has become my choice for everything from working out to running errands. In addition to the fact that these nonsurgical face masks come in a variety of cute colors, they are made of the moisture-wicking and breathable fabric that Pheel uses for its activewear line.



## [Beyond Yoga Just Chillin' Long Sleeve Pullover](#)

\$79

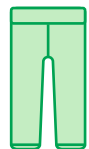
This long sleeve option is perfect for when it's too chilly for a T-shirt but not quite sweater weather. Plus, the white, black, or grey pullover looks at home whether you're at the barre or headed to brunch.



## [Spiritual Gangster Namaste Pom Beanie](#)

\$35

On chilly days, you'll find me sporting this snuggly beanie. I love that it allows me to wish everyone well — without ever having to say a word.



## [Noli Liquid Legging](#)

\$80

I found my Noli's in an activewear boutique over a year ago and now have four pairs. These shiny stars are my go-to for the barre and the bar.



## [Vee Collective Tote](#)

\$242

Style meets function in the Vee Collective's medium tote. This bag is water repellent and offers two large zippered compartments, extra subdivision pockets, and a detachable pouch for bonus storage. It's the perfect bag to get you through a day of wellness around Atlanta.



## [Emi Jay Tanks](#)

\$44

"Messy Bun & Getting Stuff Done," reads one of my favorite Emi Jay tanks. I probably have about six of the various super-soft cotton workout tanks that always feature clever sayings. Love.



## [Body Glide](#)

\$9.99 (1.5 oz.)

Summer in Atlanta is hot. And when I run or walk, I sweat. I've tried various powders and potions to help with chafing, but nothing has worked — until Body Glide. You apply it to the chafeable area pre-run. (It's not greasy or uncomfortable.) And it works like a charm!



## [Lululemon Hotty Hot Short II 2.5"](#)

\$58

In 2019, I bought a pair of these shorts for running and fell in love with the length, built-in liner, and discreet pockets for a credit card and key. Since then, I've invested in four additional pairs. Enough said.



## [Slip Sleep Mask](#)

\$50

A little luxury for your eyes — that's the best way for me to describe this sleep mask made from long fibre mulberry silk. When I travel, this mask goes with me. Anywhere I rest my head, I can block out the world and get a good sleep.

# Business Listing (By Category)

## Activewear Boutiques

[Exhale Spa](#)

Midtown

[Mountain High Outfitters](#)

Midtown (additional locations in Alpharetta and Buckhead)

[SculptHouse](#)

Buckhead

[Stellar Bodies](#)

Buckhead (additional locations in Midtown)

## Bubbles

[Barcelona Wine Bar](#)

Midtown (additional location in Inman Park)

[Le Bilboquet](#)

Buckhead

## Fitness

[BeltLine](#)

Midtown

[BURN Studios](#)

Buckhead (additional locations in Brookhaven and Midtown)

[Exhale Spa](#)

Midtown

[PATH400 Greenway](#)

Buckhead

[SculptHouse](#)

Buckhead

[Stellar Bodies](#)

Midtown (two locations in Midtown and an additional location in Buckhead)

## Fresh Juice

[Clean Juice](#)

Midtown (additional locations in Alpharetta, Sandy Springs, and Marietta)

[Sama Food for Balance](#)

Buckhead

## Healthy Meals

[Cafe West Express](#)

Buckhead (additional location in Midtown)

[Upbeet](#)

Midtown

## Hotels

[Four Seasons Hotel Atlanta](#)

Midtown

[The St. Regis Atlanta](#)

Buckhead

## Indulgent Meals

[Marcel](#)

Midtown

[Storico Fresco](#)

[Alimentari e Ristorante](#)

Buckhead (additional location, Forza Storico, in Midtown)

## Spas/Recovery Therapies/Beauty

[Four Seasons Hotel Atlanta Spa](#)

Midtown

[Icebox](#)

Midtown (additional locations in Buckhead and throughout Georgia)

[Modern Mystic Shop](#)

Midtown

[The St. Regis Atlanta Spa](#)

Buckhead

[Sweathouz](#)

Buckhead (additional locations in Midtown, Sandy Springs, and Vinings)

[White Salon and Spa](#)

Buckhead





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