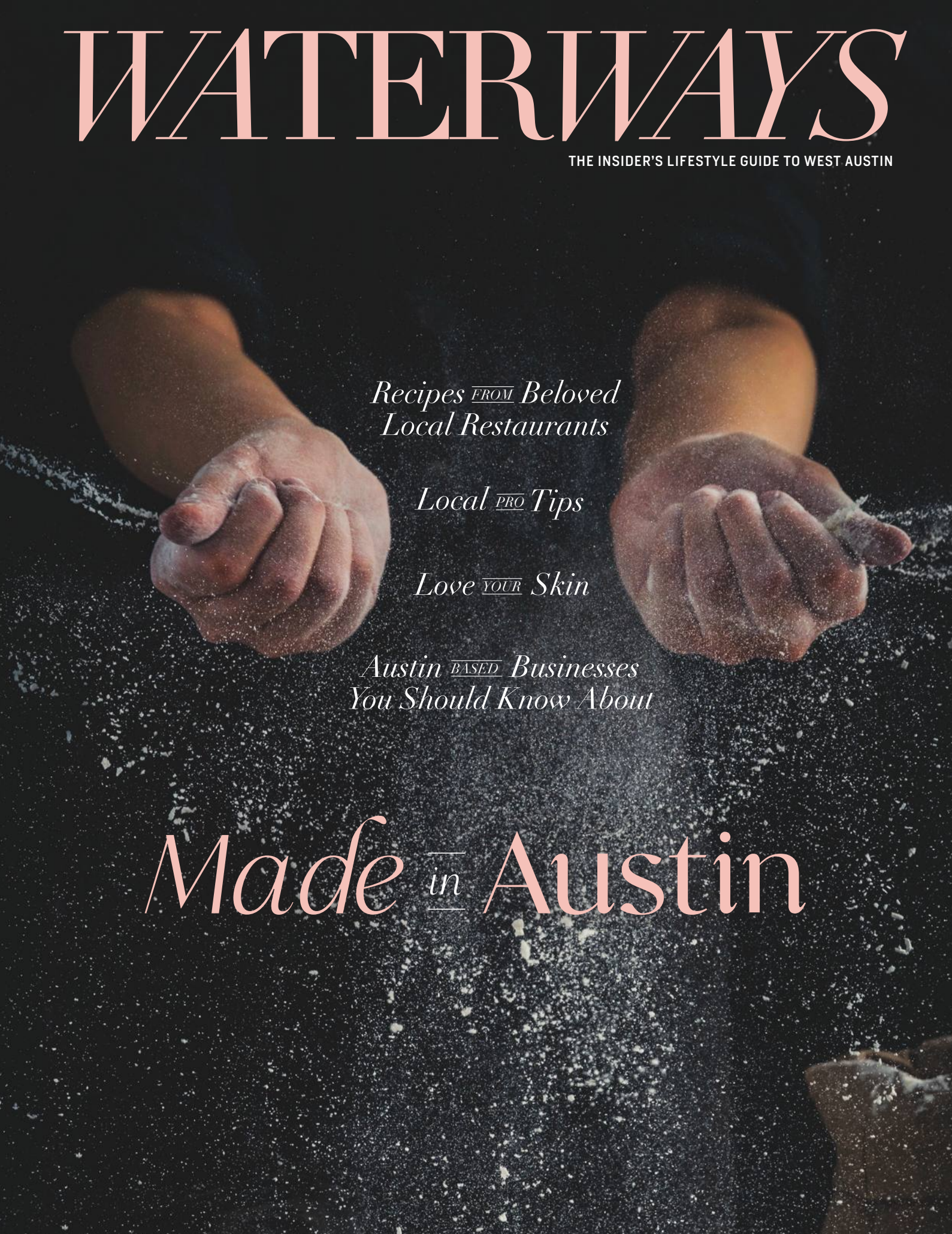
WATERWAYS

THE INSIDER'S LIFESTYLE GUIDE TO WEST AUSTIN



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CLOCKWISE FROM TOP LEFT: PHOTOGRAPHY COURTESY OF VETIVER SKIN STUDIO; COUR COLLABORATIVE; UNSPLASH; DEER VALLEY RESORT; LO SALVAJE; SIP PHO; PHOTOGRAPHY BY AMY WEISS



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*PU*BLISHER'S *LETTER*



If you've picked up this magazine, chances are good that there's something (or, more likely, many things) about Austin that you love and that make you proud to call this place home. No, the crazy traffic probably isn't one of them, but there's so much to see and so much to do, who has time to get bored? Throw in the strong community spirit, which you can't always find in other big cities, and it's easy to understand why so many people fall head over heels for ATX.

Speaking for myself, my love affair with Austin started when I moved here in 1990 to further my studies. I required no convincing; I unabashedly fell for Austin just about as soon as I set foot in the city limits. Over the decades, it's been amazing—"unbelievable" may be the more accurate word—for me to watch the quaint, hippie college town it once was transform into a modern, techie metropolis.

As it's grown, I feel like the whole signature "Keep Austin Weird" vibe has evolved a bit, too, into "Keep Austin Unique" as the city celebrates its one-of-a-kind, locally-owned, independent establishments. Throughout my many happy years of living here, one thing that hasn't changed, however, is my love of trying new things—especially when those things are right here in Austin. And almost as strong as my love of learning about new things is my love of spreading the word about such finds. Hence our "Made in Austin" issue.

We've filled these pages with beloved establishments, best-kept secrets and brand-new businesses right in our own backyard to showcase some of that special something this city has in abundance. I hope that by the time you've read our issue, you're filled with as much Austin pride as I am.



JACKIE MCGRATH

PUBLISHER | jackie@waterwaysmagazine.com

PUBLISHER:
Jackie McGrath
jackie@waterwaysmagazine.com

ASSISTANT PUBLISHER
Kim Ortiz
kim@waterwaysmagazine.com

COPY EDITOR:
Bob Cooper
editor@waterwaysmagazine.com

OPERATIONS MANAGER:
Jamie Twitchel
jamie@waterwaysmagazine.com

SENIOR ACCOUNT EXECUTIVE:
Christy Scott
christy@waterwaysmagazine.com

CONTRIBUTING PHOTOGRAPHERS:
Amy Weiss, Stein Collection,
Kim Ortiz Portrait Art



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Got Skin in the Game?

Treating your "shell" from the inside out and the outside in



Publisher Jackie McGrath recently sat down with Brandi McMurry, owner of Austin Skin & Wellness, to learn more about caring for the skin. McMurry has 28 years of experience in skincare and aesthetics. Austin Skin & Wellness is a full-service medical spa offering personalized treatments that include facials, laser treatments, body treatments, lash treatments, botox, fillers and more. For more information, visit austinskinandwellness.com

Summer fun should be just that—fun. But it can wreak havoc with your skin. Salt, sand, sun and soaring in the air as you head on your dream vacation can rob your skin of moisture and leave it looking dull and dry. What do you recommend to avert some of these challenges while also combating and preventing age spots?

First, I recommend drinking lots of water. This will hydrate the skin from within, especially in the summer heat.

Second, the best way to combat and prevent age spots is sunblock. I recommend applying at least 20 minutes before you leave your house and reapplying every two hours for full protection. Additionally, use an antioxidant to combat free radicals first thing in the morning to get the most benefit throughout the day and a retinol product at night. We now even have sunscreens and antioxidants that repair DNA to reverse previous damage!

I recommend using medical-grade products because double-blind studies proved that the ingredients penetrate the cells and do what they [product promoters] say they will do. This is very important with all products but critical when it comes to Vitamin C antioxidants.

The skin on the feet seems so different than on the rest of the body. What suggestions do you have to get the feet sandal-ready and keep them looking smooth and soft all summer long?

I've never had this question, but I love it because I have >>



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the perfect product recommendation. ISDIN has a product called Podos. Apply it to your feet every evening, cover with socks and lock in the moisture. The 10-percent urea in the product exfoliates and even repairs dry, cracked feet. You will have the feel of freshly pedicured feet every day.

In the heat and humidity during the summer months, many of us take more baths and showers. This is drying to the skin. What types of body cleansers would you recommend? What ingredients should we look for, and what should we avoid?

I'm 'old school' and always use an antibacterial soap like Lever 2000. It prevents any type of breakout on the body like folliculitis or acne-type lesions. I get my hydration from a product from ISDIN. They have the best products for repairing the skin barrier. The one I use is Uradin Lotion. It repairs very dry, scaly skin and provides 24-hour protection.

Stay away from harsh exfoliating products like retinoids, glycolic acid, benzoyl peroxide, salicylic acid and products containing denatured alcohol while on a beach vacation. To lock in moisture, look for products with hyaluronic acid, which allows your skin to hold a thousand times its weight in water. Use a moisturizer with it so it uses the moisture from the product instead of pulling it from your skin.

When is the best time of day to moisturize your body?

In the evening. This way, you can stay hydrated all night long, and it won't wear off throughout the night as it would during the day if you're outside sweating, working out, etc.



Stay away from harsh exfoliating products like retinoids, glycolic acid, benzoyl peroxide, salicylic acid and products containing denatured alcohol while on a beach vacation.

How can you tell the difference between age spots, hyperpigmentation from hormones and melasma, and how do you treat each one?

Age spots and melasma are two types of hyperpigmentation. The differentiator is hormones. Melasma is thought to be triggered by hormonal fluctuations, and UV exposure makes it much trickier to treat. Some powerful ingredients you can look for are Vitamin C, kojic acid, retinoids, azelaic acid and arbutin, just to name a few. On the prescription side, hydroquinone pads are good to use intermittently. As for in-office treatments, we have had remarkable results with microneedling with PRP (platelet-rich plasma). Platelets drawn from the patient's blood activate and accelerate healing, which stimulates growth factors to optimize your cells and increase collagen.

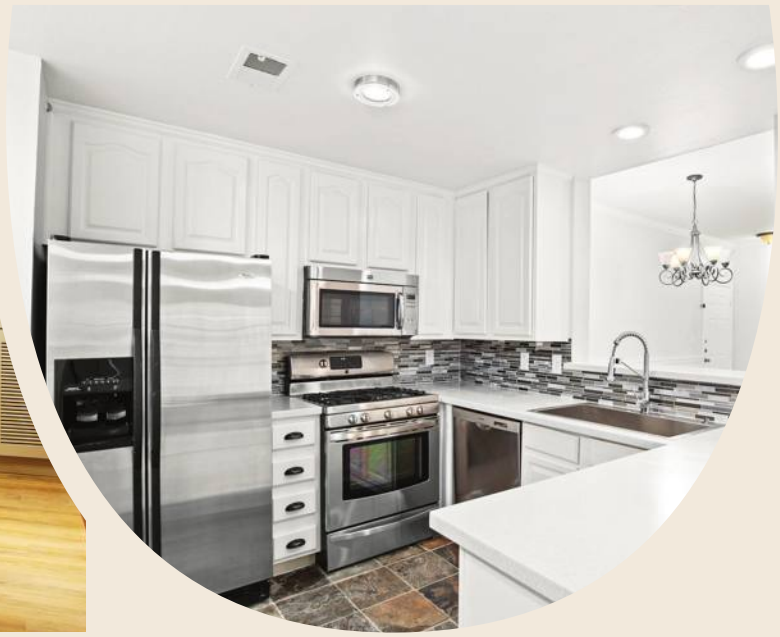
Hyperpigmentation responds really well to glycolics and retinoids. One in-office procedure that clears it quickly and effectively is an IPL/BBL photofacial. IPL stands for Intense Pulsed Light therapy and BBL is Broad Band Light therapy. Both are typically performed in a series of three, then once yearly to maintain.

Knowing what you know now, what would you tell your younger self to do to slow the effects of aging on the skin?

I would have started earlier with an injectable product called Sculptra. It triggers your own collagen, which scaffolds in a natural, orderly way as opposed to correcting existing wrinkles in specific areas the way filler does. It increases the dermis of your skin and helps prevent fine lines and wrinkles from forming. I love fillers, but I really love them on a proper foundation first. Additionally, I would have used more sunblock. Never underestimate the power of a good sunblock.

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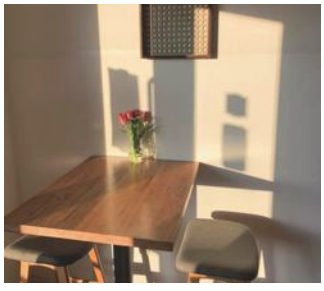


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MADE *in* AUSTIN

FROM SKINCARE TO DINING TO LOCAL INSIDER TIPS,

HERE'S A ROUND UP OF SOME OF AUSTIN'S BEST KEPT SECRETS.





Hungry *for* More?

DIG INTO THESE RECIPES FROM BELOVED LOCAL RESTAURANTS

By Cindy Brzostowski

It's not hard to find restaurants launched in Austin that have gone on to earn nationwide acclaim. Some have even expanded their presence to other cities in Texas or other states. Three such heavy hitters on the local food scene generously offered to share delectable recipes with Waterways readers so they can make and enjoy their dishes at home.



Chef plating at Uchi/Uchiko

UCHI/UCHIKO



"Austin has become such an amazing food scene over the last decade that it forces you to up your game daily. We have so many great restaurants that we have to push ourselves to innovate and get better each day."

— TONY MONTERO, CEO, HAI HOSPITALITY

YOKAI BERRY

Serves 1-2

3 ½ cups yuzu vinegar or juice (such as orange juice)
1 ounce hon dashi (or one fish-stock bouillon cube such as Knorr)
1 cup sugar
1 cup water
¼ cup red quinoa
2 cups simple syrup
1 tablespoon vegetable oil
2 cups soybean oil
1 cup dry green tea leaves
2 cups + 1 tablespoon extra virgin olive oil
1½ teaspoons garlic, minced
1 cup kale, washed, with stems removed, in two equal portions
2 ounces sashimi-grade salmon, diced
½ cup Asian (or regular) pear, diced
¼ cup blueberries
Salt to taste



Yokai Berry

1. In a medium bowl, whisk yuzu vinegar, hon dashi and sugar until combined to make yuzu dashi. Refrigerate.
2. Pour water into a small saucepan, bring to a boil. Add quinoa, cook 12-15 minutes until soft.
3. Drain quinoa, mix in simple syrup. Simmer mixture for about 30 minutes, strain and rinse.
4. Heat vegetable oil in a sauté pan. Sauté quinoa for about 5 minutes until golden and crisp. Season with salt.
5. Warm soybean oil over low heat in a saucepan (do not allow it to smoke or bubble).
6. Add green tea to warmed oil, transfer mixture to a quart-size container (such as a Pyrex dish). Allow mixture to steep for 1 hour before adding 1 cup of olive oil.
7. Heat 1 tablespoon of the olive oil in a sauté pan. Sauté a portion of the kale for about 7 minutes until it's tender but still crisp. (Alternatively, make kale chips by tossing kale with olive oil and baking on a cookie sheet covered with aluminum foil at 350 degrees for about 15 minutes until edges are slightly browned.)
8. Blanch the other portion of the kale by adding it to boiling water for 2 minutes and transferring it to a bowl of ice water. Pat dry with paper towels.
9. Toss salmon-pear mixture with green tea oil, garlic and yuzu dashi. (Set aside unused portions of oil and yuzu dashi.) Toss the blanched kale with the remaining yuzu dashi.
10. Place the salmon-pear mixture on a plate, layer with blanched kale and blueberries. Drizzle with extra green tea oil, garnish with sauteed kale or kale chips. >>

PHOTOGRAPHY COURTESY OF UCHI/UCHIKO

BRUSSELS SPROUTS

1 lb Brussels sprouts
Canola oil for frying
Salt to taste
50/50 sauce:
1 part oyster sauce
1 part Thai sweet chili sauce
Lemon juice to taste

1. Cut Brussels sprouts into halves, or quarters if they're much larger than golf balls.
2. Fry in canola oil at 350 degrees for about 1 minute until crispy.
3. Drain well on an oven tray lined with paper towels. While still hot, season with salt to taste.
4. In a large mixing bowl, coat sprouts with 50/50 sauce and serve!



Uchi/Uchiko Brussels Sprouts

HAT CREEK BURGER COMPANY



"When I started Hat Creek out of a food truck in 2008, we focused on quality ingredients and quality people. That has always been the foundation of our business. If you can get those two things right in a restaurant, everything else will fall into place." — DREW GRESSETT, FOUNDER, HAT CREEK BURGER COMPANY

THE FREDERICKSBURGER

Makes 1 burger

Mains
1 bun, toasted
1 packet of Happy Sauce (made locally by ATX Specialty/Zilks)
1-ounce scoop of kraut (made locally by Barrel Creek Provisions)
2 slices American cheese
2 beef patties, cooked to your liking (we prefer Nolan Ryan Beef)

Add-ons
5-6 slices jalapeño
1 ounce diced onion
3-5 pickle slices (enough to cover the bun)
1-2 lettuce leaves
2 tomato slices
3 avocado slices
1 ounce mushrooms
1 ounce grilled onions
1 bacon strip

Layer the burger from bottom to top in this order: bottom bun, beef patty, cheese slice, beef patty, cheese slice, bacon, kraut, grilled onion, mushrooms, avocado, tomatoes, lettuce, pickles, onions, jalapeño, Happy Sauce and top bun.

TOP PHOTOGRAPHY COURTESY OF UCHI/UCHIKO
OPPOSITE PAGE: PHOTOGRAPHY COURTESY OF HAT CREEK BURGER COMPANY

THE SOUTHWEST

Makes 1 burger

Mains

1 bun, toasted
1 swirl Yellowbird Serrano Sauce
1 ounce grilled onions
5-6 slices jalapeño
2 beef patties, cooked to your liking (we prefer Nolan Ryan Beef)
2 slices pepper jack cheese

Add-Ons

Pickle slices (about 3-5, enough to cover the bun)
1-2 lettuce leaves
2 tomato slices
3 avocado slices
1 ounce mushrooms
1 ounce onions
1 cup kraut
1 bacon strip

Layer the burger from bottom to top in this order: bottom bun, beef patty, cheese slice, beef patty, cheese slice, bacon, kraut, grilled onion, mushrooms, avocado, tomatoes, lettuce, pickles, onions, jalapeño, Yellowbird Sauce and top bun.



Burgers at the Hat Creek Burger Company



The Southwest Burger



The Fredericksburger





Hat Creek Burger Company

LICK HONEST ICE CREAMS



"We think Lick has been successful because we have stayed true to our mission and vision since we opened almost 11 years ago. We still make every single item that goes into the ice cream, and we still use our own proprietary ice cream base."

— CHAD PALMATIER AND ANTHONY SOBOTIK, COFOUNDERS, LICK HONEST ICE CREAMS

ORANGE CREAM DREAM FLOAT

Serves 1
1.5 ounces orange juice
2 ounces aged rum
2-4 ounce scoops Hill Country Honey & Vanilla Bean Ice Cream
Honey Vanilla Soda (Southside Soda)

1. Add orange juice, rum and ice cream to a glass.
2. Top off with soda.
3. Garnish with dehydrated orange wheel (or a simple orange wheel) and purple edible glitter.



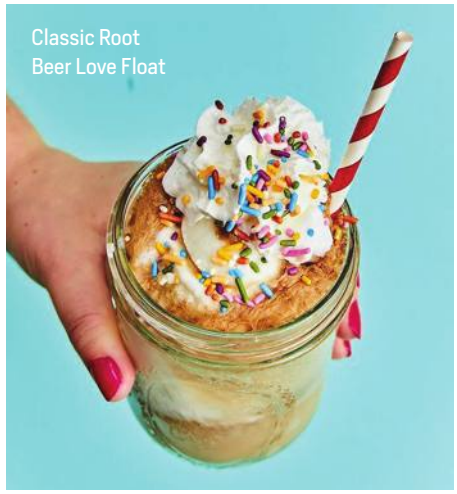
Orange Cream Dream Float


Lemon Lavender Love Float

LEMON LAVENDER LOVE FLOAT

Serves 1
2 ounces light rum
2-4 ounce scoops of Lady Bird Lavender Crisp Ice Cream
Lemoncito Soda (Southside Soda)

1. Add rum and ice cream to a glass.
2. Top off with soda.
3. Garnish with unicorn cookie and whipped cream (or any lemon cookie of your choice).


Classic Root Beer Love Float

CLASSIC ROOT BEER LOVE FLOAT

Serves 1
2-4 ounce scoops of Hill Country Honey & Vanilla Bean Ice Cream (Caramel Salt Lick is another good choice, or choose any ice cream)
Root Beer Soda (Southside Soda)

1. Add ice cream to a glass.
2. Top off with soda.
3. Garnish with whipped cream, sprinkles and a smile.

PHOTOGRAPHY COURTESY OF LICK HONEST ICE CREAMS



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SNACK ATTACK

GO LOCAL WHEN YOU SUCCUMB TO SNACK CRAVINGS

By Cindy Brzostowski

To paraphrase that old adage: Keep your friends close and your snacks closer. If you take filling the fridge and pantry seriously, you are always looking out for the best treats to tide you over between meals. We've rounded up some tasty Austin-based brands so you can up your snack game while supporting local companies. That's one yummy win-win.



NADAMOO! DAIRY-FREE ICE CREAM

Everyone screams for ice cream, but not every tummy can deal with dairy. Cue NadaMoo! With an organic coconut milk base, this delectable vegan ice cream comes in the flavors you crave, such as Mint Chip, Cookies & Crème and Chocolate Chip Cookie Dough. Even dairy-tolerant folks will not only tolerate but relish spoonfuls of this frozen treat.

Available for purchase online and in select stores around Austin.
nadamoo.com

UNCLE RAY'S PEANUT BRITTLE

The key to great peanut brittle is the right ratio of nuts to candy. Inspired by a beloved family recipe, Uncle Ray's Peanut Brittle hits the mark with its gourmet peanut brittle. Try the Original Peanut or go for something outside the box like the Bacon Pecan.

Available for purchase online and in retail outlets around Austin.
unclerayspeanutbrittle.com >>



Cocoa Puro Kakawa Cocoa Beans





Soul Popped Gourmet Popcorn

"We've rounded up some tasty Austin-based brands so you can up your snack game while supporting local companies. That's one yummy win-win."



LovePuppies Brownies



Uncle Ray's Peanut Brittle

RHYTHM FOODS CAULIFLOWER BITES

Rhythm Foods is in the business of making plant-based superfood snacks, and cauliflower bites is their bestseller. It's easy to eat your vegetables with these crunchy, savory snacks made from organic cauliflower. They come in three flavors (white cheddar, sea salt and buffalo ranch) and are packed with vitamins.

Available for purchase online and in retail outlets around Austin.
rhythmfoods.com

LOVEPUPPIES BROWNIES

There's nothing like the delicious decadence of a homemade brownie. LovePuppies Brownies, made from scratch using dark chocolate, will satisfy any sweet tooth. Pick between two flavors ("Make Mine a Double Chocolate" and "Peanut Butter Nutcase") and then order them for delivery.

Available for purchase via Facebook or Instagram. Ordering instructions: lovepuppiesbrownies.com

COCOA PURO KAKAWA COCOA BEANS

Cocoa Puro's Kakawa Cocoa Beans are little bits of heaven—cocoa beans covered in individual layers of white, milk and dark chocolates and then coated in cocoa powder. Compared to other chocolates, they're lower in sugar and higher in fiber.

Available for purchase online and in select stores around Austin.
cocoapuro.com

SIETE CHIPS

You might know Siete Family Foods from their tortilla chips, but did you know those aren't the only irresistible, grain-free chips they make? Their kettle-cooked potato chips and Churro Strips are also scrumptious snacks. Once you start digging into the bag, you might not be able to stop.

Available for purchase online and in retail outlets around Austin.
sietefoods.com

SOUL POPPED GOURMET POPCORN

Soul food meets your favorite movie snack with Soul Popped Gourmet Popcorn. Big Momma's Fried Chicken, Banana Pudding and Heavenly Macaroni & Cheese are just three of the mouth-watering flavors offered by this black- and woman-owned business. Try them all until you find your favorite.

Available for purchase online and in the store at Barton Creek Square mall.
soulpopped.com



NadaMoo! Dairy-Free Ice Cream



Rhythm Foods Cauliflower Bites


LovePuppies Brownies


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WHO NEW?

THESE BUSINESSES ARE GROWING RIGHT IN OUR BACKYARD

By Cindy Brzostowski

With so many new businesses continuing to sprout up across Austin, it can be difficult to keep track. We're spotlighting three here. They may not be on your radar yet, but they are working to make Austinites' lives a little better. And maybe they're just what you've been looking for.




Lo Salvaje Quail Taco

LO SALVAJE

The next time you make your way out to Desert Door Distillery in Driftwood for some drinks, don't miss your chance to try the new food truck on the premises. Lo Salvaje, which opened in April 2021, is the creation of Chef Jesse Griffiths of Dai Due and Josh Crumpton of Spoke Hollow Outfitters. Stephanie Stackhouse, who previously worked with Griffiths at Dai Due, is the food truck's chef.

Meaning "The Wild," Lo Salvaje is bringing a finer touch to Austin's standard food truck grub with unique, Mexican-inspired haute cuisine that spotlights wild game. That means dishes like duck tinga tacos with wild boar chorizo, a hamburger with antelope-bacon patties and a fried quail sandwich.

"We really wanted to present game and locally-raised meats in a comfortable, casual way," says Griffiths. "Hopefully, familiarity with game can lead to other conversations about conservation, sustainability and food culture."

Lo Salvaje is open Thursday through Saturday (check the hours on the website).

losalvajetruck.com >>





Stephanie and Josh



Lo Salvaje Fried Quail Sandwich



Lo Salvaje Wild Boar Nacho





Cour Collaborative

Anyone launching a small business knows it's not easy to get the expert support you need to grow while the finances are tight. In comes Cour Collaborative to the rescue. Targeting startups and micro-businesses with limited budgets, they consult on business strategies, project management and DIY marketing.

"We aim to bridge the gap for startups and micro-businesses that need growth guidance but can't afford an agency," says founder Paula Knight. "We're not an agency, and we don't accept referral fees, so we're not motivated to recommend anything our clients don't need."

Knight was inspired to start the company after working for marketing agencies for more than a decade when she had to turn away business owners who needed the help but just couldn't afford it. Something else that Knight, a mother of two, has incorporated that sets the business apart is its Kid Kollaborative program, which provides free advice to child-owned businesses.

To get an estimate for services, contact Cour Collaborative through their website. ***courcollab.com***

Farmhouse Delivery

If you prefer to buy and eat local, Farmhouse Delivery makes it easy by delivering locally-sourced produce and meat right to your door. And if you want to make your home cooking a little more convenient, the company also offers meal kits that contain ingredients that are all from Texas farmers and ranchers.

"Farmhouse Delivery has developed trusted relationships with farmers and ranchers across Texas for over 10 years," says Stephanie Scherzer, the founding CEO. "Without ever leaving your home, customers can trust the Farmhouse team to find the freshest produce and Texas meats, groceries from trusted artisans and meal kits that equip every person with ingredients and recipes to create a flavorful meal in 30 minutes or less."

"Local first" and community are the concepts that lie at the heart of Farmhouse Delivery's mission. "We work to inspire a deeper connection through food to the natural world, to our families and friends, and to our community," says Scherzer.

Produce boxes start at $28, and rancher boxes start at $70. Meal kit subscriptions are $50 for four servings and $87.60 for eight servings.

farmhousedelivery.com



Shrimp Avocado Spring Roll Bundle



Produce Box

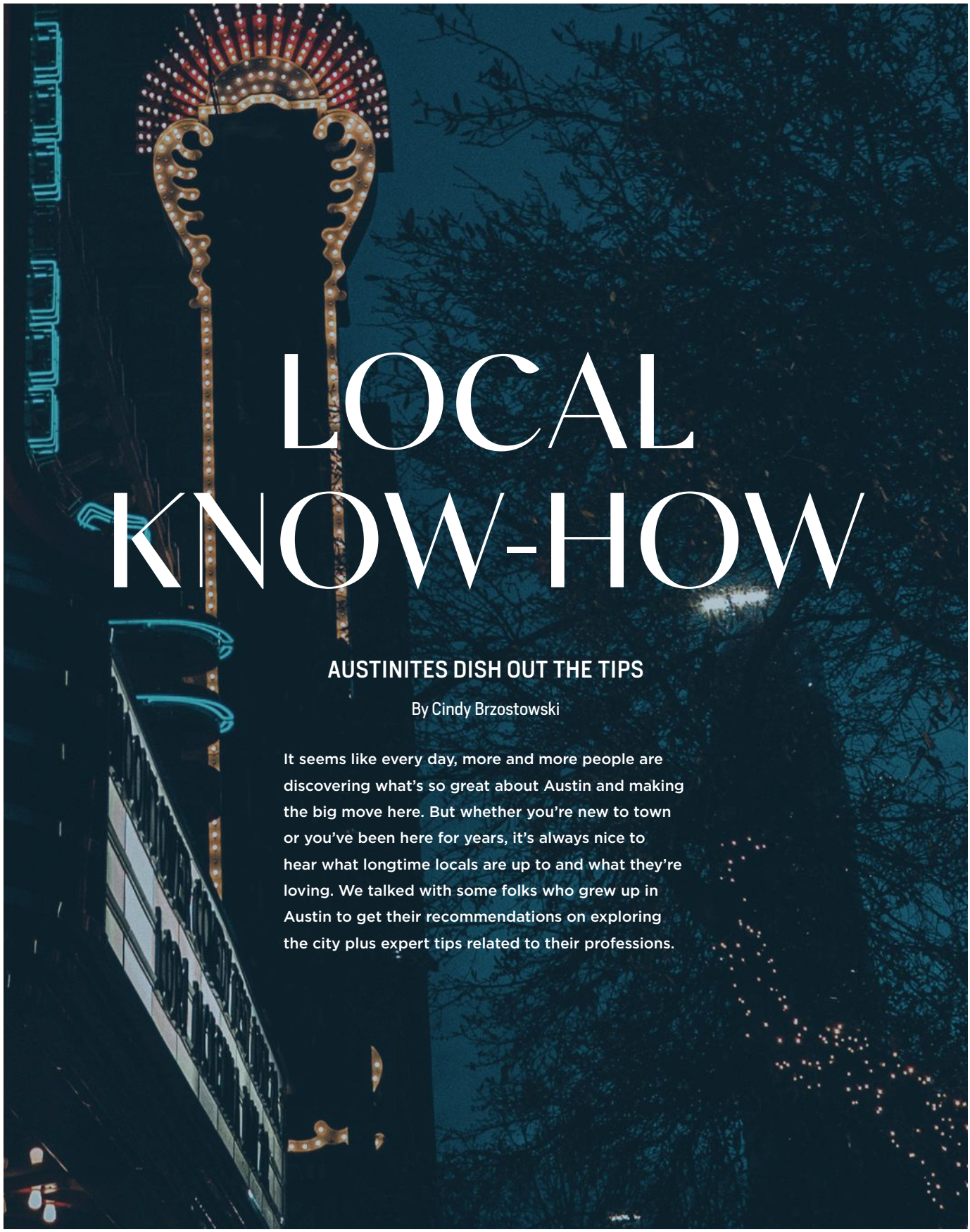


Stephanie Scherzer



Chicken Fajita, Wings and Cowboy Burger

THIS PAGE: PHOTOGRAPHY COURTESY OF FARMHOUSE DELIVERY
OPPOSITE PAGE: PHOTOGRAPHY COURTESY OF COUR COLLABORATIVE



LOCAL KNOW-HOW

AUSTINITES DISH OUT THE TIPS

By Cindy Brzostowski

It seems like every day, more and more people are discovering what's so great about Austin and making the big move here. But whether you're new to town or you've been here for years, it's always nice to hear what longtime locals are up to and what they're loving. We talked with some folks who grew up in Austin to get their recommendations on exploring the city plus expert tips related to their professions.



LISA JAUREGUI, FOUNDER/CEO, BK BEAUTY

Austin Tip:

"My ideal day in Austin would be a walk around **Town Lake**, ending at **Casa de Luz** for lunch. I love the healthy, vegan macrobiotic meals at Casa. While it is in the heart of Austin, when you walk into the property, you feel like you are transported to a tropical destination with all the lush greenery and plants surrounding the walkway. I always feel like I am doing something good for my body and mind when I spend time at Casa de Luz!"

Pro Tip:

"Now that we are in the hottest months of Austin, my best makeup tip is to apply a sheer-tinted SPF instead of a full coverage foundation. If you prefer more coverage, mix a tiny bit of concealer into a tinted SPF on the back of your hand and apply. You will have the sun protection you need, and your skin will breathe under less foundation. My favorite product that works alone or under foundation is **Alastin HydraTint Sunscreen**."

About Lisa Jauregui:

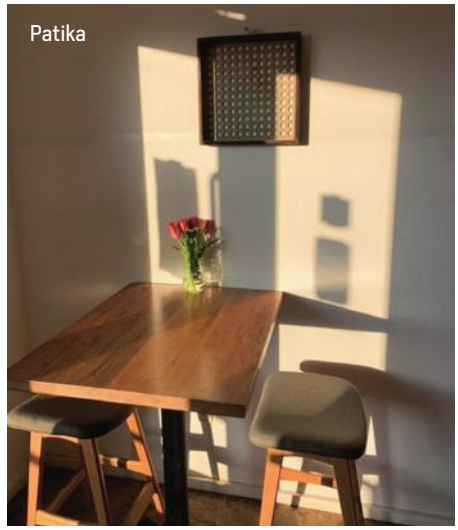
Lisa Jauregui is the founder and CEO of BK Beauty. Before launching the brand in 2019, she was a makeup artist-turned-YouTube content creator. A second-generation Austinite, Jauregui is proud and passionate to give back to this community. BK Beauty donates 10 percent of profits to local nonprofits.



Casa de Luz



Sip Pho



Patika



JENNY TINGHUI ZHANG

Austin Tip:

"One of my favorite ways to start the weekend is to go for a leisurely run around **Town Lake**, followed by phở from **Sip Pho** or soup dumplings from **Julie's Noodles**, then a writing session at a coffee shop. Some of my favorite haunts for writing include **Cenote**, **Patika** and **Opa!**"

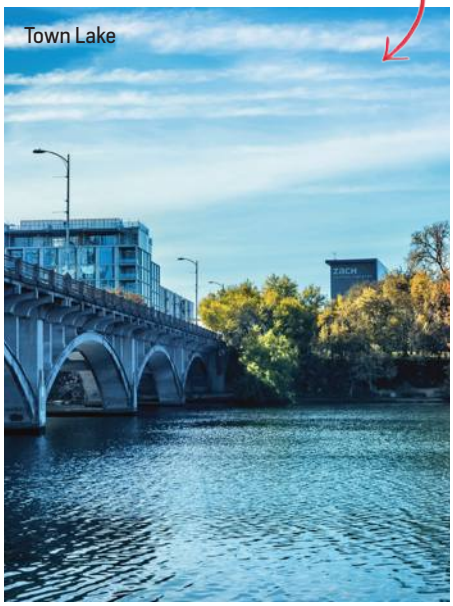
Pro Tip:

"For aspiring writers, one of the biggest hurdles is simply getting started. Maybe you have a story you want to tell, but you don't know how it'll be received. Or, you find it intimidating to look at a blank page. My advice is to start by writing for yourself rather than for others. You're in control of your own story, after all." >>

THIS PAGE: PHOTOGRAPHY COURTESY OF CASA DE LUZ, SIP PHO, PATIKA

About Jenny Tinghui Zhang:

Jenny Tinghui Zhang is a Chinese-American writer and author of Four Treasures of the Sky. Her fiction and nonfiction have appeared in Apogee, Ninth Letter, Passages North, The Rumpus, HuffPost, The Cut, Catapult and elsewhere. She holds an MFA from the University of Wyoming and has received support from Kundiman, Tin House and VONA/Voices. She was born in Changchun, China, and grew up in Austin, where she currently lives.



Town Lake



Republic Square



KRYSTAL CRAIG AND IAN THURWACHTER, HUSBAND/WIFE CO-OWNERS, INTERO RESTAURANT

Austin Tip:

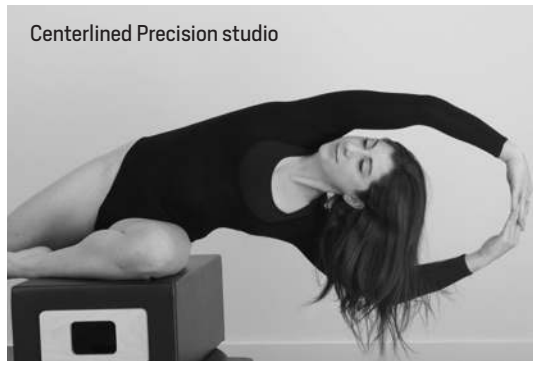
"We keep up with our favorite spots but also check out or revisit newer spots. It's fun to be a tourist in our own city, which we find important—canoeing on the lake, enjoying **Amy's Ice Creams** (my first job!), picnicking at **Commons Ford Park** or any of the smaller neighborhood parks around Austin, and visiting the farmers' markets like those at **Republic Square Park** and **Sunset Valley**. Then, we go east, west, north and south for bites, drinks and activities."

Krystal's Pro Tip:

"I'm a strong advocate for practicing Pilates because it's not just an exercise; it's truly a body-and-mind conditioning practice that works to support all types of life activities and sports. If Pilates sounds appealing, take the opportunity to find and work with a good instructor for private sessions before jumping into a group class. A practice takes development, and the process is part of the adventure."

Ian's Pro Tip:

"Try to plan a meal in one of the ways I do: Start with the veggies! Get inspired by planning around them versus the protein, which is generally the 'constant,' and seasonal produce changes all the time. A lot of farms have farm market days as well, and checking those schedules gives you a chance to pick up some beautifully grown local ingredients. Each market carries something a little different and can be a cool reminder to incorporate different flavor profiles than you might usually stick to."



Centerlined Precision studio

About Krystal Craig:

Krystal Craig is the managing co-owner and chocolatier/pastry chef of Intero Restaurant. After years of producing creations for a multitude of Austin's top establishments, she opened Intero in 2018 with Chef Ian Thurwachter. Krystal is also a senior Pilates instructor of more than 15 years and the owner of Centerlined Precision studio in Westlake.

About Ian Thurwachter:

Ian Thurwachter is the executive chef and co-owner of Intero Restaurant. Following his time as a chef for some of the city's best restaurants, Ian sought to bring forth the enthusiasm for Italian cuisine, whole animal butchery and sustainable cooking practices he developed in building his career to open Intero in 2018 with chocolatier/pastry chef Krystal Craig.

REPUBLIC SQUARE, SUNSET VALLEY MARKET AND CENTERLINED PRECISION STUDIO PHOTOGRAPHY COURTESY OF REPUBLIC SQUARE, SUNSET VALLEY MARKET AND CENTERLINED PRECISION STUDIO



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LOVE YOUR SKIN

CONSIDER INCORPORATING THESE LOCAL BRANDS INTO YOUR SKINCARE ROUTINE

By Cindy Brzostowski

Austinites are known for placing importance on wellness, and looking after your skin is an important part of overall self-care. Put two and two together, and it should come as no surprise that various skincare, cosmetic and beauty companies have sprouted in the city. Blü Fern, Elevé Cosmetics, The Good Hippie and Vetiver Skin Studio are all Austin-based brands that make products meant to help you achieve and maintain healthy, glowing skin.

Depending on exactly what your skin needs to be its very best, the way to attain your skincare goals could very well lie among the offerings of one of these local brands. And getting your hands on the goods is easy because each of the companies conveniently sells their products online.

BLÜ FERN

Cofounded by a husband-and-wife team, Blü Fern is a probiotic skincare brand centered on natural botanical blends. Their products are handmade in small batches in Austin, and everything is crafted without any synthetic chemicals, parabens, fillers, toxins or artificial fragrances.

Blü Fern's best-selling product is their Hydrating Milk Cleanser, a mixture of aloe vera juice, coconut milk, algae extract, oat protein and other ingredients. The non-foaming cleanser is designed to balance and restore your skin, and it works with dry, normal or sensitive skin.

Recommended product:
Hydrating Milk Cleanser
blu-fern.com >>




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milk cleanser
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THE GOOD HIPPIE
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ELEVÉ COSMETICS

Created by two sisters, Elevé Cosmetics prides itself on providing "consciously clean" beauty products that check the boxes of being paraben, sulfate, phthalate and cruelty-free. Anyone who diligently reads labels will appreciate how their products are made with plant- and mineral-based ingredients.

If you're looking for somewhere to start, try out their Essential All-in-One Age Defying Cream. Acting as a moisturizer, primer and SPF, this lightweight cream hydrates, firms, lifts and evens out skin tone.

Recommended product:
Essential All-in-One Age Defying Cream
elevecosmetics.com

THE GOOD HIPPIE

You can count on anything you purchase from The Good Hippie being 100-percent vegan, free of artificial ingredients and highly concentrated (they don't add any water to their products). This eco-friendly brand uses natural formulas and sustainable packaging, and everything is handcrafted in Austin.

For those with normal to combination skin, the Balance Starter Kit may be just what you're looking for to refresh your skincare routine. The kit includes cleansing grains and a facial mask, scrub and oil.

Recommended product:
Balance Starter Kit
thegoodhippie.com

VETIVER SKIN STUDIO

Named after a type of grass often used in medicines, Vetiver Skin Studio takes a holistic approach to skincare. In addition to the products they sell—designed to help with anti-aging, conditioning, calming and hydrating—they offer facials and waxing at their West Campus studio.

Facial skincare is important, but you shouldn't forget to give the rest of your body some love, too. A nourishing conditioner for the skin, Vetiver Body Oil is made with sweet almond oil, coconut oil, vetiver, Brazilian rosewood, bergamot and black spruce.

Recommended product:
Body Oil
vetiverskinstudio.com



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Get Hands-On!

De-Stress for Life *By Katerina Cotroneo*

Melanie Pellman, owner of Heeling Hands in Austin, has more than a decade of experience in massage therapy. She believes that we are living in a touch-deprived society and that touch can heal the body. And she is passionate about massage therapy and all that it can do for people.

We sat down with her to get her take on the benefits of massage.

What are the benefits of massage therapy, and why should anyone make it part of their routine?
Well, the biggest reason I'd have to say is stress. It affects everything and creates unhealthy habits both internally and externally. Your body holds onto stress, and you also may be doing things to relieve stress that aren't good for you. If you are post-op, massage therapy can be of great help as well to help speed the recovery process along. Of course, athletes should add it to their routine, too, and I even have a few young kiddo patients who absolutely love it. Massage therapy is good for anyone and everyone.

Many of us deal with stress and know it wreaks havoc on our bodies. How can we avoid that, and what type of massage do you recommend to clients who have a particularly stressful day or week?
Stress is the reason a lot of people carry tension for years. Everyone I massage responds differently and likes different things. Some people hate being touched while other people crave the feeling, so depending on the individual, I like to add in a lymphatic massage, which stimulates the parasympathetic nervous system. It stimulates your organs and ensures you're relaxing your entire body, not just at the surface. >>



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: LakewaySpineCenter



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Cupping is a technique that seems to get a lot of buzz. Can you explain the benefits and why it's so popular? Athletes especially seem to rave about it.
I think that Michael Phelps and Stephen Curry were two of the first athletes to make cupping popular, which is an ancient technique. It's very multidimensional as it helps bring a lot of blood flow to certain parts of the body that may need extra attention and circulation.

What are the differences between a regular massage and other types?
If you were to book a "regular" massage, you would most likely be getting a Swedish or deep-tissue massage, which involve lighter, longer strokes than a myofascial massage, for example, which fixes a specific pain area and works toward a specific goal. So, if you have an area that consistently causes you severe pain or restricted motion, we would want to work on that area and use techniques to remove that discomfort entirely with myofascial, which a Swedish or deep-tissue session can't provide.

What if I have a lot of pain in one area of my body, such as from an injury or age?
Our intake forms make it easy to go over exactly what you're looking for and what your focuses and concerns may be so that we know what to look for and discuss going into your session. You'd be surprised how many people who dislike being touched come in here, and we do different techniques to work on their problem areas that they are comfortable with. It's very relaxing and inviting, and many clients are so relaxed that they fall asleep at some point!

What should one look for in a massage therapist? How can you find one that would be a good fit for you?
It's the same as if you are hiring someone. You need to check on a few things first, such as whether the therapist is licensed, what kinds of reviews they've received from clients and whether they have a certain niche that fits your circumstances and preferences. But when you can really tell whether it's a good fit is during your first session. Is it a good vibe? And did the massage make you more relaxed and address whatever physical issues you had before the session?



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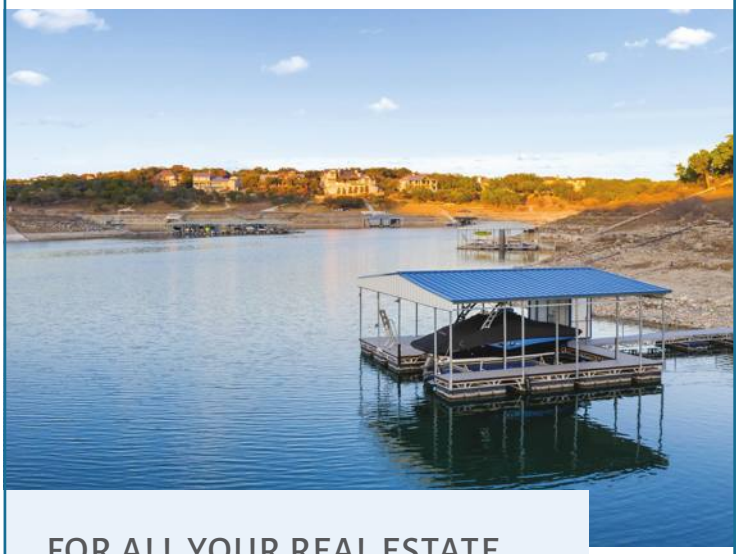
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It's hot. You're thirsty and so are your trees.

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Fall Into PC

Park City, Utah is now a four-season resort *by Bob Cooper*

Park City was already renowned for the Sundance Film Festival when the 2002 Salt Lake City Olympics really put it on the map as a major ski town comparable to Vail, Aspen and Whistler. Now it's becoming a premier summer/fall destination, too, as many of its Alpine and Nordic ski trails are converted to hiking and mountain-biking trails.

Many mountain towns have done the same with mixed success, but Park City (PC) has the advantage of size. In and around its two major ski areas, 7,300 acres of trail-laced hills and mountains give visitors a wealth of terrain to explore whether they're on skis, snowboards, mountain bikes or in hiking shoes—the most of any ski town in America. More than 400 miles of mostly interconnecting, well-marked, publicly accessible trails make it arguably the best mountain-biking destination in the world. Après-hike/bike options include joining the lively restaurant/bar scene on historic Main Street plus museums, galleries, shops, spas and coffeehouses. Three daily nonstops (on Delta) between Austin and SLC can get you there in a half-day.

Late summer and early autumn are the best times for non-skiers to visit because the crowds, prices and temperatures are reduced, rain showers keep the dust down on the trails and aspen yellows and maple reds brighten the mountains.

HIKE OR BIKE

Visitors can either drive or hop on the Town Lift from Main Street to get to the **Park City Mountain Resort**. Like most in PC, this resort's trail web serves double duty for skiers and snowboarders from November to May and mountain bikers and hikers the rest of the year. Mountain-bike lift operations end in late September.

Deer Valley Resort has an even more extensive lift operation. Its mountain-bike guides lead visitors of all skill levels on crisscrossing courses from the 9,400-foot summit to the 8,100-foot base. The entry-level, four-mile-long Holy Roller "flow" trail is exhilarating, especially where it switchbacks through a large aspen grove, and it's wide enough that even

THIS PAGE: PHOTOGRAPHY COURTESY OF DEER VALLEY RESORT.
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the balance- and heights-challenged can relax and go with the "flow."

Other PC trails favored by hikers and mountain bikers who are intimidated by the ski areas' slopes offer even more variety. **Round Valley** is a rolling spider web of gravel double-track trails totaling 56 miles. You can drive to the Quinn's Junction Sports Complex trailhead to hike these trails or pedal 2.5 miles on the **Historic Union Pacific Rail Trail** and two connecting trails from White Pine Touring, PC's busiest bike shop, which also offers guided bike trips. Or, you can just stay on the smooth Rail Trail. Designated as a state park, it gradually descends for 28 miles through wetland meadows, ranchlands and a river canyon to Echo Reservoir.

Park City visitors can also head to the **Uintas**, a different mountain range (PC is in the Wasatch range). It's worth the scenic drive as it's quieter, and the trails are exceptional. You can hike or bike 5.4 miles on the Slate Creek Trail loop or follow other routes from the Yellow Pine trailhead.

THE GREAT INDOORS

Not even Stein Eriksen, the Norwegian Olympic champion who settled in Park City in the 1980s to promote it as a ski area, was always outdoors. Whichever of the three P's (pole, pedal or plod) you prefer on PC's trails, you'll earn some R&R. And there's plenty to do, especially on PC's half-mile-long historic Main Street.

Dozens of restaurants and bars line the street, defying Utah's reputation for temperance. Ever since 22 bars sprang up during the late-1800s silver-mining boom, Main Street has welcomed imbibers—even as Salt Lake City, 30 miles down the road, remained nearly as "dry" as the surrounding high desert. Utah's alcohol regulations have been relaxed now, though, so it's as easy to get a drink on PC's Main Street as any other Main Street. The most intriguing place to do that is at the **Alpine Distilling Pie Bar**, which lets visitors make their own gin and pair cocktails with seasonal pies.

At the three-story **Park City Museum**, displays and artifacts related to mining and skiing history include old mining cars and an underground ski lift—a converted mine train that transported skiers three miles through the mountain to the slopes.

Nearby, the **Alf Engen Ski Museum** at 386-acre Utah Olympic Park devotes an entire floor to the 2002 Olympic Winter Games and displays old skis, outfits and Olympic medals and pins. Visitors can get a taste of bobsledding, Alpine skiing and paragliding on the mountain sports simulator. And just outside the museum, you can take on any of three zipline courses, three adventure courses, an Alpine slide, extreme tubing, a drop tower and a "bobsled experience" that lets you barrel down at 50 mph on a wheeled bobsled piloted by a pro. PC promoters are hoping the Olympic Park will again be an Olympic venue in the 2030 or 2034 Winter Olympics; Salt Lake City is the U.S. selection for those Games.

ACCOMMODATIONS & DINING

Stein Eriksen is Utah's only Forbes five-star hotel and spa. About half of the rooms have spa tubs, and most >>





have a fireplace and deck or balcony. Right next door is The Chateaux, a four-star sister property, and the Deer Valley Resort ski area. steinlodge.com

Park Hotel, **The Caledonian** and **Treasure Mountain Inn** are all luxury properties right on Main Street, while **St. Regis Deer Valley** and **Montage Deer Valley** nearby are also sumptuous resorts.

Park City Lodging rents more than 250 vacation homes and condos. parkcitylodging.com

Troll Hallen lets diners admire the Deer Valley slopes as they feast on an Ahi Power Bowl Salad or Alpine Bourbon Shrimp.

Butcher's Chop House, next to the Town Lift, serves lots of beef from burgers to a 20-ounce Bone-in Cowboy Ribeye.

Firewood, another Main Street hotspot, cooks almost everything over an open flame, from Bison New York to the Wagyu Bavette.

350 Main, housed in a historic Main Street building, has won many awards for its wine list. Try the pan-roasted red trout.

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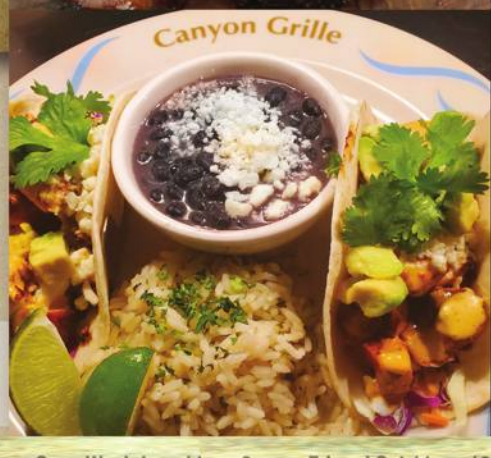
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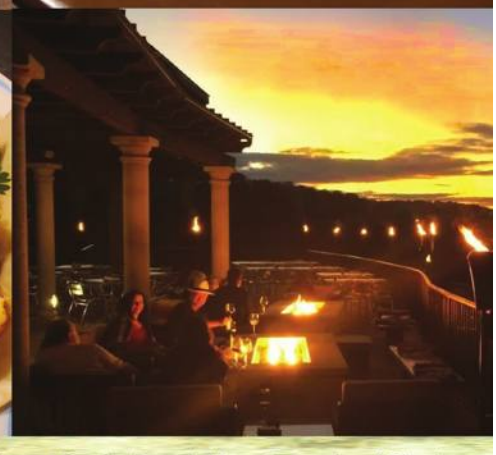
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Find Your Greatness



Why Settle for Mediocrity? *By Stephanie Puente, Certified Life Mastery Coach*

We all have a capacity for greatness. Even if you already believe that, you may find it exhausting just to think about all the work needed to reach it. You may also second-guess your ability to create and build the life you would love to live. Fear creeps in; success seems out of reach.

Still, you are designed for greatness. You have everything you need within you to become who you would love to be and to create the life you would love to live. Greatness looks different for everyone, but it's available to all of us. We just have to tap into it by digging deeper and finding meaning and value in what we're doing to move through life as fulfilled and fulfilling contributors.

There are many ways to drive yourself toward your higher calling and put yourself on the path to greatness. Here are four:

VIEW CHALLENGES AS OPPORTUNITIES FOR GROWTH.
You can discover your capacity for greatness in the challenges you face and those yet to come. Often, what you might perceive as a failure is really an opportunity for growth. As *Think and Grow Rich* author Napoleon Hill wrote, "Every adversity, every failure, every heartbreak, carries with it the seed of an equal or greater benefit."

Viewing a challenge as an opportunity rather than a roadblock can help you discover just how much you are capable of. And by seeing challenges as steppingstones, carrying you forward, you can achieve far more than you might expect. Seeing yourself in a brighter light will bring you closer to the greatness within you.

HAVE A CLEAR VISION.

"A vision is not just a picture of what could be; it is an appeal to our better selves, a call to become something more." – Rosabeth Moss Kanter

Allow yourself to dream big, and give yourself the time and space to develop clarity around that vision. For example, you may have a desire to start a business, travel to a new place, run a half-marathon, or write a book. These all take time and planning.

Having a clear vision will show you that you are more than who you thought you were. You can then access this power as you lean in to what you would love to do and begin to move toward it.

SAY 'YES' TO YOUR VISION AND TAKE ACTION.
Once you visualize and see what you would love to do, it's important to then say "yes" to your vision by taking action.



"Do not wait; the time will never be 'just right.' Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along." – George Herbert

Think about the steps you can take now, and begin taking them. As you do so, you will begin to attract ideas, people and opportunities that will support you in taking the next steps. And these steps will help you discover the capacity within you to exceed your expectations.

SURROUND YOURSELF WITH SUPPORTIVE PEOPLE.
Surrounding yourself with friends, family and others you admire can be an empowering move on your path to greatness. They can lend their support as you journey through difficult times, assist you in finding clarity and cheer you on when you succeed. Finding a partner in believing (someone who supports your ideas and lifts you up) can create an energy around you that propels you toward your vision.

Greatness doesn't happen by chance. Settling for mediocrity doesn't either. Both are a choice, and both take a great deal of work. No matter what hat you find yourself wearing, remember that sitting with mediocrity can be just as much work, if not more, as taking steps toward greatness.

The wondrous thing is that you can choose your path. So, allow yourself to be called forward to doing something more. Decide to take that first step, and know that you are designed for greatness.



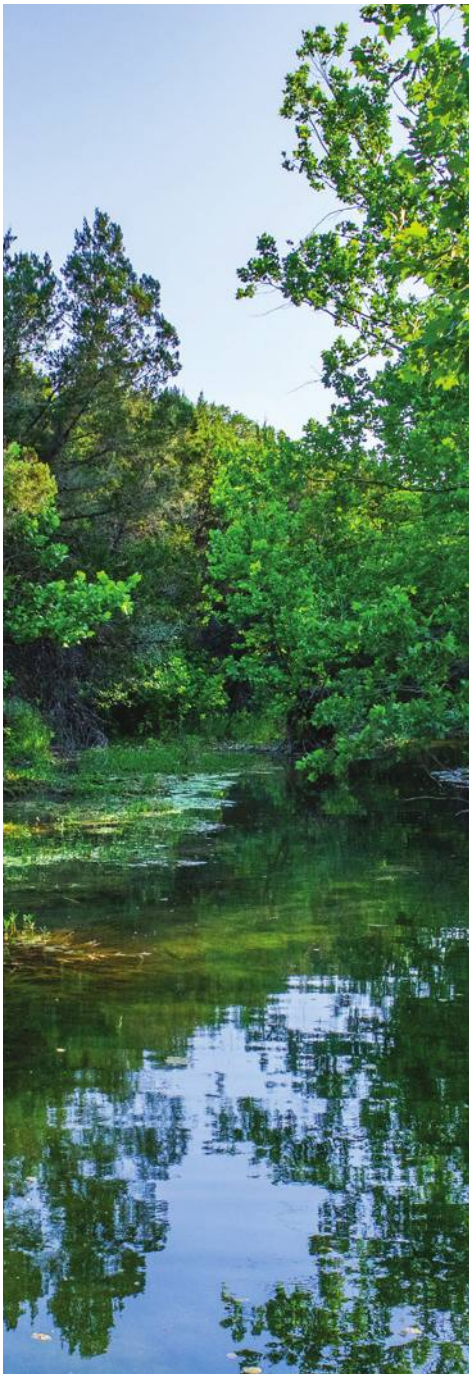
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