

PHOENIX

Where to
bulk up on
SPICES
p. 44

130 Local Shops

Great Little Spots for Clothing, Candy,
Coffee, Jewelry, Books, Music & More!



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Inside the Bungalow

48 N. Robson St., Mesa,
480-844-2353,
insidethebungalow.com

Where else can you practice your sun salute, plan your wedding, nosh on a vegan curry dish and sip a mug of soothing tea? That's the gist of Inside the Bungalow – a cute renovated house in the historic district of Mesa that acts as a yoga studio, event site, café and all-around community gathering space. Look for organic, Fair Trade items, and check the Website for open-mic nights and other monthly events.

Just Breathe Wellness Sanctuary

828 N. Second St., Phoenix,
602-256-1400,
justbreathewellness.com

Just Breathe is first and foremost a place to unwind with a soothing massage or facial, or get reenergized with a spin class, yoga session or tai chi lesson. When you step into this little healing sanctuary, which is adorned with local art and constructed with eco-friendly materials, you'll be greeted and put at ease immediately by its friendly mascot – a lovable chocolate Labrador named Molly. Then, as the name implies, you'll "just breathe." Finally, pop into the mini side shop to stock up on locally made skincare products, workout accessories and books.

Lotus Wei Organics

Sold at multiple
Valley locations
lotuswei.com

With 10 years of experience as an organic alchemist, Katie Hess turned her knowledge of fiddling with flower essences into a fulltime gig. Now, she incorporates her expertise into a natural health and beauty line, which includes skincare products, elixir drinks, chocolate, organic spa products, herbal tonics and all-natural scents. She can even blend custom organic perfumes and energizing herbal elixirs for clients. Look for her line at the Downtown Phoenix Public Market, the Family Nutrition Center in Glendale, Joya Spa at the InterContinental Montelucia Resort and Spa in Paradise Valley, Lavender Moon in Goodyear and Urban Yoga in Phoenix.



Life Aromatherapy

Sold at multiple
Valley locations
lifearomatherapy.com

Made with 100 percent pure oils and packaged in easily recyclable materials, Life Aromatherapy products give a healthy boost to both your skin and spirit. Look for face and body sprays that relax or uplift, bath and shower gels to soothe your muscles, healing soaps and massage oils, products to make your home smell pretty, and a line of skincare for your eyes, nails and even your tummy.

The products are sold through At One Yoga in Phoenix and Scottsdale, Bikram Yoga Tempe, Silverleaf Spa in Scottsdale, Urban Yoga in Phoenix and, coming soon, Whole Foods.

Mane Attraction Salon

3156 E. Camelback Road,
Phoenix, 602-956-2996,
maneattractionsalon.com

If you're splurging on shampoo to boost those lackluster locks, why not boost the local economy at the same time? Mane Attraction is a full-service salon, offering hair, nail and skin services, and was named one of the "30 Hottest Salons" for the third year in a row by *Salon Today*. Aside from this esteemed reputation and its long-standing presence in the Valley (it has been in the same Biltmore-area location since 1981), we love that we're able to buy Bumble & Bumble and Dermalogica products here. Also, check the Website for great makeover gift packages.

For every \$100 spent
in a locally owned business,
roughly \$45 remains
in Arizona.

For the same \$100 spent
at a national chain store,
only \$13 remains
in the state.

— Source: Local First Arizona