



Best of Citysearch: L.A. Spa & Beauty

by [Mar Yvette](#) - Citysearch Editor - 361 Reviews - 107 Lists



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We love to spa. And get beautified. (And sometimes even work out.) And we know you do, too. So now's your chance to pick your favorite spa and beauty spots for Best of Citysearch. Know of the absolute best hair colorist in town? Most relaxing massage? Waxing (or, in my case, "sugaring") you can't live without? Just go to that business listing on our site, click on the "Nominate for Best of Citysearch" tab and vote! But before you do, check out a few of my personal favorites ...

5 Power Plate Studio



13050 San Vicente Blvd, Brentwood, CA 90049 ([map](#))

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BEST WORKOUT: Okay, so your dreams of becoming an astronaut didn't exactly pan out. So what? You can still have an out-of-this-world experience (all the while getting your body into a less amorphous state) at this welcoming little space just across the lot from Brentwood Country Mart. Using a NASA-developed technique called "whole body vibration therapy" which activates pretty much *every single* muscle in your body, this is perhaps the most unusual (read: coolest) workout you'll ever have. Seriously, when you wanna shake things up, it doesn't get better than this.

Power Plate Studio

(310) 394-8600

13050 San Vicente Blvd (26th Street)
Brentwood, CA 90049

[Get Map & Directions »](#)

Neighborhoods: Brentwood, West LA

www.powerplate.com...

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**NOMINATE FOR BEST OF
CITYSEARCH**

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Club P-fit

1500 Lincoln Blvd.
Venice, CA 90291

★★★★★
19 Reviews



Meridian's Bodies In Motion

12100 Olympic Blvd
Los Angeles, CA 90064

Sponsored

★★★★★
14 Reviews

Hours:

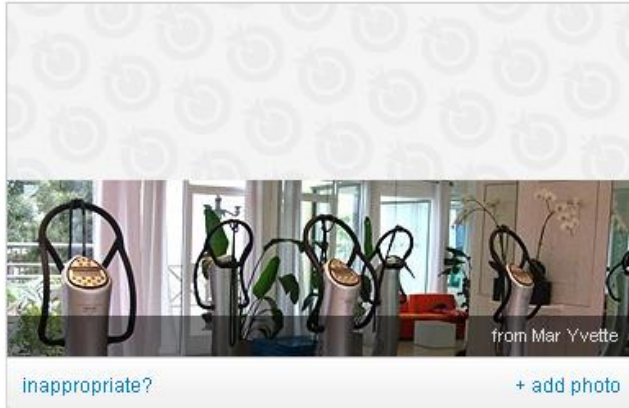
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from Mar Yvette

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WHAT PEOPLE ARE SAYING ABOUT POWER PLATE STUDIO

THE EDITOR



Mar Yvette

Citysearch

Talk about an out-of-this-world workout. First used by NASA to regenerate the muscle mass that astronauts lost in space due to zero gravity, Power Plates is a body training machine that literally shakes you into shape. Although the machines are starting to show up in full-service gyms, this small studio uses the machines exclusively for each class. So how does it work? Well, you simply step onto the apparatus, which looks a bit like a treadmill with a flat vibrating platform. As the instructor guides you through leg lifts and other basic workout moves, the machine is turned on (at varying...

[Read full editorial review](#)

THE DETAILS ON POWER PLATE STUDIO

The Extras:

Private training is available on a scheduled basis.

Category:

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Fitness Services:

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