

# Planet Beach: An oasis of serenity, meditative restoration in Kingwood

By Susan McFarland

Tribune Correspondent

Planet Beach, located in Kingwood at 2665 Royal Forest Drive (across Kingwood Drive from Randall's and next to Whittington Bridal and Great Harvest Bread Co.) has a little bit of everything to offer those looking for health and wellness. "We are truly a whole body, health, beauty and wellness spa that provides a little slice of relaxation and self improvement in the middle of a busy life. Our spa services are economical and are a fraction of the cost a full spa day would cost," said co-owner Tracie Mieth.

Planet Beach offers HotWorx fitness programs, red light therapy, spray tans and airbrushing services, automated massage (bed and chairs), including optional aromatherapy products, facial masks, teeth whitening, UV tanning, oxygen therapy, and guided meditation.

One of Planet Beach's most unique offerings is HotWorx. "HotWorx is an extremely unique fitness program. It combines the benefits of infrared saunas with a variety of different exercise programs. We have two Hotworx units. In each unit, we offer a virtual

instructor with six to ten different workouts from Yoga and Pilates to Core and even a Buns workout! In the HotWorx unit, the workout is done in an infrared sauna that heats up to 130 degrees Fahrenheit. After 30 minutes you are worn out, have gotten a killer workout, burned massive calories and feel great. Each HotWorx unit holds up to three people, so it can be used solo or with a friend or two. It's like a private yoga studio and is open all day. An unlimited HotWorx Membership is only \$50 per month. A single session is available for \$20," said Mieth.

Another Planet Beach signature is red light therapy. This therapy uses a combination of red and yellow light to... "help you produce collagen naturally, which helps with fine lines and wrinkles. Red light therapy is amazing for your skin. It helps to rejuvenate the skin cells and replace any damaged cells to reduce the appearance of scarring," explains Mieth.

The spa offers a great incentive to first-time visitors in the form of a free service. Tracie Mieth explains, "So much of our Spa is an experience and we want people to come in and learn about who we are

and what the benefits of our services are. To do that we offer a free service on your first visit, but because we have so many terrific services, we also have a new visitor deal to try four different services for \$20. We welcome anyone to come in to help understand how our services are beneficial to their health and well-being." Mieth further explained that 10 of the 16 services can be tried on these first-time visits with no additional purchases, while 6 of the services have additional product purchases required.

Kingwood residents and co-owners Tracie and Riley Mieth took over the Kingwood Planet Beach location in July 2016. A Chalmette, Louisiana native, Tracie was a first grade teacher in Spring ISD until she was expecting her first child. "Riley asked me if I wanted to continue teaching, stay at home or do something different after the baby was born because life was changing,

and it was a good time to consider other options. We decided to start looking at other opportunities and began researching health and wellness centers. We both liked Planet Beach because it met our list of requirements and I also liked that Planet Beach was founded in

New Orleans," said Tracie Mieth. Both of the Mieth's are transplants. Riley grew up in Nebraska and graduated from Missouri Science & Technology and moved to Houston in 2008. Tracie graduated from University Louisiana-Lafayette and moved to Houston in 2013.

The pair lived in downtown Houston previously, but moved to Kingwood in 2016.

"We wanted to be closer to the spa and we both felt strongly that we did not want to just own a business. We wanted to be active members of the community and build deep connections through small business networking, the area Chambers of Commerce, our members and our employees and their families. We think connection is important to be successful and to enjoy what we are doing every day," said Mieth.

Planet Beach is open Monday through Friday from 8 a.m. to 8 p.m., Saturday from 9 a.m. to 5 p.m. and Sunday from 11 a.m. to 4 p.m. For more information, or to sign up for your free service, go to [planetbeach.com/spa/kingwood/](http://planetbeach.com/spa/kingwood/) or call 281-312-1130.



**OWNERS:**  
*Tracie and Riley Mieth*

planet beach®  
spray & spa

OPENED DOORS:  
**July 2016**

FAVORITE QUOTE:  
**You may not be able to control every situation and it's outcome, but you can control your attitude and how you deal with it!**