



Holiday stress is legendary. Whether it's in your shoulders thanks to your in-laws; in your stomach thanks to the extra slices of pie every evening; or in your mind thanks to the nine-hour drive in traffic, there's a place in West Hollywood to help you get back to normal.

**We rounded up the ultimate guide to fine-tuning yourself after the holidays—from spas to sweat lodges to major workouts.**

## Platefit

Power Plate machines might sound gimmicky, until you try them. These large egg-shaped beds beneath you vibrate, forcing your core and secondary muscles to engage. You'll achieve a burn in half the time you might in other classes. They offer barre and boot camp-styled courses, cellulite blaster classes (yeah, we all need those after the holidays) and even yoga-focused and stretching sessions. [Check out Platefit](#)