



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.” >>

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.



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.



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