

HOME DINING RECREATION TRAVEL COMMUNITY HEALTH STYLE

# 805 LIVING

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ARTS &  
CULTURE

A woman with blonde hair in a ponytail, wearing a black top, patterned leggings, and black high-heeled boots, is crouching on a light-colored floor in an art gallery. She is looking up at a large, colorful abstract painting on the wall. The gallery has white walls and large windows in the background.



# A DAY OF HER OWN

In honor of Mom, here are four different places for four different kinds of restorative getaways. Whether she's outdoorsy or a diva—or just in need of a day devoted to *her*—she'll love the options at these destinations.

BY MARYANN HAMMERS

## Day of the Diva in Malibu

Does Mom deserve some serious pampering? Malibu has it all: day spas, makeup studios, and exclusive salons—star-sightings included.

**Indulge:** **Cure at Malibu Beach Inn** ([malibubeachinn.com](http://malibubeachinn.com)) is a private spa suite with a cozy fireplace, private bathroom/changing area, and balcony perched over a stretch of sand called “Billionaires Beach.” Available to non-hotel guests, the spa suite offers facials, brow shaping and waxing, eyelash tinting, and more.

**Highlight:** High-profile locals love the ultra-private, serene vibe at **Delle Hair Design Studio** (310-456-3112). After working with supermodels in Hollywood and running a large Malibu salon, owner Dianne “Delle” Arciprete opened this exclusive, ocean-view, two-chair salon 20 years ago. Color and highlights are her specialties. “I blend bold highlights—at least two colors—into the base for a brighter, eye-catching but natural look,” she says.

**Enhance:** The Beauty Studio at just-opened **Sephora** ([sephora.com](http://sephora.com)) offers consultations, beauty lessons, and complete makeovers. “Tangerine Tango is the super hot color for everything—lips, cheeks, nails, eyes, even jewelry, bags, and shoes,” says Terri MacGregor, district sales manager.

**Polish:** Have a cappuccino or cup of tea, nibble on cookies or English toffee, browse the handmade jewelry selection and cute clothing, and settle into a comfy cushioned chair for some nail love. **Polished** ([polishedmalibu.com](http://polishedmalibu.com)), a warm and friendly nail salon, feels more like a girlfriends’ getaway than a place to get a mere mani.

## WESTLAKE VILLAGE DAY OF WELLNESS

Think of world-class health retreats and an exotic short list comes to mind: COMO Shambhala, Chiva-Som, Terme di Saturnia. Also ranking among the best is the **California Health & Longevity Institute** ([chli.com](http://chli.com)) at the Four Seasons Westlake Village, right in our backyard. In a sumptuous setting of hand-carved Asian antiques, Italian marble, and glistening reflective ponds, guests learn to make healthy lifestyle changes.

**Assess:** Start with a comprehensive physical exam, mammogram, or personalized nutritional consultation. The “**Bod Pod**”—an egg-shaped contraption that looks like a *Star Trek* space capsule—computes body fat versus lean muscle. The **Resting Metabolic Rate Assessment** counts how many calories the body burns while at rest.

**Learn:** Take a cooking class and have lunch in the **Wellness Kitchen**. Registered dietitian-chefs show how to create balanced and beautiful meals with farmers’ market finds. Afterward, sign Mom up for a personal training session, including a take-home workout prescription.

**Heal:** For stress, insomnia, or fatigue—or to help bust bad habits like smoking or mindless munching—**complementary or alternative medicine** may be just what the doctor ordered. Options include guided imagery, meditation, visualization, hypnotherapy, acupuncture, and energy work.

**Nurture:** Celebrate good health with dinner ordered from the **Longevity Menu** in the Lobby Lounge, which overlooks splashing waterfalls and lush gardens.

OPPOSITE (FROM LEFT): Spend the day her way, getting fresh air and exercise (Hotel Oceana in Santa Barbara has bikes on offer for guests), getting pampered at one of the many local spas or salons, or getting creative (the Artist Cottage and Apothecary at the Ojai Valley Inn & Spa has a variety of classes).

## FUN & FITNESS IN SANTA BARBARA

Miles of oceanfront bike paths and creek-side hiking trails, plus water sports galore make calorie-burning a blast in Santa Barbara.

**Hike:** **Cold Spring Trail Loop** ([santabarbara.com](http://santabarbara.com)) in Montecito is a local fave because it offers a good workout, shady trees, some adventure (scrambling over boulders and creek hopping), and fabulous ocean views.

**Pedal:** Bicycle along the Cabrillo Boulevard beachfront path, stretching from Andree Clark Bird Refuge (across from East Beach) to Shoreline Park. Borrow a bike from **Hotel Oceana** ([hoteloceanasantabarbara.com](http://hoteloceanasantabarbara.com)), a retro-chic, bike-friendly inn that offers hotel guests complimentary use of shiny, new beach cruisers, as well as cyclist discounts and bike storage.

**Paddle:** Santa Cruz—the largest of the Channel Islands—boasts hundreds of colorful sea caves. Kayaking around sheer vertical cliffs and through the dim, cool caverns with **Channel Islands Outfitters** ([channelislandso.com](http://channelislandso.com)) is one of the most exciting ways to get up close to sea life. Spot starfish clinging to rocks, crabs crawling along underwater kelp forests, curious sea lions bobbing nearby, and seabirds perched on rocky outcrops.

**Stand-Up Paddle Board or Surf:** Rent gear, boards, and wet suits, and sign up for lessons at **Paddle Sports Center** ([channelislandso.com](http://channelislandso.com)).

**Refuel:** After a morning of wholesome exercise, Mom won't want to undo all her hard work. **Alchemy Arts Café** ([alchemyartscenter.com](http://alchemyartscenter.com))—nestled in a holistic healing retreat/yoga studio—offers an exotic array of fresh wraps, salads, and glass noodles served on pretty English china, accompanied by juices and smoothies, all in a setting surrounded by fountains, orchids, and wicker furniture.

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## Spiritual Staycation in Ojai

With famously pink sunsets, a secret garden, and a meditative mountaintop, Ojai is a hard-to-beat spiritual retreat.

**Discover:** A rose-quartz meditation bench and walking spiral mark the entrance to **Soul Centered** ([soulcentered.com](http://soulcentered.com)), a store for the spirit. The pink cottage is stocked with incense, candles, angel and goddess statuettes, dream catchers, wind chimes, and crystals. There's even a do-it-yourself tarot station.

**Focus:** Take a yoga or meditation class amid nature's grandeur at **Meditation Mount** ([meditationmount.org](http://meditationmount.org)). Paths lined with native sage and wildflowers wind their way to Topa Topa Mountain vistas.

**Create:** **Ojai Valley Inn & Spa's Artist Cottage and Apothecary** ([ojairesort.com](http://ojairesort.com)) offers mandala-making classes using chalk, colored pencils, and construction paper. Mandalas depict one's past, present, and future, while clarifying dreams and beliefs. No artistic talent necessary! "Listen to yourself; let images

bubble up," urges art teacher-psychotherapist Renate Collins ([ojaivalleyart.com](http://ojaivalleyart.com)), who analyzes finished creations for symbols and archetypes.

**Savor:** Sip fresh-pressed juice at Ojai Valley Inn & Spa's **Café Verde** ([ojairesort.com](http://ojairesort.com)). Recommended: "Mother's Joy," made with cucumbers, beets, carrots, pears, and ginger. Or stake out a shady picnic table at **Hip Vegan Cafe** ([hipvegancafe.com](http://hipvegancafe.com)), a downtown veggie joint, for an organic, clean, green lunch.

**Reflect:** With private cottages and courtyards, the **Emerald Iguana Inn** ([emeraldiguana.com](http://emeraldiguana.com)) is a secluded, serene hideaway—perfect for a soulful sojourn. Guests enjoy private access to **Ojai Botanical Gardens**, a 256-acre preserve of exotic blooms. It's the ideal spot to reflect during the "pink moment" (how locals describe the glowing sunset). ♦



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