

PURIST



AN ADVENTURE
IN WELLNESS

RAISING MORAL
CHILDREN
IN THE ERA OF
#NEVERAGAIN
AND #METOO

TORI PRAVER
MOTHER
AND CHILD
BY CLAIBORNE SWANSON FRANK

BRAIN FOOD:
COGNITION
THROUGH
NUTRITION

GET FIT
PHYSICALLY
SPIRITUALLY
& MENTALLY

CELEBRATING
MOTHER EARTH

RICHARD BRANSON
ELLEN DEGENERES
MOBY

SHERYL SANDBERG
MERYL STREEP
DIANE VON FURSTENBERG

SPRING INTO SUMMER IN
NY + ASPEN + LA



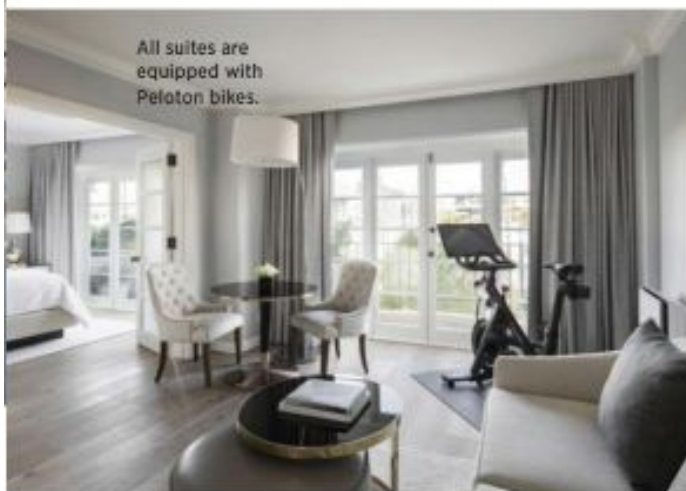
LOS ANGELES

Exploring a world of West Coast wellness, from healthy Malibu beachfront bites and Silverlake juice joints to Ayurvedic remedies and a happening healers' fair.

WELLNESS 90210

The Four Seasons in Beverly Hills offers best of healthy living in the lap of luxury. BY ALEXANDRA CHENEY

All suites are equipped with Peloton bikes.



Appealing to health-conscious travelers, the Wellness Rooms at the Four Seasons Hotel Los Angeles at Beverly Hills favor kombucha over cola; circadian lighting as opposed to standard dimmers; and hardwood floors in lieu of carpet. As part of a hotel-wide update, the five guest rooms and two suites promote salubrity and strength while traveling.

The in-room dining menu and minibar highlight clean eating, with offerings such as zesty poblano and portobello tacos, a crunchy falafel salad bowl and gluten-free (albeit seed-filled) snacks, all approved by the Cleveland Clinic.

Further wellness features include dechlorinated showers, natural baobab and shea-infused toiletries from Lather, and

an air-purification system that reduces allergens, microbes and toxins, creating a trifecta of detox courtesy of Delos.

No need to trek to the gym: Dry-wicking Alo yoga mats and meditation videos by Deepak Chopra can be found in a standard guest room, and suites are outfitted with exercise equipment and a sleek Peloton indoor bike.

Promoting physical recovery in addition to healthy travel, Wellness Room guests receive discounts on select services at the spa, which is situated down the dove-hued hallway on the fourth floor. A stalwart of wellness, the Four Seasons also boasts robust programming around Global Wellness Day, an annual celebration of wholesome living. fourseasons.com

CANNABIS CHECKS IN

The Standard Hotel stocks its minibars with boutique cannabidiol products.

BY CHARLOTTE DEFAZIO

Partnering with Lord Jones, purveyor of luxury cannabis and cannabidiol-infused products, the Standard Hotel will soon stock its minibars with cannabidiol (CBD) gumdrops and Lord Jones Pain & Wellness Formula Body Lotions. (Unlike THC, cannabidiol promotes wellness and pain reduction without any psychoactive effect on its users.)

Later this year, the Lord Jones retail dispensary flagship will open on the ground floor of The Standard Hollywood, selling cannabis and CBD-infused products to hotel guests and the community.

"I remember going to The Standard Hollywood when it opened, and thinking it was unlike anything I'd ever seen," says Lord Jones founder Rob Rosenheck. "It was hip and relevant, with a sophisticated party atmosphere. When we looked for a hospitality partner, The Standard was at the top of our list. By making Lord Jones CBD products available to their guests, The Standard is again breaking new ground, and we couldn't be more excited." standardhotels.com; lordjones.com



The hotel's next-level minibars feature CBD gumdrops.

Top photo, courtesy of Four Seasons; bottom, courtesy of Lord Jones

PLAY

BEAUTIFUL DAY

Determined to be the change the world needs, Belgin Aksoy founded Global Wellness Day, a worldwide celebration of self-care, held on June 9 this year.

BY JULIA SZABO

Observed on the second Saturday of June, with yoga, hiking, ballet, nutrition workshops, and other healthy activities offered free worldwide, Global Wellness Day is the nonprofit passion project of Turkish philanthropist Belgin Aksoy.

"The objective of GWD," says the Istanbul native, "is to show that wellness is not a luxury but a necessity: the right of every individual." This year, 5,000 locations in 100 countries will participate, from Jamaica to Japan, Nepal to the Netherlands. In the U.S., the Four Seasons Hotel Los Angeles at Beverly Hills is hosting, among other treats, a helipad class taught by yogi Andrew Sealy, plus a plant-powered lunch by master chef Matthew Kenney. Meanwhile, in New York City, the Four Seasons New York Downtown will announce its GWD yoga and other complementary activities shortly before June 9 on Instagram (@FSNYDowntown).

Aksoy has been riding the wellness wave since founding Richmond Nua, Istanbul's first destination spa. But a 2004 bout with thyroid cancer raised her health consciousness higher still, motivating Aksoy to "give back to the universe." Cognizant that not everyone has the means to visit a local spa, much less a faraway one, she has

taken the spa spirit of self-care out on the road. GWD's motto—"One day can change your whole life"—is, she believes, the spark to ignite yearlong wellness motivation.

Kim Marshall, an ambassador on GWD's team of 70 volunteers, recalls an event at East LA's Esteban Torres High School campus: "It was amazing to see 600 kids from the inner city doing yoga, creating healing sound with Tibetan bowls, and making green smoothies. They were feeling wellness and tasting it. That is what GWD is all about."

Proving that anyone, of any age, can take baby steps toward wellness (Don't use plastic bottles; Do a good deed), GWD 2018 focuses on kids, and teaching them healthy life skills. A mother herself, Aksoy envisions school children practicing guided meditation exercises. "Imagine if kids all over the globe could have a wellness circle every morning," she says. "How different would the world's depression and crime stats be, if we all could learn to take that one, deep breath?"

With high-profile supporters (including Dr. Dean Ornish and Dr. Andrew Weil), Aksoy says her ultimate goal is getting GWD on the United Nations calendar: "That would be a real catalyst for international awareness." globalwellnessday.org 🌱