

SAN FRANCISCO | SILICON VALLEY | MARIN | NAPA | NORTHERN CALIFORNIA

# HAUTE LIVING

JANUARY/FEBRUARY 2019

LUXURY LIFESTYLE WITH PURPOSE

KICK-OFF 2019 WITH DR. ORVILLE  
WELLNESS BOOK "UNDO IT!"

WINTER ESCAPES TO VAIL,  
MALIBU, AND PUNTA MITA

GET EXCITED FOR SAN  
FRANCISCO BALLET'S OPENING

INSIDE THE BIG CHANGES  
AT SF SYMPHONY

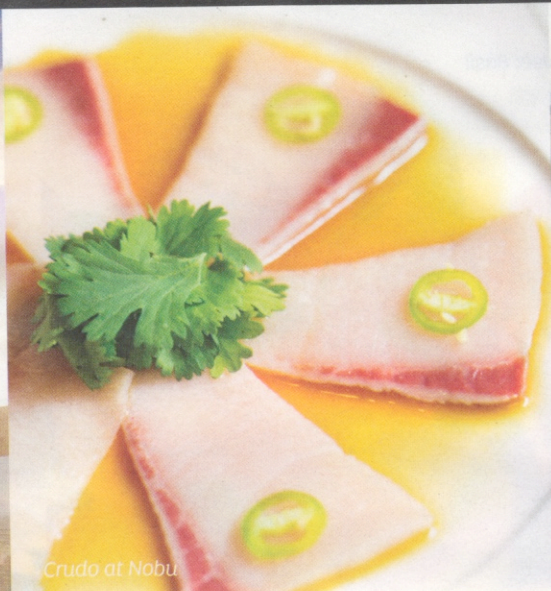
## ALCHEMIST OF THE SENSES

LEGENDARY WINEMAKER JEAN-CHARLES BOISSET  
SHARES HIS MAGIC WORLD





Hotel in Malibu



Crudo at Nobu



Surf Air

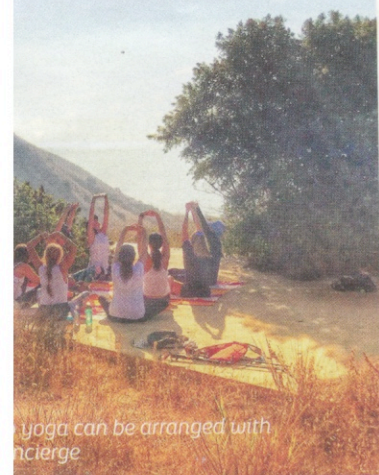
## MALIBU

**Get there:** Surf Air, a private member-based air service, operates daily flights throughout California. Grab a plane in Oakland and arrive at Hawthorne Airport in under an hour. A car will meet you on the tarmac and whisk you to Malibu.

**Stay:** For a truly zen getaway, stay at the Nobu Ryokan. A Japanese-style inn, the Ryokan is a 16-room sanctuary of minimalist splendor. Once you step through the wooden doors, it's impossible not to instantly relax. The massive rooms (that overlook the ocean) feature Japanese books, Indonesian teak soaking tubs, and Jerusalem limestone bathrooms. The resort requires a two-night minimum, but you'll want to spend more than a couple of days at this otherworldly oasis.

**Eat:** Experiencing acclaimed chef Nobu Matsuhisa's Japanese-Peruvian cuisine is a must and Nobu Malibu is a short walk from the hotel. Enjoy the chef's signature dishes like black cod with miso or try innovations such as wagyu with white truffle butter. Be sure to have breakfast or dinner at Malibu Farm, an iconic restaurant on the pier. The farm has two operations: a counter-service cafe and a full-service restaurant with bar, housemade ice cream, and specialty cocktails. Chef and owner Helene Henderson has a cult following and rightly so: every appetite and dietary need is welcome at the farm, and the options are plentiful—think scrambled egg burritos with chicken sausage and black beans, grilled salmon Nicoise salads, and vegetable paella.

**Do:** Wellness is the name of the game in Malibu, so pack tennis shoes and workout gear. Take a yoga class with Alo ambassador Tom Morley, a sage guru who leads exclusive retreats worldwide. Hike, standup paddleboard, or workout with Peter Deacy, the handsome founder of Malibu Fit Concierge, a training and diet service that is customizable.



Yoga can be arranged with concierge



The dining room at Malibu Farm

Nobu Ryokan

