

MODERN LUXURY

# Angeleno

## THE TRAVEL AWARDS

EXPLORE THE WORLD'S MOST  
INCREDIBLE DESTINATIONS

IN FULL  
BLOOM

Cartier's High Jewelry  
Springs to Life

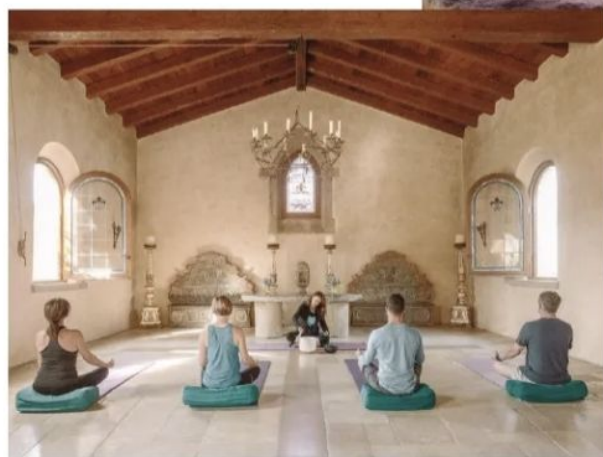
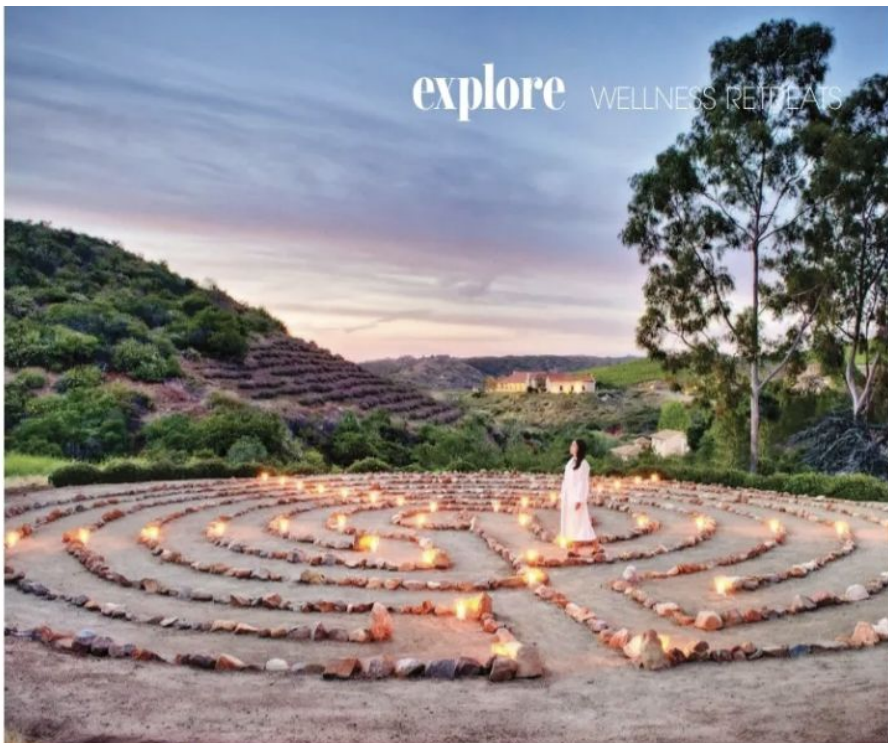


SoCal's Top  
Wellness Retreats

# Health is Wealth

EMBARK ON A REJUVENATING JOURNEY THROUGH SOCAL'S FINEST WELLNESS HAVENS, WHERE LUXURY MEETS HOLISTIC HEALING AMID BREATHTAKING LANDSCAPES.

BY LAURA ECKSTEIN JONES



## CAL-A-VIE

Tucked away in the picturesque hills of Vista, Cal-a-Vie boasts a transformative wellness experience. Indulge in tailored fitness programs, holistic spa therapies and farm-to-table cuisine in a French-inspired setting. New offerings include the Functional Food for Longevity lecture series, which dives into topics such as biohacking and how to use foods as medicine; new facials; and three new 6-bedroom villas opening this summer. [cal-a-vie.com](http://cal-a-vie.com)

## GOLDEN DOOR

Embrace wellness at Golden Door, an exclusive sanctuary in northern San Diego County. Each 7-day-minimum stay includes morning hikes, yoga, fitness classes, daily spa treatments, nutritious yet delicious meals, and much more. The Japanese-inspired gardens, holistic therapies and mindful activities blend for the ultimate body and soul renewal. The spa recently partnered exclusively with French skincare brand Biologique Recherche, and new offerings like transformative sound healing are now on the menu. The resort also hosts guest chef dinners by prominent names in the culinary world throughout the year. [goldendoor.com](http://goldendoor.com)

## THE RANCH MALIBU

Discover health and serenity at The Ranch Malibu, where rugged mountains meet Pacific panoramas. Embark on a holistic wellness retreat featuring organic cuisine, rigorous daily hikes and rejuvenating spa therapies for a transformative experience. Various programs are available, including 7-day and 9-day experiences with no more than 25 guests, and private sessions are also on offer. [theranchlife.com](http://theranchlife.com) CONTINUED...



From top: The labyrinth at Cal-a-Vie; sound therapy and meditation at Cal-a-Vie; a guest wears a traditional yukata robe at Golden Door, which has a zen-like Japanese design throughout the property.

CAL-A-VIE PHOTOS COURTESY OF BRAND; GOLDEN DOOR PHOTO BY JANVEER BADAL

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### BELMOND EL ENCANTO

Nestled in the hills of Santa Barbara, Belmond El Encanto offers a serene escape with stunning ocean views, luxurious spa treatments and gourmet cuisine. Unwind amid lush gardens and historic charm during the resort's wellness weeks throughout the year that offer various workshops, healthy meals, transformative facials by Linda Ross and more. [belmond.com](http://belmond.com)

### FOUR SEASONS WESTLAKE VILLAGE

Experience holistic wellness at Four Seasons Westlake Village, where luxurious accommodations meet comprehensive health programs via wellness stays and retreats. The on-property Center for Health & Wellbeing offers guests cutting-edge wellness services. Now, a fresh partnership with CURE Medical—which includes a new 7,000-square-foot state-of-the-art facility within the resort—brings medical and medical spa services to the property. Check out the new The Cove Pool, Kitchen & Bar, which recently opened. [fourseasons.com](http://fourseasons.com)

### SENSEI PORCUPINE CREEK

Following a successful opening on Lanai, Sensei opened a second exclusive resort in Rancho Mirage on a 230-acre private estate. The wellness oasis features professional golf and tennis facilities, lush gardens, Sensei by Nobu dining (available to guests only) and a scientifically backed wellness program tailored to each visitor's needs. Relax at the serene pool or in your luxe private accommodations between hikes, games, mindfulness activities and working out. [sensei.com](http://sensei.com)

### THE ASHRAM

Retreat to The Ashram—a hidden gem in the Santa Monica Mountains celebrating its 50th anniversary—for a transformative wellness journey. Engage in rigorous fitness activities, nourishing cuisine and spiritual rejuvenation in a gorgeous natural setting by booking one of the newly announced programs. Those include The California Camino, a week of hiking the 70-mile Backbone Trail (10-12 miles daily), with afternoon yoga, pool time, massages and more. For those needing a gender program, more mellow experiences are available. [theashram.com](http://theashram.com)

### TWO BUNCH PALMS

Escape to Two Bunch Palms, an oasis of relaxation in Desert Hot Springs. Surrender to therapeutic mineral waters from a 600-year-old spring, indulge in organic cuisine and healing treatments, and rejuvenate your body and mind amid tranquil desert landscapes. Various weekly programming and classes are available, including reiki meditation, sound baths, vision board creation and more. [twobunchpalms.com](http://twobunchpalms.com)



explore WELLNESS RETREATS

From top: Belmond El Encanto in Santa Barbara has wellness programming scheduled throughout the year; Two Bunch Palms; The Ashram



### WE CARE SPA

Embark on a journey of detoxification and renewal at We Care Spa in Desert Hot Springs, a best-kept secret for A-listers and health-seekers for decades. Experience cleansing fasts, holistic therapies and serene surroundings for total rejuvenation and optimal well-being. New offerings include pampering treatments using products from Italian brand Comfort Zone, a signature Agent Nateur facial and the opening of two new suites. [wecarespa.com](http://wecarespa.com)

