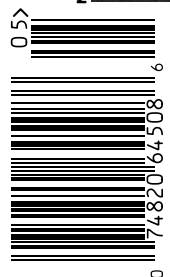


CALIFORNIA STYLE

# Rise + Shine

INDEPENDENT  
SPIRIT EVAN  
RACHEL WOOD  
FINDS HER  
LIGHT

MAY 2018 \$5.99



**PLUS**  
THE JEWELRY  
SPECIAL AND DAVID  
HOCKNEY'S  
GOLDEN AGE



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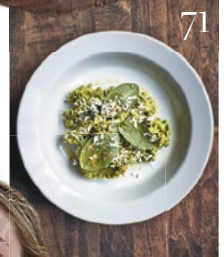
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# BEAUTY

WRITTEN AND EDITED BY KELLY ATTERTON

*Insider*



## Ready, Set, Glow

JUST IN TIME FOR *BEACH SEASON*,  
PREPARE TO *RADIATE FROM THE INSIDE OUT* >

# BEAUTY



**VIE HEALING** offers a range of wellness products, including Turkish soaps and healing teas.

## THE DESTINATION

# HEALTHY Interest

Specializing in acupuncture, massage, energy healing and skincare (with treatment additions spanning crystal jade rolling and 24-karat gold ear seeds), Mona Dan's wellness community **Vie Healing** now calls West Hollywood and Beverly Hills home. "We take an East-meets-West holistic approach to each service,"

says Dan of her concept, which aims to go beyond health fads and quick fixes, focusing on a long-term, individual approach to wellness and longevity. In the new West Hollywood location, crystals, ceramics and greenery complement a coastal motif. *Services from \$30. 8500 Melrose Ave., W.H., 310-927-3097; viehealing.com.*

## THE MANUAL

# Feeling GROOVY

Kerrilynn Pamer and Cindy DiPrima Morisse, the founders of the wildly popular all-natural beauty store CAP Beauty, have released their first book, **High Vibrational Beauty: Recipes and Rituals for Radical Self Care** (Rodale Books, \$28). A must-read guide for achieving lasting inner and outer beauty, the title offers an easy-to-follow approach that corresponds to the seasons and engages all the senses.



**UNPLUG**  
Orange Oil,  
\$18, purchase  
by calling  
310-826-8899.



## CULT ITEM

"To get happy quickly, drop orange oil into the palms of your hands, rub together and inhale." —Suze Yalof Schwartz, CEO and founder of Unplug Meditation

## THE PRODUCTS

# POWER Boosters



- 1. WOODEN SPOON HERBS** Prebiotic Powder, \$18, [woodenspoonherbs.com](http://woodenspoonherbs.com).
- 2. DR. BARBARA STURM** Repair Food, \$95, [dr-barbara-sturm.com](http://dr-barbara-sturm.com).
- 3. KALUMI** Beauty Food Collagen Protein Bar, \$19/three-bar box, [kalumihealth.com](http://kalumihealth.com).
- 4. OLIVE & JUNE** Rosy Matcha Tea, \$20, [olivejune.com](http://olivejune.com).
- 5. SKINADE** Collagen Drink, \$150/30-day supply, [skinade.com](http://skinade.com).

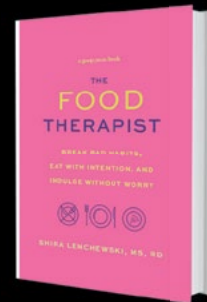


Food therapist  
**SHIRA**  
**LENCHIEWSKI.**

## THE COACH

# CURE ALL

"Clients can rattle off things they ought to do: limiting added sugar, exercising portion control, making more thoughtful food choices at restaurants, etc. But they're not doing those things on a regular basis. There's a gap between their intentions to get healthier and their day-to-day eating behaviors," says **Shira Lenchewski, MS, RD**, a Los Angeles-based registered dietitian and resident nutrition expert at Goop. Her compassionate, sustainable approach



to breaking bad eating habits is detailed in her debut book, **The Food Therapist** (Grand Central Life & Style, \$27). "The reality is it's complicated," adds Lenchewski, whose fans include Gwyneth Paltrow, Lauren Conrad and Mandy Moore.

## Lenchewski's tips to eat by:

- Eat with your nondominant hand: It helps you slow down and tune in. Using your hands also engages all of your senses.
- Plate your food: When it's just us, we tend to eat hurriedly over the sink. But plated food makes the eating experience feel real, substantial and more satisfying. [shirard.com](http://shirard.com).



# BEAUTY



## THE PRODUCTS

### ON THE Surface

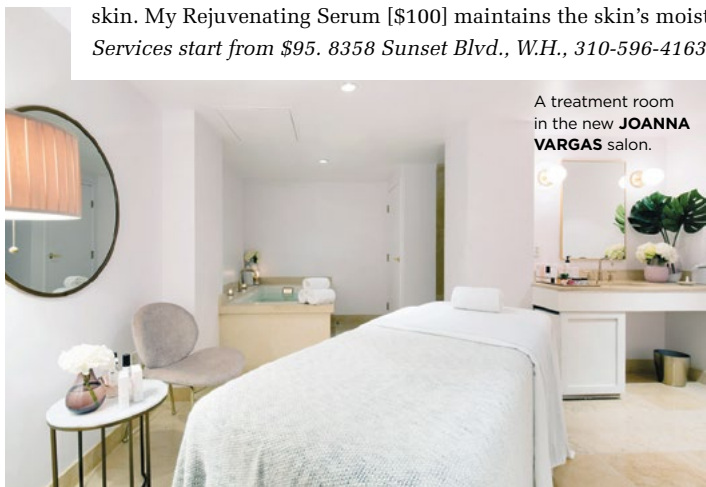


1. **DIOR** Diorskin Rosy Glow, \$44, dior.com.
2. **BEAUTY BIOSCIENCE** GloPro, \$199, beautybio.com.
3. **SULWHASOO** First Care Activating Mask, \$60, sulwhasoo.com.
4. **AMOREPACIFIC** Prime Reserve Epidynamic Activating Creme (limited edition), \$750, us.amorepacific.com.
5. **VALMONT** Perfecting Powder Cream, \$145, valmontcosmetics.com.

## THE SOURCE

# Hollywood SHINE

Bicoastal celebrity facialist **Joanna Vargas** (whose clients include Greta Gerwig and Sofia Coppola) has opened a new location of her eponymous salon with six treatment rooms inside the iconic Sunset Tower in Hollywood. On the menu: facials, body treatments, LED light therapy, massages and products. For her West Coast clients, Vargas recommends an oil-based serum: “The California sun is so harsh, and the lack of humidity dries the skin. My Rejuvenating Serum [\$100] maintains the skin’s moisture and elasticity.” Services start from \$95. 8358 Sunset Blvd., W.H., 310-596-4163; joannavargas.com.



A treatment room in the new **JOANNA VARGAS** salon.

From left: **TATCHA**'s The Pearl, \$48. Pure Skin: Discover the Japanese Ritual of Glowing (Clarkson Potter, \$18).



## CULT ITEM

“It’s moisturizing with a hint of color that wakes you up—low maintenance, but does so much.” —Jamie Greenberg, celebrity makeup artist

**CAUDALIE** French Kiss Addiction in Raspberry Red, \$18, sephora.com.

## THE MANUAL

# Magic Touch

“Tatcha’s skincare is rooted in Japanese rituals and philosophies,” says Victoria Tsai, the San Francisco-based founder of the Eastern-focused brand (inspired by classical beauty secrets Tsai unearthed on a trip to Kyoto). Author of the new title *Pure Skin: Discover the Japanese Ritual of Glowing*, Tsai will also debut an eye treatment and “underlight” in May: The Pearl (\$48), which contains anti-aging and detoxifying ingredients that awaken the eyes. [tatcha.com](http://tatcha.com).



San Francisco skincare specialist **KRISTINA HOLEY**.

## THE TREATMENTS

# FACE TIME

Standout treatments spanning brand experiences to new high-tech methods.

**ALEXANDRA WAGNER SKINCARE**  
Signature Facial Plus, from \$225.  
1636 Abbot Kinney Blvd., Second Fl., Venice, 310-399-0123;  
[alexandrawagnerskincare.com](http://alexandrawagnerskincare.com).

**ANGELA CAGLIA SKIN SPA**  
La Vie en Rose Power Facial, \$400.  
2924 Beverly Glen Cir., Ste. B, Bel Air, 310-990-2424; [angelacaglia.com](http://angelacaglia.com).

**CREDO**  
Herbivore Mini Facial, \$30.  
4305 La Jolla Village Dr., Ste. 2460, S.D., 858-886-7899; [credobeauty.com](http://credobeauty.com).

**KRISTINA HOLEY**  
Signature Custom Facial, \$350.  
846 Post St., S.F.; [kristinaholey.com](http://kristinaholey.com).

**LA PRAIRIE SPA AT WALDORF ASTORIA**  
Caviar Lifting & Firming Facial, \$250.  
9850 Wilshire Blvd., B.H., 310-860-6742; [waldorfastoriabeverlyhills.com](http://waldorfastoriabeverlyhills.com).

**SPA RADIANCE**  
Dermaplaning Plus Facial, \$205.  
3011 Fillmore St., S.F., 415-346-6281; [sparadiance.com](http://sparadiance.com).

**TAKE CARE CENTER FOR BODY MIND REGENERATION**  
Stem Cell Facial, \$300.  
1617 Broadway, S.M., 917-841-6281; [takecarebody.com](http://takecarebody.com).

**TENOVERTEN**  
True Botanicals Pure Radiance Facial with Microcurrent, \$250.  
8830 Washington Blvd., Culver City, 310-878-9903; [tenoverten.com](http://tenoverten.com).

# BEAUTY



THE HOT SPOT

## Up and Away

MIND, BODY AND SOUL's Sunset Yoga at OUE SKYSPACE LOS ANGELES.

Take workouts to new heights at **Mind, Body and Soul** at OUE Skyspace Los Angeles in Downtown. Situated atop the US Bank Tower, this wellness collective offers meditation classes by The Den, yoga classes by SoHo

Yoga and R&B Yoga, and Reiki healing with Celia Gellert. Bonus: Admission includes access to Skyspace's famed transparent Skyslide. \$30/class. 633 W. Fifth St., L.A., 213-894-9000; [oue-skyspace.com](http://oue-skyspace.com).



THE SECRET WEAPON

## Body of Work

Nutrition coach Nick Shaw's **Renaissance Periodization** is a custom approach to diet and fitness, tailored according to the client's current weight and exercise habits, and ranging in services spanning e-books to one-on-one coaching. The online-only program's staff includes 23 coaches, 17 Ph.D.s, five registered dietitians and a family physician—all competitive athletes. "RP is a blueprint for getting lean and toned," says Shaw. [renaissanceperiodization.com](http://renaissanceperiodization.com).

A **RENAISSANCE PERIODIZATION** collard greens salad with air-fried butternut squash and grilled chicken.

**CULT ITEM**

"Magnesium flakes in the bath are hydrating, decrease inflammation and soothe sore muscles while relieving stress." —Kelly LeVeque, holistic nutritionist



**NOW** Magnesium Flakes, \$22, [nowfoods.com](http://nowfoods.com).

THE PRODUCTS

## TRUE to Form



1.

- LA MER** The Reparative Body Lotion, \$195, [cremedelamer.com](http://cremedelamer.com).
- THISWORKS** Perfect Legs 100% Natural Scrub, \$38, [thisworks.com](http://thisworks.com).
- EVERYDAY OIL**, \$48, [capbeauty.com](http://capbeauty.com).
- HATCH** Down, Girl, \$42, [hatchcollection.com](http://hatchcollection.com).
- ASHLEY BLACK** FasciaBlaster, \$89, [ashleyblackguru.com](http://ashleyblackguru.com).



2.



3.



4.

5.



THE OBSESSION

## JUMP NATION

The mini-trampoline, beloved by actors Jennifer Garner (who trains at Body By Simone) and Busy Phillips (who documents Lauren Kleban's LEKfit on Instagram), keeps fans coming back with its sweat-plus-fat-burn-equals-fun guarantee. Here, our go-to spots.

### BALLET BODIES

**Ballet Burn**, \$28/60 minutes. 8376 Beverly Blvd., L.A., 323-944-0944; [balletbodies.com](http://balletbodies.com).

### BODY BY SIMONE

**Trampoline Cardio**, \$28/55 minutes. 137 S. Barrington Pl., Brentwood, 310-440-0003; [bodybysimone.com](http://bodybysimone.com).

### BOUNCE SOCIETY FITNESS

**Bounce classes**, \$25/60 minutes. 1725 Monrovia Ave., Ste. A3, C.M., 949-612-8523; [bouncesociety.com](http://bouncesociety.com).

### BOUNDLESS MOVE

**Sculpt**, \$25/30 minutes. 200 S. Main St., Ste. 120, Sebastopol, 707-827-8192; [boundlessmove.com](http://boundlessmove.com).

### FREESTYLE FITNESS

**HIIT 40**, \$32/40 minutes. 1017 Mission St., South Pasadena, 626-441-1133; [freestylefitnesszone.com](http://freestylefitnesszone.com).

### LEKFIT

**Bounce**, \$35/50 minutes. 615 S. Arden Blvd., Hancock Park, 323-525-0326; [lekfit.com](http://lekfit.com).

### MADRE

**Bounce + Lift**, \$23/60 minutes. 1577 Colorado Blvd., Eagle Rock, 323-999-7311; [madrela.com](http://madrela.com).

### SWEAT PILATES

**Bounce Pilates**, \$30/45 minutes. 6138 Washington Blvd., Culver City, 310-202-0000; [sweatpilates.com](http://sweatpilates.com).