

805 LIVING

DECEMBER 2010

OUR FAVORITE

Season
OF THE YEAR

PLUS:
festive and
fabulous gift
ideas for
everyone

Mind/Body/Soul

By Maryann Hammers



LAVISH, LUXE, AND LOVELY

A health and beauty gift guide for wellness, pampering, and self-awareness.

FORE YOU: For the amateur or professional golfer on the gift list, Kinesis Fitness (kinesisfitnesscenter.com) in Westlake Village has put together a golf-performance personal-training program that works all the muscles used when swinging a club. Classes focus on engaging and stabilizing the core, correcting knee alignment along with shoulder and hip turns, and maximizing leverage.

"The golf swing is a dynamic, fluid movement that combines flexibility, strength, timing, leverage, and rotation," says David Cohen, co-owner of Kinesis Fitness. "The main goal is to create a consistent swing path that results in lower scores. You will not believe the consistency this training will bring to your shots, from the drive to the wedge, whether you are hitting an uphill or downhill shot."

Ten semi-private training sessions are \$299, which includes a gift box with golf items.

NO FRILLS, JUST FITNESS: Know someone who, year after year, resolves to get fit? Help that resolution stick with a three-month "Quick Start" membership at the new J Raw Fitness (jrawfitness.com) in Westlake Village. Be warned: This is no froufrou fitness center. Workouts are intense, fast-paced, and sweaty. The Quick Start package includes unlimited cardio, strength training, and yoga/stretch classes, plus six one-hour personal training sessions. The \$349 package also includes a weekly two-hour Extreme BootCamp that's so hard-core it's called "War."



SANTA BARBARA SPA-CATION: Float Luxury Spa (floatluxuryspa.com), one of the nicest day spas in Santa Barbara, partners with the Canary Hotel (a Leading Hotel of the World) to create the "Float Spa Day" gift package. The spa day includes three-and-a-half hours of pampering (an exfoliating body treatment, aromatherapy massage, and "The Works," Float's signature firming facial) plus relaxation time in the private garden with reflecting pool and fountains.

Then check into luxe accommodations at Canary (canarysantabarbara.com), a boutique hotel just off State Street. Make time to catch the sunset at The Perch, the rooftop with swimming pool, oversized hot tub, and cozy, open fireplace (weekend, \$725 nightly; weekday, \$665).

TWELVE MONTHS OF GIVING: If one gift is good, how much better is a gift every month? Remedy Skin + Body (remedyskinandbody.com), a cosmetic dermatology center and spa in Westlake Village, offers a customized skin rejuvenation program of monthly treatments and products.

"This package will spoil the recipient with a customized program, utilizing the latest in skin-care innovations," says medical director Talia Emery, M.D. "The recipient will not only feel pampered but will see the lasting results in the improved health of their skin."

The package begins with a thorough skin analysis with Dr. Emery, and, over the course of the year, includes skin-brightening peels, custom-make-up blending and application, skin-care products,

This page: The lounge at Remedy Skin + Body in Westlake Village sets a cozy stage for the latest in cutting-edge skin-care treatments. **Opposite page:** Seasonal signature soothers can be enjoyed at Float Luxury Spa in Santa Barbara where patrons can relax by the tranquil reflecting pool.

laser treatments (if necessary), and de-stressing aromatherapy massage. A computerized skin assessment prior to treatment and at the conclusion of the package is also included. The \$975 package includes a gift certificate wrapped along with a Kai candle to begin the de-stressing process (and to ensure the recipient has a gift to unwrap during the holidays).

THE WORKS: Decisions, decisions. Don't know which sort of experience to give? Well, just wrap up all of them (plus more) in one comprehensive, luxurious, life-altering package. The Transformation Membership Program at California Health & Longevity Institute at Four Seasons Hotel Westlake Village (chli.com/packages) is a mind-boggling, 12-month program offering a year's worth of personal training and fitness classes; nutrition, fitness, and life balance workshops; dietary consultations; healthy cooking classes; one-on-one lifestyle consultations; and unlimited use of the spa facilities and pools, with continual monitoring, support, and accountability to encourage and sustain lifelong change.

But wait, there's more! The package also includes two treatments from the alternative medicine menu (such as acupuncture or hypnotherapy), body composition assessments, and even an overnight stay at the Four Seasons, along with discounts on the hotel's restaurants, spa treatments, and salon, and a slew of other perks; \$5,200. ■



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