









Skin in the Game

Inspired by London style and healthy California living, Los Angeles-based, London-bred Lara Mead and her husband, Ben—who met training for the London Marathon—left jobs in entertainment and finance to launch their debut collection of performance-first leggings and sports bras in 2014.

Three years on, they're expanding to skin care with **Skin by Varley**. "We were already creating high-performance activewear for the modern woman; it was natural to create high-performance activewear for [her] skin," says Mead of the seven-product line. "We use cutting-edge ingredients to protect, support and repair the skin on a cellular level and deliver long-term benefits." From \$18; varley.com.

SMOOTH Move

Infused with
La Mer's signature
Miracle Broth,
hyaluronic acid and
an oil-absorbing raw
ocean clay complex,
the newly launched
The Sheer Pressed
Powder sets makeup
and blends away
imperfections,
giving your skin a
healthy glow.

lamer.com.





LOS ANGELES

Dancing Queen

Nicole Winhoffer has begun her takeover of the West Coast fitness scene. In addition to training celebrities like Kate Hudson and Molly Sims, the NYC cult favorite booked a show on E!-Revenge Body with Khloé Kardashian—within months of moving to L.A. Her fun, sexy NW Method accesses the meridians used in acupuncture to deliver powerful results-engaging every muscle in a 55-minute dance workout that "shocks the body and opens the mind," she explains. Until her own studio opens next summer, Winhoffer teaches classes at Fairfax dance studio The Playground, and offers a streaming service that is recorded weekly. \$35/55-minute class; nicolewinhoffer.com.

1ALIBU

PERFECT 10

The Ranch Malibu, renowned for its luxurious, results-driven wellness retreats. is introducing The Ranch 10.0, an elongated version of the resort's seven-day signature stay, typified by delicious vegan cuisine, rigorous workouts and impressive weight-loss results. The experience begins at the Four Seasons Hotel Westlake Village for a four-day Jumpstart program, which includes medical diagnostic testing, and concludes with an off-the-grid week at The Ranch Malibu. "Guests ease into the rigorous program in the setting of a luxury hotel. By the time they get to The Ranch, which is more sequestered, they are acclimated to the nutritional and fitness program and are able to reset their minds and bodies at a deeper level," explains founder and CEO Alex Glasscock. \$10,800; theranchmalibu.com.

