

MODERN LUXURY

Angeles



BROOD CHIC
Kids' Fashion Grows Up

THE LUXE LIST
L.A.'s Best Bets for
Health, Style, Fitness,
Design & More!

**REFRESH
& RENEW**
5 Energizing Treatments
for the New Year

TAKING
CHARGE! ••
Taraji
P. Henson

Health & Fitness

Stretch, sweat and become your best self at our favorite fitness and wellness finds across the city.

BEST WELLNESS CONCIERGE

CURE (*Malibu, curemedspa.com*) Located directly across the PCH from Little Beach House, Dr. Lisa Benya's one-stop shop for all things wellness- and beauty-related offers Eastern and Western approaches to medicine, along with nonsurgical cosmetic treatments. We recommend enjoying a housemade coconut water on the sunny porch while taking in a customized IV-drip.

TOP NUTRITIONIST

Kelly LeVeque (*bewelbykelly.com*) Along with her lively Instagram that offers a constant stream of colorful, healthy recipes, the in-demand holistic nutritionist and health coach's easy-to-understand, science-driven approach to nutrition and wellness has drawn in a legion of fans, including Jessica Alba and The Great's Emily Current

and Meritt Elliott. She recently created curated, seasonal menu options for breakfast, lunch and dinner at all Montage Hotels & Resorts locations.

BEST FAMILY GYM

WO-LA (*Beverly Grove, wolafit.com*) This family-focused workout facility on West Third Street has side-by-side studios—one for tweens (6 to 12) and teens (13 and above), and another for adults. DJ-curated beats and a combination of cardio and resistance work keeps classes inspiring and challenging.

BEST PRIVATE GYM

Rise Movement (*West Hollywood, rise-movement.com*) Located on a prime stretch of Melrose Avenue across from Gracias Madres and Verve, Rise Nation founder Jason Walsh's discreet studio draws in A-listers like Matt Damon, Hilary

Duff, Jennifer Garner and more for intense 60-minute sessions.

TOP TRAINER

Bobby Strom (*Beverly Hills, bobbystromfitness.com*) Backed by more than 40 years of experience and an impressive client list—Britney Spears, Jennifer Lopez, Ryan Reynolds, Benicio del Toro and more—Strom's areas of expertise include training, nutrition, martial arts and massage therapy.

TOP PILATES STUDIO

Erica Bloom Pilates (*Brentwood, erikabloompilates.com*) The New York-based Pilates guru recently opened a West Coast outpost in Brentwood with soaring views of the city and the Pacific. Bloom and her team take a custom approach with clients and develop specialized programs based on the individual. Group and private lessons are

available, and at-home instruction is also on offer.

BEST GROUP FITNESS

LEKFit (*Hancock Park, lekfit.com*) Busy Philipps is a fan of LEKFit's signature Bounce class. The sweat-soaked, dance-filled session includes low-impact, high-intensity cardio on a mini rebounder (aka, a trampoline.) If you can't make it to the studio, don't fret: Classes are also available on demand via an app.

BEST BOOT CAMP

Barry's Boot Camp (*Locations vary, barrysbootcamp.com*) Burn up to 1,000 calories per class at the self-proclaimed original high-intensity workout that tones muscle, maximizes fat loss and increases metabolism. Because no class is ever exactly the same, boredom stays at bay.

BEST BARRE STUDIO

Ballet Bodies (*Beverly Grove, balletbodies.com*) Make like a ballerina at this Beverly Boulevard studio, with exercises that aim to sculpt a long, lean physique via barre, Pilates and ballet techniques.

BEST CYCLE STUDIO

SoulCycle (*Locations vary, soul-cycle.com*) With 12 L.A. locations and a devoted following that borders on obsessive, SoulCycle is continuing to dominate the SoCal cycling scene despite tons of competition. Classes come with heart-pounding exertion, upbeat music and inspirational instructors who keep you motivated on the 45-minute rides. Post-class, soak up the deliciously scented Le Labo

Erika Bloom practices Swan—a pose that opens the chest and helps extend the back—on a reformer at her eponymous Brentwood studio.





The serene pools at The Ranch Malibu

BEST WELLNESS PROGRAM

The Ranch Malibu
(theranchmalibu.com)

Known for its hardcore approach to weight loss and wellness, the award-winning luxury fitness and wellness retreat offers a variety of plans, including four-, seven- and 10-day stays, along with a one-day integrative lifestyle physical. Set on a historic working ranch 3 miles above the Pacific, the campus spans out over 200 acres, and is the perfect setting in which to reset and recharge while free of distractions. Depending on the program you choose, a typical day can include a morning stretch, a 4 ½-hour mountain hike and restorative yoga, with healthy, nutrient-dense meals and naptime in between. Group sizes are small, so you'll get the attention you need throughout your stay. Time away from the group is spent in gorgeous accommodations: The 18 private cottages look like they were pulled straight from a Nancy Meyers film.

products before getting on with the rest of your day.

BEST HIGH-ENERGY YOGA STUDIO

y7 (Silver Lake and West Hollywood, y7-studio.com) The popular Brooklyn-born studio has hooked Angelenos with its incredible candlelit Vinyasa classes. Inside, hip-hop music plays in a studio heated up to 90 degrees using infrared technology. Head in on Wednesdays and Sundays for classes devoted to the selected artist of the week.

BEST MEDITATION STUDIO

The Den (La Brea and Studio City, denmeditation.com) Whether you're a meditation beginner or a seasoned pro, The Den's cozy environment is the perfect place to press pause on a busy day. Relax post-class with complimentary coffee, tea and, when you're ready, Wi-Fi.

BEST BICYCLE SHOP

tokyobike (Row DTLA, tokyobike.us) Head to the Japanese brand's U.S. headquarters Downtown to try out a selection

of stylish, minimalist bicycles in a beautifully edited range of colors.

BEST LUXURY ACTIVEWEAR

Alo (Locations vary, aloyoga.com) Everyone knows that it's acceptable to wear workout clothes while out and about here, but who wants to show up to brunch in bright-orange capris? L.A.-based Alo has really upped the athleisure game with its chic clothing—and its newly launched accessories—that comes in subdued shades and sophisticated cuts.

Pets & Vets

We know that pets are part of the family and deserve only the best. Our canine and kitty picks will have your furry friends looking—and feeling—fabulous.

BEST PET SITTING

D Pet Hotels (Encino and Hollywood, dpethotels.com) Check Fido into this tony hotel, where a suite comes with a queen-size bed and a 42-inch flat-screen, natch. Amenities include doggie massage, personal training and more. A fleet of luxury rides are on hand for pickups and drop-offs.

BEST GROOMING GO-TO

Pussy & Pooch (DTLA, pussyandpooch.com) P&P goes beyond the typical shampoo and blow-dry with over-the-top services like mud masks and a blueberry facial treatment.

BEST VET

Dr. Patrick Mahaney (patrickmahaney.com) Dr. Mahaney takes a holistic house-call approach to your pet's health and uses acupuncture to help cure ailments and manage pain.

TOP TRAINER

Tamar Geller (theloverdog.com) Celebs like Natalie Portman and Ellen rely on Geller's innovative methods and overall enthusiasm to train their precious pets.

BEST PET THERAPIST

Dr. Rachel Melamed (behaviordogtor.com) Dr. Rachel

(as she's known) is a veterinary behavior therapist who diagnoses and treats medical issues that can contribute to behavioral changes.

BEST GOURMET FOOD

Canidae (canidae.com) The made-in-LA, pet food takes a farm-to-bowl approach and focuses on grain-free, raw ingredients.

BEST PET PRODUCTS

max-bone (Beverly Grove, max-bone.com) The fashion-forward line has a brand-new Disney collection that you'll wish came in human sizes. Trust us, you'll want the chic satin bomber for yourself.