



PATHWAY TO ZEN

An immersive discovery to
wellness in Laguna Beach





EXPERIENCE TOTAL REJUVENATION OF MIND, BODY, AND SOUL

If seven coastal miles of breathtaking bluffs and sandy beaches isn't enough to lure you to the hidden gem of Laguna Beach, the unique opportunity to experience total rejuvenation of mind, body, and soul certainly beckons.

Known as an artist's colony nestled on the Pacific, halfway between Los Angeles and San Diego, Laguna Beach has recently blossomed into a wellness Mecca, boasting everything from world-class spas to adventurous hikes on 20,000 acres of protected wilderness to delicious farm-to-table culinary delights.

Embracing numerous holistic modalities, your personal day of wellness could undulate in countless directions. A challenging yoga class overlooking the bluffs followed by a freshly-squeezed juice or nut milk smoothie. A full-body massage incorporating ancient traditions and healing essential oils. An IV Beauty Drip in the comfort of your own hotel room for total beauty revitalization. Hiking through the gorgeous Laguna hills after a full aura reading. A sound bath of tibetan singing bowls to release blocked chakras. The holistic options to heal, de-stress, and unwind are boundless.

If you're looking for the ultimate in living well and self-care, the wellness stops in Laguna Beach are sure to provide the healing and clarity you're seeking in this incredibly fast-paced world.

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TOP OF THE WORLD

A sunset hike at the Top of the World is the perfect end to a full day of wellness. Watching the sunset on the horizon is self-care personified – the sheer beauty of the abundant greenery and expansive views of the Pacific are almost too much to bear. The pink and gold skies surrounding Catalina island at sunset are so lovely to experience on your own or with a loved one.

Referenced as the “Top of the World,” this scenic lookout point offers some of the best views in Laguna Beach. Alta Laguna Park is located here, as well as a trail head for Aliso and Wood Canyons Wilderness Park. Most of the trails are fairly easy with moderate inclines, but you can find some more challenging trails if that’s your thing. Miles of trails await you, but a picnic at the start of trails can be just as nice if a leisurely afternoon with friends is what you desire.

Photos really don’t do these views justice – the 360-degree views of the surrounding hills and the Pacific are ones you will remember for a lifetime. Make sure this stop is marked as a must-have on your wellness itinerary.

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FARMER'S MARKET

There's something truly unique and special about perusing the Laguna Beach Farmers Market on a Saturday morning. A literal feast for the senses, if you can take your eyes off the abundance of local sundries, you'll notice the lush green hills surrounding this delightful little spot right in the heart of the village.

Open every Saturday from 8am - 12pm, rain or shine, locals and tourists are welcome, including their furry friends, and this farmers market makes sure every single vendor actually grows/creates their commodity so it's fully certified.

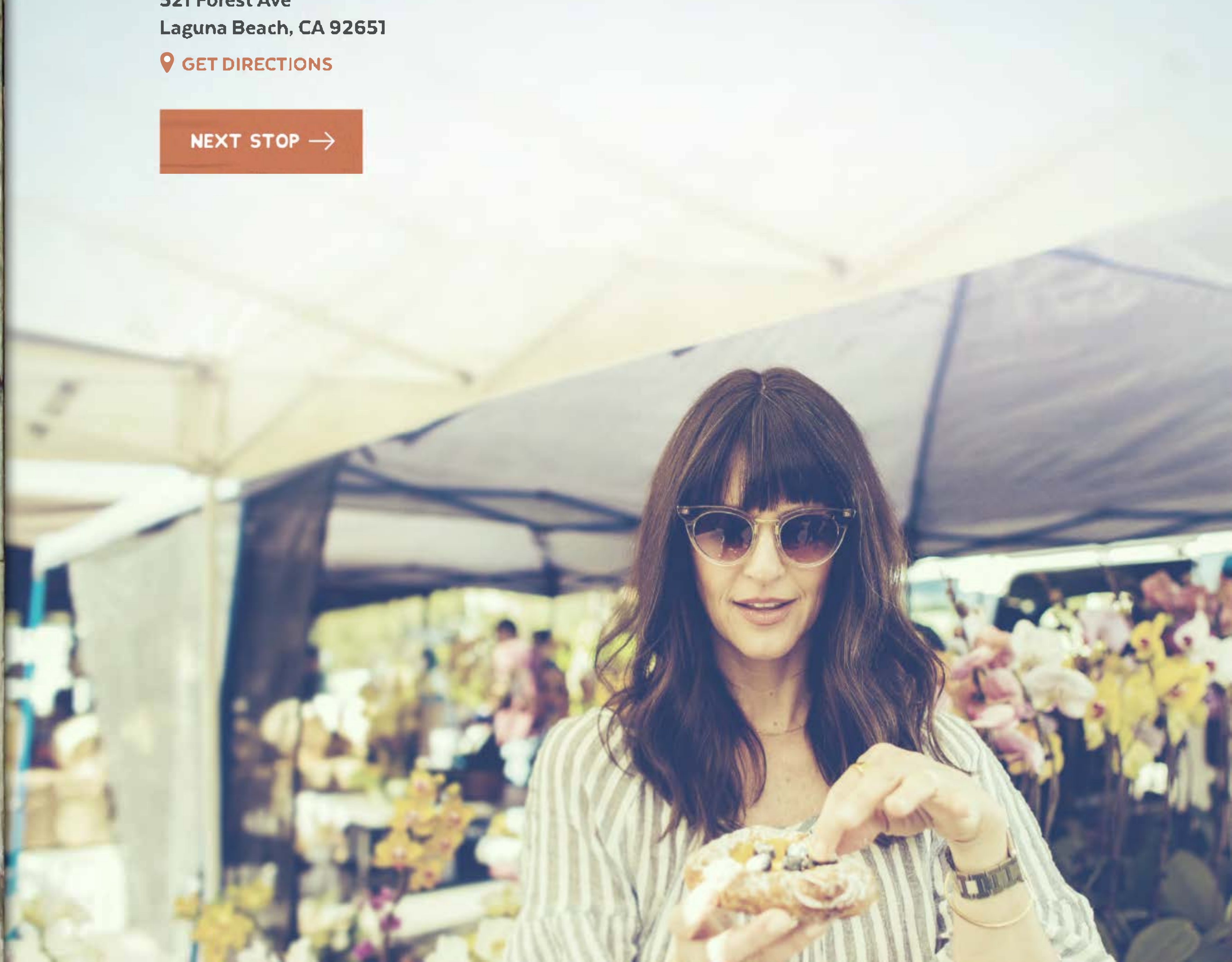
Some the farmers market must-haves are the Blessed Booch - an artisanal, hand-crafted, small-batch kombucha company based right in Laguna Beach (try the apple + beet + ginger), the Zukkee Kitchen - a gluten-free bakery that creates some of the most delicious baked goods, with paleo and vegan options, and the Laguna Coffee Company - creating some of the most incredible freshly-roasted blends you'll find anywhere.

Beyond culinary goodies, the market has a gorgeous selection of flowers and plants, and don't forget the local produce! The Laguna Beach Farmers Market is a highly health-conscious spot you'll want to visit again and again.

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ZINC CAFE


The iconic Zinc Cafe Laguna Beach has been a darling of locals and tourists alike for over 28 years. Located in the village, words cannot accurately express the delightful charm of this cafe that might as well be located in Paris. The dreamy patio, the delicious food, and the interesting people-watching are more than enough reason to make this cafe a must-stop on your wellness tour.

Zinc Cafe was inspired by the quality food movement initiated by Alice Waters of Chez Panisse in Berkeley and is known for their delicious breakfasts and specialty baked goods. Might I suggest the avocado toast, the scrambled egg plate, and a latte while you take in the Laguna vibe on the perfectly shaded patio?

Everything made here feels and tastes special - like impeccable care and detail was put into every single dish. The turmeric latte is such a lovely alternative to a traditional latte, and if turmeric isn't your thing, give the lavender latte a spin.

Adjacent to the restaurant is the marketplace, which sells a myriad of specialty sundries to take with you and Zinc also has an online market as well. Zinc has branched out with several other locations, but the Laguna Beach cafe will always stand alone as the favorite. Make a stop at Zinc after a nice walk on the beach or an invigorating yoga class. You won't be disappointed.

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ROOTS BEAUTY


Clean beauty enthusiasts, this modern boutique is the ultimate Mecca of wellness and non-toxic cosmetics and skincare.

Laura Linsenmayer, a Laguna Beach native, is the founder of Roots and a virtual aficionado when it comes to the highest-performing skincare, makeup, and bodycare with elite clean brands such as Agent Nateur, Clove and Hallow, Ilia, Indie Lee, Kjaer Weis, Laurel, Josh Rosebrook, Vapour, Tata Harper, Lily Lolo, and Kypris, to name a few. (And that's just the tip of the iceberg when it comes to brands carried.) Some fantastic local-to-Laguna brands carried at Roots are the Swell Naturals Face Wash (Laura swears by this product) and the Blessed Booch Beauty Organic Kombucha Toner.

Brands aside, Roots Beauty is not just about products. It boasts a hair salon, as well as customized makeup services to walk you through the ABCs of enhancing your natural beauty the clean way. Laura and her team not only find the perfect shades and products for you, but give you tons of tips and beauty tricks to keep in your pocket for down the road. At the end of your personalized makeup services, you'll leave with a customized sheet of everything used on your face for future reference.

Integrity and intention of utmost importance to Laura so you can be assured you'll be leaving with products and tips to make you look your very best. Roots is all about educating and empowering their clientele, whether you're just embarking on the clean beauty world or fancy yourself a seasoned professional. No matter what, a visit to Roots shouldn't be missed while on your wellness journey.

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LAUGHTER YOGA


Looking for a unique way to tap into your inner happy while warming up those abs? You simply must try Laughter Yoga hosted by The Laughter Club, who gathers to practice laughter as a form of exercise. Gathering every day (including holidays!) on the northernmost end of Main Beach, this exercise feels a little more improv than actual yoga. There won't be any vinyasa happening during the allotted 45 minutes, but you will certainly guffaw amongst many other participants.

Led by Certified Laughter Yoga Master Trainer and club founder Jeffrey Briar, the session commences with easy stretching and breathing exercises, followed by many laughter exercises (think pretending you're walking a dog or throwing peace signs while laughing with others), and ends with a guided relaxation.

Doubters be assured, this group just radiates kindness and light-heartedness and will be the first to explain that your laughter will most likely be forced at the beginning of the session. You don't need to be happy or feel good at the first of session, but what you will find over the course of the session, you will be LOL-ing for certain. And guess what? The practice of laughing itself improves your mood, and then you do feel good, this delivering health benefits.

Think a little laughter is exactly what you need in terms of self-care? The group meets Sunday through Friday mornings, 8:00 a.m. and Saturday morning at 10:00 a.m.

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THE STAND

The Stand Natural Foods Restaurant is a Laguna Beach institution, established over 40 years ago with a 100% vegan menu that both locals and tourists adore. The Stand's longtime owner believes that the healthiest food you can put in your body should consist of a plant-based, 100% cruelty free vegan diet and we tend to agree.

Walking up the the red standalone "shack," you'll first notice the incredibly robust menu handwritten on the walls. Freshly squeezed juices, nut milk shakes, smoothies, tostadas, burritos, salads, date shakes, and acai bowls are just some of the few delicious options for the wellness lover. A local favorite is the bean and rice tostada which is a steamed corn tortilla covered with organic pinto beans, organic brown rice, green leaf lettuce, alfalfa sprouts, topped with guacamole and mild salsa. Delicious.

After you order, find yourself a shaded spot on the surrounding deck and enjoy the ocean breezes while waiting for the goodness. The Stand does not skimp on portion size. You will be completely content after enjoying a healthy, filling meal at this lovely little spot.

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CHAKRA SHACK

If exploring your spiritual side is part of your wellness game plan, a visit to the Chakra Shack is a must. Unique books and greeting cards, gorgeous crystals, angel cards, and Tibetan singing bowls are just a few of the spell-binding items you'll find in this inspiring space.

Beyond the retail aspect, The Chakra Shack offers readings and an aura photography station. Looking to gain a little perspective in terms of your self-care? A spiritual reading is a great way to gain some perspective on your current life situation and the goal of the holistic wellness practitioner conducting your reading is to help restore balance and have you leave feeling balanced and with an enhanced well-being.

The Aura Video Station is one of the coolest experiences at the shop. Utilizing an Interactive Multimedia Biofeedback Computer System based on the principles of Biofeedback, Color Psychology, Energy and Mind Body Knowledge, the station uses Biofeedback Sensors to measure, analyze and process the biofeedback data of the energetic and activity levels of the client. What results is a full-color visual image representing your bio-energetic field, personality type and your overall emotional state.

Such an enlightening and unique service, and the quiet little succulent-filled outdoor haven next to the shop is the perfect place to look over your report and reflect on your wellness goals.

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THRIVE VITAMIN DRIPS & SHOTS


Thrive Vitamin Drips and Shots is a relaxing wellness center that administers vitamins, minerals, amino acids, and hydration intravenously, as well as vitamin injections by licensed registered nurses.

Why IVs? Well, IV drips and IM injections bypass the digestive system and deliver vitamins, minerals and amino acids for a maximum absorption that you just can't get by taking orally-administered supplements. Many clients choose to utilize the drips as a preventative measure, although they can be used to treat acute conditions as well.

There are over 10 drips to choose from - immunity, hangover relief, travelers, energy, and the slim drip are a few. For ultimate self-care lovers, the Beauty Drip is fantastic - it's a unique blend of Biotin, Copper, Zinc, Vitamin C, and B- Complex. These vitamins and minerals promote strong nails and healthy hair, as well as manufacturing elastin and collagen in the skin. Combine this treatment with a Glutathione push and you'll experience ultimate in beauty.

IV drips take about 30 minutes, and the Thrive's atmosphere is completely safe and hygienic. Not wanting to leave your hotel room? Let Thrive come to you! A licensed, registered nurse can administer your personal wellness concoction at your home or hotel room. The ultimate in comfortable relaxation.

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CHAKRA SPA

Unwinding in the Chakra Spa at sundown, you can't help but notice how the expansive sitting area becomes pink with the warm light of the sun illuminating through the windows. It is quite a sight to behold, yet only one of the many reasons to visit Stacey (last name) at the Chakra Spa for chakra balancing, crystal massage, and life readings.

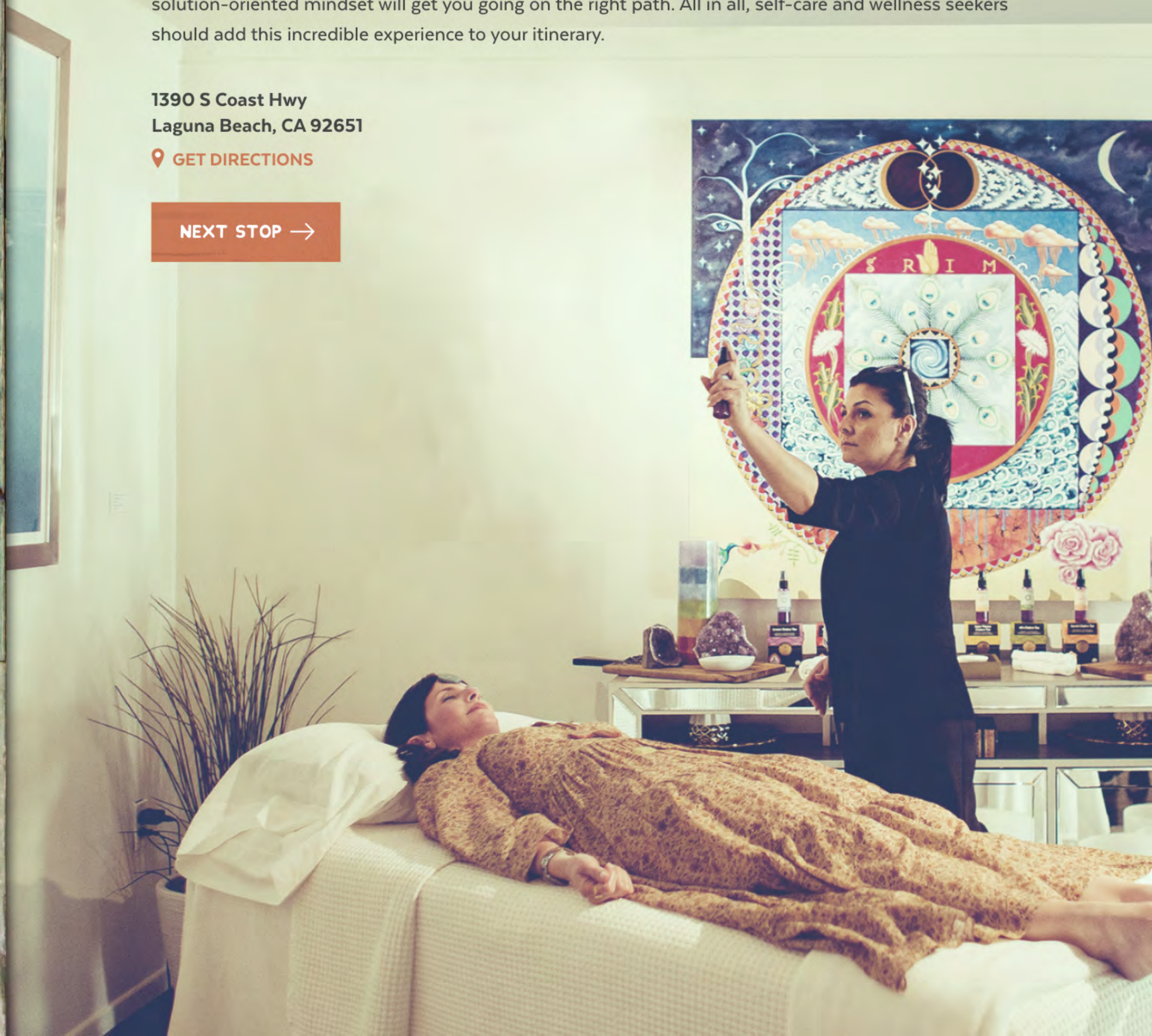
A peaceful sanctuary to restore your body and mind, those wanting to explore their spiritual side will revel in all that the Chakra Spa has to offer. Chakra services are perfect for those wanting to realign with their highest self, break through old patterns, and increase intuition. To lie peacefully while Stacey places crystals on your body and mists beautiful chakra balancing essential oils is such a transformative experience only heightened by the beautiful sound bath from Tibetan singing bowls. Those blocked chakras will be free to flow energetically after being rebalanced, leaving you feel harmonized.

Looking for guidance in an aspect (or two) of your life? Stacey's readings are spot on, leaving you bewildered at her potent intuition. Balance and clarity will come to you in droves after a reading and her solution-oriented mindset will get you going on the right path. All in all, self-care and wellness seekers should add this incredible experience to your itinerary.

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YOGA IN THE PARK


Laguna Beach's Yoga at the Park is absolutely breathtaking, in more ways than one. Located on gorgeous bluffs overlooking The Pacific, your savasana will be spent gazing up at swaying palm trees while feeling the cool ocean breeze. Carl Brown, a registered Yoga Alliance Instructor, provides free daily classes at 8am, 7 days a week, at the Treasure Island Park located in front of the Montage Resort. And it's not only the view that will take your breath away...the 90-minute class includes challenging postures that will surely get your day off to a great start.

Looking for one of the most picturesque yoga classes on the West coast? Your search is over – Laguna Beach's Yoga at the Park is absolutely breathtaking, in more ways than one. Located on gorgeous bluffs overlooking The Pacific on a lush green lawn, your savasana will be spent gazing up at swaying palm trees while feeling the cool ocean breeze.

Carl Brown, a registered Yoga Alliance Instructor, provides free daily classes at 8am, 7 days a week, at the Treasure Island Park located in front of the Montage Resort. And it's not only the view that will take your breath away...the 90-minute class includes challenging postures that will surely get your day off to a great start.

Carl is extremely knowledgeable and personable and will make sure you have found a great spot in the semi circle around the grass lawn before diving into a invigorating, transformative practice. As mentioned, classes are free, but donations are always accepted and all proceeds go to Tara Abbey in Nepal for the education of women.

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SPA MONTAGE

Arguably one of the most luxurious resorts in the nation, The Montage Resort houses Spa Montage, an expansive 20,000 square foot spa featuring Eucalyptus steam rooms, dry redwood saunas, ocean air whirlpools, fireplace lounges, a state of the art fitness center, movement studio and lap pool featuring stunning views of the Pacific. Whether you are seeking the ultimate in self-care or a relaxing escape, you will be utterly delighted at the services received here.

Spa Montage’s Spa Master Therapists undergo hundreds of hours of special education to create the pinnacle of therapies for a truly customized experience and beauty enthusiasts simply must experience the Elements of Wellness Facial which is 90-minute all-encompassing signature ritual offering a unique approach to treating your skin via your entire body. Face mapping, custom blended specialty masks featuring healing essential oils such as ylang-ylang and rose, pressure point facial massage, and foot reflexology are all part of the transformative experience.

The therapies at Spa montage embody European spa science and ancient wisdom traditions to bring you transformational wellness in the most serene, relaxing atmosphere. And don’t forget to sip a delicious green juice while enjoying the oceanfront, adults-only spa lap pool after your treatment. It’s a day you won’t forget - you will feel fully recharged and rejuvenated upon departure.

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THE RANCH SPA SYCAMORE BY HUDSON

Laguna Beach conjures up visions of sandy beaches and the deep blue Pacific for many, but the lush beauty of the Laguna canyon musn't be missed. The Sycamore Spa at The Ranch at Beach Laguna is nestled right into the verdant green hills of the canyon and offers soothing treatments for visitors looking for the best in wellness.

Rich in history, The Ranch at Laguna Beach is a member of National Geographic Unique Lodges of the World, a prestigious collection of lodges spanning 30 countries and 6 continents. Handpicked by National Geographic for their exceptional guest experience and their strong commitment to sustainable practices, the Sycamore Spa embodies these traits by combining environmentally friendly practices with all the amenities of a highly-regarded spa.

Peaceful is the first word that comes to mind when describing Spa Sycamore. Surrounded by the hills of the canyon, it's just such a serene space with loads of natural light and a modern size that feels very private. Book a couples massage or indulge in one of the signature facials, you simply can't go wrong spending an afternoon at Spa Sycamore.

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