



West Coast Wellness

Take a trip to the other coast and embrace wellness the California way with plenty of activities connecting you to nature at these luxurious Destination Hotels in Los Angeles, San Diego and Lake Tahoe. From kayaking through kelp beds to hiking oceanfront nature preserves and paddleboarding across one of the world's deepest lakes, each resort also boasts award-winning, locally sourced, seasonal cuisine and indulgent spa treatments to round out your retreat.

By Shayne Benowitz



L'Auberge Del Mar

SAN DIEGO

The Resort

In the heart of San Diego's idyllic seaside village of Del Mar, L'Auberge Del Mar is both a fixture of the community and a desirable destination for visitors. With a stairway leading from the resort's pool directly to the beach, the adjacent Powerhouse Park and outdoor Del Mar Shopping Plaza across the street, all of Del Mar's attractions are within a quick walk. The boutique property with 121 guest rooms and two tennis courts evokes a private beach estate where classical décor meets California seaside ease.

Connect with Nature

The waves of SoCal are calling and they're right outside your window at L'Auberge Del Mar, where you can take a two-hour surf lesson with their partner, Fulcrum Surf School. They'll teach you the art of popping up and paddling in, so that you'll be riding those waves in no time.

Torrey Pines State Natural Reserve borders Del Mar to the south, where you can hike through the trails and canyons down to secluded Black's Beach, one of the most challenging (and picturesque) surf breaks in Southern California.

Spa

The surf shack-themed spa at L'Auberge is situated inside an intimate cottage with ocean-inspired treatments and herbal steam rooms. Soothe your sun- and salt-exposed skin with the Ocean Body Indulgence treatment, which entails exfoliation with nourishing ocean minerals, a detoxifying marine-based body wrap to draw out impurities and, finally, a hydrating massage.

Food for the Soul

While the sunset views at the casual Coastline Café are hard to resist, dinner at L'Auberge's signature restaurant, Kitchen 1540, is a must. The chic dining room boasts a backyard patio with copious teak tables and a vertical, hydroponic garden with herbs and flowers used in the dishes. Executive chef Brandon Fortune creates seasonal menus highlighting fresh fish from near and far (barramundi, Arctic char, sturgeon) and modern takes on comfort food, like fried green tomatoes with California goat cheese, apples and compressed jicama. If the housemade peanut butter ice cream is on the dessert menu when you visit, do yourself a favor and order the mousse-like, creamy confection.

*1540 Camino Del Mar,
Del Mar; 858.259.1515;
laubergedelmar.com.
Rates from \$299 per night.*







Terranea

LOS ANGELES

The Resort

Perched on the Rancho Palos Verdes peninsula overlooking the South Bay, Terranea is a luxurious escape from Los Angeles city life. The sprawling property encompasses 102 acres with panoramic Pacific Ocean views and 582 Mediterranean-style abodes, ranging from guestrooms to freestanding villas. The resort feels like a community unto itself, dedicated to the easy, breezy California good life, boasting both a 9-hole golf course and multiple swimming pools.



Connect with Nature

Start your days with a seaside hike along the onsite nature trail that winds up and down the rugged bluffs covered in sagebrush, fennel and wild lemongrass, toward Point Vicente Lighthouse. Along the way, keep your eyes peeled for rabbits, butterflies and coastal birds, including the resort's resident falcon.

Opt for a guided sea kayak tour along the rocky shore where, on a clear day, Catalina Island is visible on the horizon 20 miles offshore. Here, the deep green-blue Pacific is home to sea lions, harbor seals and kelp beds, as well as California's state marine fish, the bright orange garibaldi damselfish. You might get lucky and spot a pod of dolphins, too.

Spa & Wellness

Make time for one of the sunrise or sunset yoga or cycling classes in the seaside fitness studios. Then, give your skin some pampering at the 50,000-square-foot spa with their new Radiant Results Facial utilizing the Aroma Radiance Lift Machine, which employs gentle micro-currents through two metal wands improving the face's muscle tone while also plumping, hydrating, deep cleaning and healing the skin. Used with their all-natural Rose Infinity skin-care line, the result is radiant, event-ready skin with a visible lift that lasts for days.

Food for the Soul

Of the resort's eight restaurants, Mar'sel is Terranea's crown jewel for both its hyper-fresh, seafood-forward menu and stunning al fresco patio ocean views. Under the tutelage of French Basque-born executive chef Bernard Ibarra, every dish is prepared with a deft touch and bright ingredients cultivated from his onsite herb garden and sourced locally. Think citrus honey essence, carrot curry purée, heirloom tomatoes, pepitas, cauliflower mousse and pea tendrils. Local fish, like swordfish, sockeye salmon and Pacific halibut, shine alongside heartier proteins such as grass-fed rack of lamb and prime bone-in ribeye. With an impressive menu of California and French wines, their sommelier can guide you toward the perfect pairing.

100 Terranea Way, Rancho Palos Verdes; 310.265.2800; terranea.com. Rates from \$470 per night.



Resort at Squaw Creek

LAKE TAHOE

The Resort

To celebrate its 25th anniversary as a premier Northern California ski destination this year, the Resort at Squaw Creek completed a \$7 million update to its 405 guestrooms. The modern glass exteriors are in stark contrast to the warm and cozy lodge-like interiors, with stunning views of the rolling Sierra Nevada Mountains blanketed in evergreens and dotted with goldenrod and purple lupine wildflowers. Rooms are spacious, with Fireplace Suites featuring a separate bedroom, living room and kitchenette in one-, two- and three-bedroom floor plans, catering to families and extended-stay accommodations.

Connect with Nature

With ski-in/ski-out access to Squaw Valley and Lake Tahoe a 10-minute drive away, the Resort at Squaw Creek offers ample opportunity for outdoor activities year-round. Discover the surprisingly Caribbean blue waters and incredible clarity of Lake Tahoe on a guided stand-up paddleboard tour with Tahoe City Kayaks and learn about the colorful history of the nearly 200-square-mile-wide lake that plunges to depths of over 1,600 feet.

Spa

After an arduous day carving the slopes or making waves in the lake, soothe your tired muscles at the spa with a deep tissue massage. Unwind in the sauna and steam room before and after your treatment for the ultimate in relaxation and rejuvenation.

Food for the Soul

The dining room at Six Peaks Grille boasts floor-to-ceiling picture windows and a lovely outdoor patio overlooking the mountains for a cozy, upscale dinner. Executive chef Jason Friendly creates both vegetarian options like quinoa and amaranth with local vegetables and pine nuts, as well as heartier fare like surf and turf with filet mignon and Maine lobster on the seasonally changing menu. Peruse the artisanal cocktail menu for an inspired aperitif created by the resort's in-house mixologist. **TA**

*400 Squaw Creek Road,
Olympic Valley; 530-583-6300;
<http://www.squawcreek.com>;
Rates from \$219 per night.*



Miami Wellness Staycation

If you can't spare the time to head across the country, don't despair—tailor a weekend wellness getaway to your liking right here at home.

Stay:

CARILLON RESORT & SPA

Formerly Canyon Ranch, the newly minted Carillon Resort & Spa in North Beach is still a luxurious wellness retreat for the mind, body and soul. Check-in for a long weekend of group fitness classes, wellness lectures, meditation, hydrotherapy spa and energy healing in an elegant atmosphere with spacious all-suite rooms that feel like a home away from home. carillonhotel.com

Eat:

R + D POP-UP BY JUGOFRESH

Give the plant-based lifestyle a try, if only for one meal, at R + D, a pop-up vegan restaurant by Jugofresh at its South Pointe location. Chef Darren "Paco" Laszlo prepares artfully plated dishes for dinner (Thursday to Saturday) and brunch (Saturday and Sunday), ranging from a mind-boggling "charcuterie" featuring a cashew cheese wheel and spicy cannellini "sausage" to a superfood sundae with bruléed bananas, cherry cacao ice cream, coconut whipped cream and a dusting of green tea—sans dairy and meat. You might just become a plant-based convert by the end of the meal. jugofresh.com

Exercise:

GREEN MONKEY YOGA

Build strength, flexibility and balance with a sweat-soaked and spiritually uplifting power yoga class taught by the guru of Green Monkey, Paul Toliuszis, in South Beach. greenmonkey.com