



THE DIRECTORY

*The starriest restaurants.
The hottest hotels. The
hype-worthy workouts and
salons the locals love. Every
entry in Tatler's little black
book of LA has star quality*

BEVERLY HILLS

The hot hotel BEVERLY WILSHIRE

The spirit of the pleasure-mad movie colony lingers on at this glamorous Beverly Hills stalwart, now a Four Seasons hotel. Standing at the foot of Rodeo Drive since 1928, it has an illustrious history, having hosted icons including Elvis Presley and Steve McQueen, and played a starring role in *Pretty Woman*. Its appeal endures: media moguls conduct power breakfasts over pastry baskets on the buzzy patio; dignitaries check into the Penthouse Suite (LA's largest); and guests recovering from 'procedures' lounge by the pool. Visit the expansive spa, where socialites drift about in plush robes before a 111Skin facial with a gold-infused cellulose mask. fourseasons.com

The top table THE POLO LOUNGE

Glorious in its painted shades of pink and green, the candy-striped Beverly Hills Hotel is still the place to enjoy all the sybaritic delights of the neighbourhood, especially from its Polo Lounge – the perfect backdrop for secret assignations or discreet Hollywood meetings. Book a corner table on the terrace and hide behind oversized shades: the restaurant's signature McCarthy chopped salad, served by a sharply suited waiter, is a great accompaniment to an afternoon of people watching. dorchestercollection.com

The beauty spot J'AI OF BEVERLY HILLS

J'ai Lone is the city's best-connected beautician. Back in the day, she was Elizabeth Taylor's make-up artist; now, she works from a private cottage in the grounds of her home. She still sees her long-standing clients (new faces get onto the books by personal introduction only), but also has a roster of experts at her disposal. There's Donna, who combines cryotherapy, radiofrequency and oxygen in facials for instant dewiness; Shelley, who excels at camera-ready make-up; and Kiki, a PEMF (pulsed electromagnetic field) therapist, who channels energy through her fingertips for an intense, healing massage. The 1950s-style robe you're given before treatments is so chic, you'll want to take it home. jaiofbeverlyhills.com

The hair salon BOMANE

Reassuringly hard to find (look for a red door at the back of the building), Bomane is full of surprises. Co-founder Sonny Henty has filled it with art, and his Staffordshire bull terrier, Rubie, patrols the space. For the swishiest blow-dry this side of Sunset, book in with Gabriel, who uses a big round brush and Oribe Dry Texturizing Spray for a do that lasts the night – and the next night, too. bomane.com

The nail bar OLIVE & JUNE

Beverly Hills' glossiest nail salon not only looks the part, but its expert technicians also deliver immaculate, smudge-free gel manis and pedis for girls (and guys) on the go. Afterwards, slip straight back into your Gucci Princetown loafers and dash to a yoga class at Alo. oliveandjune.com

The workout SOULCYCLE

SoulCycle may be everywhere in the US now, but its spiritual home is LA. At the Wilshire Boulevard site (a mere lunge from the Beverly Wilshire), you'll have the ride of your life. Among the crop-top-clad crowd (mothers, daughters and friends pushing each other further), the camaraderie is high. Expect to leave sweaty – but full of endorphins. soul-cycle.com ▷

THAT'S A WRAP
*We've uncovered the
chic set's secret LA HQs*

SANTA MONICA

The hot hotel

PROPER HOTEL

In a restored art-deco building, Proper Hotel is a cool, creative hub, where sunny interiors mix with mid-century furniture and contemporary art, and palm-fringed terraces overlook the Californian coast. After your morning cycle along Venice Beach, the rooftop pool beckons, as do the spicy margaritas at the open-air bar come sunset. Dine at the hotel's Onda restaurant, headed up by Jessica Koslow of Sqirl and Cala's Gabriela Cámara. The molten chocolate cake with salted orange ice cream is to die for. properhotel.com

The top table

YOURS TRULY

On trendy Abbot Kinney Boulevard, Yours Truly is a popular neighbourhood hangout. Inside, it's all comfortable booths and whitewashed walls; outside, the tiny veranda bustles with Venice Beach locals gossiping over plates of Cali soul food by chef Vartan Abgaryan. The cauliflower tempura 'popcorn' with yuzu and lime is a game changer. ytvenice.com

The respite

ONE SPA

With its nautical notes and coral-print chintz, One Spa at Santa Monica's iconic Shutters on the Beach is where post-workout bodies are revived. Book a massage with sought-after therapists Dana or Tarinee, and breathe deeply as they ease tight muscles and knots. shuttersonthebeach.com

The pick-me-up

MOON JUICE

This apothecary is one of Gwyneth Paltrow's favourites. It has a pink-sand terrace, rows of adaptogen herbs – and seriously addictive coffee. The Power Dust Latte (with cold brew and ashwagandha) is the ultimate reboot. moonjuice.com

The hair salon

TRIM

This fast-paced salon is no-frills but fun, and the gorgeous, tattooed stylists excel at easy breezy blow-dries and beachy-blond Californian highlights. The original is on Abbot Kinney Boulevard; or try the new space on Rose Avenue. venicetrim.com

The workout

BARRY'S BOOTCAMP

Blast 1,000 calories per hour at the adrenaline-pumping Barry's Bootcamp, an LA-wide institution. Die-hard devotees can be found at the Venice studio, which not only has the best instructors, but is also one of the first locations worldwide to boast a Flex Lounge – a dedicated cool-down area, offering myofascial release to relax muscles and stretch classes to speed up recovery. barrysbootcamp.com



DOWNTOWN



MILKING IT
Eyes peeled for LA
movers and shakers

The hot hotel

SOHO WAREHOUSE

Causing quite the stir, Nick Jones' latest opening has locals venturing Downtown (gasp!). Sprawling on South Santa Fe Avenue, the cavernous space is a riot of graffiti-covered walls and tropical plants, and the young, fun staff remember your name. Rooms are the right side of playful, with sky-blue bathrooms and face masks in the fridge; the gym spans two floors; and the Sunday Brunch Festival is a true feast – a cool spin on a farmers' market, with taco trucks, shucked oysters and a psychedelic-sprinkle sponge cake. Swing by the rooftop pool (a magnet for off-duty actors topping up their tans), then order the spicy tuna tostada, stash a bottle in the cooler and watch the action unfold. sohowarehouse.com

The top table

BON TEMPS

With fig-filled Danish pastries at breakfast and bistro-style salads at lunch, this industrial-style, French-inspired restaurant pulls the crowds. But for an intimate dinner *à deux*, book one of the lamp-lit tables beneath the stars. Let chef Lincoln Carson ply you with tomato tartare canapés, and scallops with hazelnut – accompanied by a punchy cocktail (the Crudité Martini, with carrot eau de vie, is an excellent sharpener). Just be sure to leave room for pudding. bontemplala.com

The retail therapy

DOVER STREET MARKET

Rei Kawakubo's designer emporium has landed Downtown – and Angelenos can't get enough of the highly curated, gallery-like space. As well as the usual edit of Comme des Garçons T-shirts, Balenciaga trainers and hot-off-the-catwalk pieces – from Prada and Simone

Rocha, to Jacquemus and Marine Serre – there's a Rose Bakery (a fashion-set favourite for a light lunch) and a charming valet. losangeles.doverstreetmarket.com

The culture fix

HAUSER & WIRTH

The US outpost of the renowned Hauser & Wirth gallery is housed in a former flour mill and attracts art aficionados from all over the world. The contemporary shows are a must, but so is its restaurant, Manuela, complete with its own chicken coop in the garden alongside beds of herbs and vegetables. hauserwirth.com

The pick-me-up

STUMPTOWN COFFEE ROASTERS

With branches throughout the US, this hip, light-flooded space is the roastery's second outpost in LA and makes the strongest espresso in the Fashion District. It's also where you'll find Californian cafe staples, from activated nuts to vegan pastries and cold-pressed juices. Order a coconut cold brew and perch on the street-side benches with the locals. stumptowncoffee.com

The workout

EQUINOX

Slip into your best activewear, because the Equinox Downtown LA branch has a seriously glamorous following of fitness fans. (The unofficial uniform? James Perse T-shirts and Alo leggings.) The gym is just as smart – all gleaming walnut walls, an atmospherically lit spa, and a buzzy roof terrace where you can sip a post-class matcha protein shake. Book a private Pilates session or choose from a range of group classes, spanning from Cycle Beats to Kettlebell Power and Precision Run – which are all as intense as they sound. equinox.com ▷

MALIBU

The hot hotel NOBU RYOKAN

There's no scener place to stay in Malibu than Nobu Ryokan – but for all the whispers of A-list sightings, this Japanese-inspired hotel is wonderfully discreet. Past the tidy gardens and trickling streams, the oceanfront suites lure those in need of peace with traditional onsen bathtubs, silky cappuccino-hued sheets and teak decks that open onto the beach. There's a tiny pool, which is always quiet; a gym where you can gaze out over the Pacific; and a wildly attractive concierge on hand to arrange alfresco yoga, late-night sashimi or an in-room massage. In fact, it's so peaceful (the hotel deliberately keeps a few rooms unoccupied, for unprecedented privacy), you'll never want to leave – but when you do, both its namesake restaurant and the charming Malibu Pier are just a barefoot beach-stroll away. noburyokanmalibu.com

The top table NOBU

Modern-day dynasties, off-duty models and businessmen come from all over LA for Nobu's famous black cod and truffle salad. And they all want a table on the terrace, so remember to book in advance and ask for a blanket if it's chilly. Surprisingly for California, diners at Nobu eat late – all the better for watching the spectacular LA sunset. noburestaurants.com

The hangout LITTLE BEACH HOUSE

LA's exclusive Soho House outpost is Malibu's hot ticket (you'll need private membership or friends in high places to get in). It's not huge, but that's part of the appeal. There's a sun-dappled terrace for sunrise yoga, a pretty alfresco restaurant for scrambled egg whites at brunch,

and a bar where you can try the club's signature Picante de la Casa cocktail by candlelight. Afterwards, slink over for supper at Nobu next door. littlebeachhousemalibu.com

The retail therapy MALIBU COUNTRY MART

You can't avoid bumping into someone you know at this open-air plaza, where the stores of LA staples such as Paige denim and Chrome Hearts rub alongside vintage boutiques, acupuncture clinics and an outpost of Mr Chow. Join the Malibu community for brunch at LA institution Marmalade Cafe. malibucountrymart.com

The pick-me-up THE MINDRY

This serene, sandy-coloured meditation studio is where locals find their zen. A blackboard posts a changing roster of daily classes, from 'exploring the chakras' and 'mindful intention' to breathwork and yoga nidra (perfect for insomniacs), while glamorous Malibu mothers take their offspring to Mini Mindfulness Youth classes on Wednesdays. themindry.com

The workout MALIBU FIT CONCIERGE

Malibu Fit Concierge founder Peter Deacy works with everyone – from models including Alessandra Ambrosio to hotels such as Nobu Ryokan – curating bespoke outdoor retreats and stealthily upping your fitness. A Malibu local with an infectious energy, he'll have you hiking coastal trails at first light, or challenging your core strength with stand-up paddleboarding or boxing and circuits on El Matador Beach. He also calls on like-minded practitioners for more remedial practices, from sound baths to yin yoga. malibufitconcierge.co

WEST HOLLYWOOD

The hot hotel KIMPTON LA PEER

Guests at the slick and Instagrammable Kimpton La Peer hotel come for a good time. The location, in the heart of the Design District, is spot on, within walking distance of Craig's restaurant (frequented by George Clooney), and the well-equipped rooms come with an egg-shaped bathtub and a minibar stashed with pre-mixed cocktails. The largely media clientele linger long enough on the poolside daybeds for the light-strung courtyard restaurant to come alive. Plates of truffle tagliatelle emerge from the kitchen and the negronis start to flow. Hangover cures come in the form of bottomless kombucha at breakfast (if you're awake in time). lapeerhotel.com

The top table AUBURN

Chef Eric Bost cut his teeth at Alain Ducasse au Plaza Athénée in Paris and LA's République before going solo with Auburn. His food is sublime, comprising simple, yet imaginative, concoctions (such as cucumbers with curds and nectarines, or rib-eye steak with charred grapes and red wine). Here, celebrities can dine out under the radar at Scandi-sleek tables around a central planter with greenery that gently sways in the breeze under a vast open skylight. auburnla.com

The hangout SAN VICENTE BUNGALOWS

This motel-turned-members' club is the latest venture from Jeff Klein (owner of Sunset Tower Hotel and Hotel 850 SVB), and there's no starrier spot in Hollywood. Steven Spielberg and Eddie Redmayne swing by for lunch, and Lady Gaga and Bradley Cooper rock up for the pre-Oscars party. But these bougainvillea-covered bungalows, with interiors by Rita Konig, are all about privacy – so much so that

members' guests have their iPhone cameras covered with a sticker upon arrival. sanvicentebungalows.com

The workspace ALLBRIGHT

London's female-only members' club has landed in LA. The location, on Melrose Place, is enviable (and in strolling distance of beauty stores Glossier and Violet Grey). Inside are mirrored corridors, with an atelier by the celebrity facialist Georgia Louise. Outside, meetings take place on the sprawling roof deck beneath black-and-white parasols, with views of the Hollywood Hills. allbrightcollective.com

The beauty spot MELANIE GRANT

Melanie Grant's studio on Melrose Place is the chicest place to have your pores steamed. Reminiscent of a Parisian apartment, it has a sweeping, mirrored staircase, fashion prints on the panelled walls and a marble powder room. Appointments are co-ordinated so you never see another soul; treatments range from massages to dreamy peels and bespoke laser facials; and the lactic-acid-based strawberry mask leaves skin gleaming. Stop by next-door boutique The Row – if only to see the fabulous courtyard pool. melaniegrant.com

The workout WANDERLUST

This is not your average yoga studio. Fragrant with the scent of palo santo wood, the four-floor space is home to the most eclectic workout in town: The Class by Taryn Toomey. It's a ritualistic, highly charged practice, at once hypnotic, tribal and emotionally liberating. The Somadome meditation pod, meanwhile, combines light, binaural beats and microcrystalline tiles to channel good vibes. Downstairs, an organic cafe serves healthy açai bowls and bulletproof coffees to go. wanderlusthollywood.com □