

Orange Coast

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HEALTH + WELLNESS ISSUE



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PERFECT GETAWAY

REVITALIZE RIGHT HERE

These three spots offer a chance for a wellness retreat. by Alan Gibbons

Vacations—usually the chance to take a break from our obligations—have been thrown into disarray this year, thanks to a worldwide pandemic. Nonetheless, we need a respite from Zoom calls, email blasts, and anxiety now more than ever. These wellness retreats close to home might offer the perfect opportunity for recess, restoration, and rejuvenation, and you won't have to worry about getting on a plane. If you've never valued a staycation, now could be your chance to shift perspective.

THE PEARL LAGUNA

No matter what sort of reset you'd like to achieve, The Pearl Laguna provides a good launch point. Refocusing on health, finding mental peace, and grieving loss are some of the reasons recent guests had for visiting the yoga and meditative retreat run by Geo and Katresha Moskios. The longtime yogis and their loving staff attend to small details: They focus on **vegetarian, clean meals** at a large table for family-style dining; experienced guides lead **long hikes** at every level where guests can find mental calmness;

and experts lead everyone in **yoga sessions** at least twice a day. The weeklong program also includes a **daily massage** and access to the infrared therapy and Jacuzzi on the elegant, simple grounds that embrace nature. A complete **detox** is likely as there is no caffeine, alcohol, or processed food, and meals are often one course. "I call it toxic Tuesday—everyone's getting all the bad stuff out," Geo says. Rather than having

ABOVE The Pearl Laguna offers an upscale and secluded setting for a relaxing retreat in Laguna Beach.



LEFT The Pearl Laguna focuses on yoga, hiking, clean eating, rest, and balance.

RIGHT You don't have to travel to treat yourself to a luxurious, oceanfront vacation at Surf & Sand Resort.

a mystic vibe full of incense, as people might think of a yoga ashram, the grounds feel holistic and calming, like visiting a relative on the shore where you breathe in a sense of tranquility and feel pampered at every turn. "If we keep our immune systems strong, it helps to get through everything in life," Katresha says. "We'll step up with more probiotics and tonics, and Geo's working on more meditative and healing routines for the immune system." During the pandemic, The Pearl is fielding more inquiries than usual for half the spots previously offered (\$5,800 per week, all-inclusive).

SURF & SAND RESORT

For a shorter commitment of a relaxing few days, indulge in a spa getaway at Surf & Sand Resort. Spend a few nights listening to the waves hit the shore (\$469 and up) and dine on fresh



KEEPING GROUNDED

"We will add something to someone's life. And they will leave us and go out and add to other people's lives. The positive energy just keeps going. And I think now that's even more important that people get their head in the right place."

—KATRESHA MOSKIOS, CO-OWNER OF THE PEARL LAGUNA

seafood such as sauteed Ora King salmon (\$39), **vegetarian dishes** such as crisp polenta (\$30), and many gluten-free options from executive chef Ron Fougerey at Splashes restaurant, where distancing guidelines are in place and reservations are required. Make an appointment at Aquaterra Spa to experience the serenity of a **beach stone therapy massage** (\$220 for 75 minutes) or a **seasonal body treatment** that includes an orange and coconut body scrub to reduce anxiety and boost circulation as well as an aloe vera moisture treatment to reduce inflammation and soothe your skin (\$195 for 80 minutes).

GLEN IVY HOT SPRINGS

For those not ready to overnight anywhere but home, a day at Glen Ivy Hot Springs might be the remedy to your wellness desires (\$75 to \$85). Limited to

50 percent capacity, the day spa now requires reservations and has complimentary reserved seating, so you keep the same chair for the entirety of your stay. Other changes this year include food and drinks delivery to your lounge, social distancing, and required masks for spa services. Try the **quartz massage** (\$145 for 50 minutes) or the **hydrafacial** (\$250 for 50 minutes) to reawaken your senses after months indoors. **Evenings at Glen Ivy** (\$50)—available Thursday through Sunday from 4 to 9 p.m.—feature live music, dining, meditation, and spa treatments as the sun goes down for anyone who prefers a quick hit of relaxation. Keep an eye out for other special programming, which has included seminars, wellness workshops, cooking classes, and other ways to learn about self care. **OC**