

## THE BEST SPAS IN THE USA

BEST FOR YOGA AND DETOX



Pearl Laguna



### THE PEARL LAGUNA, LAGUNA BEACH, CALIFORNIA

Tucked away in an unassuming corner of a pretty beach community, this holistic retreat, a luxe spin on a boot camp, offers a transformative week-long detox on a stunning sliver of the Californian coastline. Despite the dawn-to-dusk yoga, hiking, meditation and nutrition lectures, the ethos here is one of revival, rest and escapism. Daily massages, mini facials and home-grown vegetarian meals of fresh salads, tacos and tofu wraps are all part of the regime. The look of the place is rustic chic; the split-level stone mansion, once a Hells Angels clubhouse, is intimate and low-key, with white walls, watercolours and pale woods. Orchids, lemon trees and seashells cover every surface. The Pearl is a long-held dream of husband-and-wife team Geo and Katresha Moskios, who met in 1975 in Mexico while training with famed yogi Indra Devi. They ran retreats across the globe for more than 25 years before settling in Laguna Beach and renovating a tumbledown house into a slick 12-bedroom boutique yoga haven. The week of mind-body training is highlighted by the power yoga, which Geo, a sweet-talking hippy and health-food sensation, has been teaching for four decades. A Vietnam vet, he reinvented himself as a world-class yoga guru and has a starry following, including Oprah Winfrey, Salma Hayek and Cindy Crawford. Each day begins with a sunrise session in a bright, airy, galleried studio with vaulted ceilings, Tibetan rugs and glimpses of sky. A gorgeously presented breakfast of summer berries, goat's-milk yogurt and herbal tea is followed by three hours of hiking in the Laguna hills. After a light salad lunch, afternoons can be filled as you please: start with a soothing massage and facial using oils and creams from Katresha's flower-infused skincare line. Later, take a two-hour walk and some gentle yoga practice before a candlelit dinner (heirloom-tomato nut roast, perhaps). Friday's hike is the highlight, along a 10-mile stretch of canyon trails hanging over the Pacific, with lunch in a secluded cove. Sitting at picnic tables brightened with wildflowers and feasting on kale, feta and watermelon salad and fresh strawberry juice, the group reflects on the week. The next morning everyone is weighed. Most guests lose between two and 10 pounds and, after a week's sunshine, sea air and detox, leave lighter, happier and more enlightened.

**TOP TREATMENT** Chakra healing. At the end of each evening yoga class, Geo and Katresha do a health assessment with coloured crystals, focusing on energies in the seven centres of the body. You float out feeling remarkably calm.