

well+GOOD

YOUR HEALTHIEST RELATIONSHIP

GOODSWEAT

GOODLOOKS

GOODADVICE

GOODFOOD

GREATEVENTS

+ Los Angeles

LOS ANGELES

HEALTHY CITY GUIDE

PRESENTED BY  ATHLETA

*BEST SPA GETAWAYS
(WITHIN A NINETY-MINUTE
DRIVE)*

The Pearl Laguna Beach

A couple runs this low-key, all-inclusive spa, where you'll experience lots of hiking, follow a strict vegetarian detox diet, and do a whole lot of yoga. A morning class each day emphasizes strength and power, while the evening session is more about mindfulness, relaxation and meditation.

Information: 949-715-1674 21095 Raquel Rd., Laguna Beach, CA 92651 www.thepearllaguna.com

