

WEST HOLLYWOOD

LIFESTYLE



The Making of
BILLIE LEE

WELLNESSES



WELLNESS + BEAUTY

Out-of-Town Hidden Gem to What's New in West Hollywood

By Carole Dixon

Cal-a-Vie Health Spa: The best kept California wellness secret.

If you can't make it to Southern Europe this spring for a much-needed wellness renewal journey, we highly recommend a trip to the hills of Vista. That's right, North San Diego County.

Cal-a-Vie is the hidden Provencal-style gem frequented by celebrities such as Oprah, Anjelica Huston, Paula Abdul, Russell Crowe, Shailene Woodley, Tom Ford, Tyra Banks, Natalie Portman and Valeria Bertinelli. While the A-List has been flocking here for 30 years, this enclave still remains a relative secret in many travel destination circles, and even some of the most savvy spa trekkers have not been inside the gated grounds.

What you will find in the 500-acre inner layer is a world-class anti-aging spa, beauty treatments, more than 160 metabolism-boosting fitness classes, 25 hikes, complimentary nutrition assessments, lectures and guest speakers in a setting that immediately puts you in a South-of-France state of mind. There is an astounding 5-to-1 staff-to-guest ratio, 32 private villas, a stargazing observatory and an adjoining country club with an 18-hole golf course.

Cal-a-Vie is the first health spa in the U.S. to introduce the new **WellnessFX** technology, which allows guests to digitally manage, understand and improve personal health through advanced blood testing analysis, consultations with progressive health practitioners and intuitive online habit tracking from the convenience of their smart phones or computers. Guests are also given tips and tools for behavior modification and lifestyle choices that will help them maintain the program once they leave.

There is also a revolutionary new **Styku 3-D body scanner** at the spa, designed to monitor body shape changes in seconds. This works by capturing true measurements of the human body using harmless infrared light and a Kinect 3-D camera. Guests will receive a personalized report that will also identify imbalances and risks, provide an estimated body fat percentage, posture analysis as well as comparisons by demographic. The resort will also maintain records for guests to access during future visits to the spa to monitor their progress.

Cal-a-Vie is also the first destination spa in the U.S. to offer **Muse: the brain-sensing headband**. The spa now offers biweekly classes for guests to master fundamentals of applying the lightweight wearable that uses electroencephalography (EEG) sensors to provide real-time feedback on brain activity during meditation practice. As part of the new "Scattered-to-Focused" brain-training classes, guests can learn how to maintain a state of focused attention and quantify progress through consistent use of the Muse brain-sensing wearable.





Cal-a-Vie – Five Star Cuisine

Your mind—and body—will tend to wander while ensconced in the beautiful surroundings. There is a stunning 400-year-old chapel and L'Orangerie with imported stone from Dijon on the lavender-strewn grounds next to the vineyards—yes, vineyards—that yield a house sauvignon blanc and merlot so your spa detox will include a Tuesday night wine tasting whether you are on a three-to-four day package or a full week.

The food is also delicious, and no matter which caloric plan you choose, you will not go hungry. Cal-a-Vie's typical menu items include large omelets for breakfast, hefty salads at lunch, hearty soups, truffle ravioli, roast chicken and dessert in the evening, and there is a bounty of fresh veggies, fruits and herbs grown right on the property by a culinary gardener. There is even a daily hors d'oeuvres hour when you can mingle with other guests and compare vigorous morning workouts or spa treatments that take up most of the relaxing afternoon program post lunch. Cal-a-Vie has a full-service European-style kitchen, where Executive Chef Curtis Cooke hosts cooking demos. The demos are very interactive and participants cook right along with the chef. Guests are also shown a basket of ingredients with healthy substitutes, and they will leave the classes with recipes, shopping tips, an ingredient list and a lot of useful information.

As if that were not enough, at every turn, guests encounter tasteful displays of handpicked antique furnishings. And you can also take a piece of this paradise home with you. There's a treasure-trove-packed antique store exclusively available to guests on the property that you can visit during a leisurely walk.

www.cal-a-vie.com



Cal-a-Vie – Suite



Cal-a-Vie – Labyrinth



Cal-a-Vie – Yoga Studio