

Los Angeles

108

Of our Favorite
Things in
the City!

NEW BOUTIQUES

WINE BAR + FACIAL

GYM WORKOUT

ANTIQUES + WAFFLES + PEDICURE

MASSAGE + BUTCHER + PLANTS

FREE MUSEUM + APPLE PIE + CLUB DJ + SHOE REPAIR

SEE WHO MADE THE CUT ON PAGE 115

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S0H 3-DIGIT 902
JULIE FISHER
6610 PALOS VERDES DR S
TERRANA
RANCHO PALOS VERDES, CA 90276-5563
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▲ SPA AT TERRANEA RESORT *The VIP treatment room's ocean backdrop*

YOGA CLASS FOR NEW MOMS

In most "Mommy and Me" yoga classes—where parents bring their babies while fitting in a few vinyasas—wailing is part of the soundtrack. Leah Miller, who teaches the Monday morning "Parent & Me" class at **Silver Lake Yoga**, cultivates a more Zen atmosphere by tending to the bambinos, too. As she cruises the class, guiding the grown-ups in a moderate-to-tough *hatha* routine, she zeroes in on the fussiest infants, scooping them up for a stroll or a brief bounce on the yoga ball. Miller's no-big-whoop attitude toward infant meltdowns is a bonus. "Our goal is to let moms do as much yoga as possible," she says. ▶ 2810 1/2 Glendale Blvd., Silver Lake, 323-953-0496 or silverlakeyoga.com.

PORE-MINING FACIAL

Spa dilettantes need not apply. The Deep Cleansing Facial at the new **Piele Skin Boutique** in Beverly Hills leaves skin so immaculate, it actually lightens the epidermis a shade or two. Co-owner Cristiana Schneider, a 24-year veteran of the revered Thibiant spa, degreases the old-fashioned way by manually extracting gunk from the pores after an acid-based peel loosens things up. Expect a modicum of discomfort: The Romanian-born aesthetician often spends more than a third of the 70-minute treatment squeezing until what's left is a squeaky-clean visage. ▶ 9721 S. Santa Monica Blvd., Beverly Hills, 310-271-7500 or pieleskinboutique.com.

MASSAGE WITH A VIEW

Is it the ion-charged oxygen? The rhythmic splashing of waves on rocks? The blue on blue of ocean and sky that (almost) never fades from sight? The massage experience inside the VIP treatment room at the **Spa at Terranea Resort** is certainly the most blissful in the L.A. area. Yes, there is that period of time when, facedown on the table, you can't see the Pacific undulating beneath the balcony. Otherwise the visual gratification is nonstop, including posttreatment, when spa goers can retire to the adjoining ocean-view terrace, which is outfitted with a windscreens, lounges, and an outdoor shower. ▶ 100 Terranea Way, Rancho Palos Verdes, 310-265-2740 or terranea.com.

ONLINE BUDDHIST MEDITATION

The local meditation center has a great vibe, but those dreaded obstacles to enlightenment—anger, fear, desire—are messing with your mind now. Those in the know power up the laptop, click on Skype, and make a call to **George Haas**, a vipassana instructor who's brought the ancient practice online. From his Filipinotown home his bearded countenance masterfully guides students through the three steps of Concentration, Sensory Clarity, and Equanimity. Haas finds the online face-to-face encounters effective. "I can keep after you if you try and dodge regular practice," he says. ▶ 213-820-7900.

▶ **FURTHER, A LINE OF SOAPS, LOTIONS, AND CANDLES MADE FROM GLYCERIN, THE BY-PRODUCT OF BIOFUEL MANUFACTURE**
The brain: Marshall Dostal, who works from his Pasadena garage. Do something! Dostal was picking up vegetable oil from restaurants—among them Mozza and Tavern—as the source of his biofuel. The leftover glycerin was piling up. He thought: Isn't glycerin a key ingredient in soap? **Hippie dipping:** The company's name comes from the inscription on Ken Kesey's psychedelic bus. **The converts:** The soap is in the rest rooms at Mozza, Tavern, Comme Ça, and the Fairmont Hotel. Further products are sold at the Fairmont gift shop, Mozza2Go, Fred Segal, and the Beverly Hills Williams-Sonoma. **Smell of success:** The scent hints of bergamot, olives, and grass. ▶ furtherproducts.com.



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CHANGER