

Lifestyle



Yoga

Angelenos are known for embracing their inner zen – at least when they aren't stuck in traffic. The city boasts some of the best yoga facilities in the country; here are a few recommended studios around town:

GREG ISAACS 360
235 S Woodburn Dr., Los Angeles, CA 90049-3028 310.476.9200

SACRED MOVEMENT
245 South Main St., Venice, CA 90291 310.450.7676

YOGA WORKS
2215 Main St., Santa Monica, CA 90405-2217 310.664.6470

Spas

BURKE WILLIAMS
A cozy, full-service day spa where you don a terrycloth robe and put your feet up by a roaring fire. Signature treatments include Savannah's Surrender, Hunter's Retreat and Parafango Treatment (a head to toe paraffin dip). Look for celebs in the locker room, they can't resist Burke's either. 1358 4th St., Santa Monica, CA 90401 1.866.BEYONDS

SPA MYSTIQUE
Century City's spa haven is a contemporary, minimalist retreat with Asian-inspired touches throughout. Voted one of the city's best time and again, Spa Mystique lets you enjoy everything from facials to massages to Korean scrub treatments in the heart of western civilization. 10220 Constellation Ave., Century City, CA 90067 877.544.CALM

RAYA DAY SPA
THE spot for a facial. Raya Day Spa is a European haven that has become one of LA's best kept secrets. Raya's Russian background and years of experience show on every glowing face that walks out their door. 533 North La Cienega Blvd., West Hollywood, CA 90048 310.652.2250

Notes

Let us know your off-the-beaten path recommendations so we may share them with other Joie de Vivre Hotels guests! Please return your suggestions to the front desk staff.
