

Angeleno

[THE BEAUTY ISSUE]

**RENEW
YEAR
2010!**

EXCLUSIVE: SPRING LOOK BOOK!
FEKKAI CUTS TO THE CHASE
SHE AIN'T HEAVY, SHE'S MY TRAINER!
SANTA BARBARA WORKOUT WEEKEND
THE IN-CROWD'S SECRET WEAPONS

**THE MAGNIFICENT
MAGGIE
GYLLENHAAL**

+PLUS

*FAST TIMES AND SMASHED
FERRARIS: VALETS TELL ALL!
HOLLYWOOD FOR LOCALS?
DARYL HANNAH FIBS FOR FUN
PEACHES GELDOF SOUNDS OFF
KE\$HA TIK TOKS TO THE TOP*

THE RADAR | BEAUTY

Gloss & Glow 2010!

Check out these pros, products and places to hit all the beauty bases!

GREAT ESCAPE

The Santa Barbara Fit Fix

It's 10:30AM, and my quads are quaking as I navigate a fixed-gear beach cruiser up to the Santa Barbara Mission. I'm only 15 minutes into my weekend retreat at **SOMA Get Fit**, a program that offers bespoke fitness regimens using Santa Barbara as a training ground. I have seven hours of the first jam-packed day left to go. To put it mildly, I'm terrified.

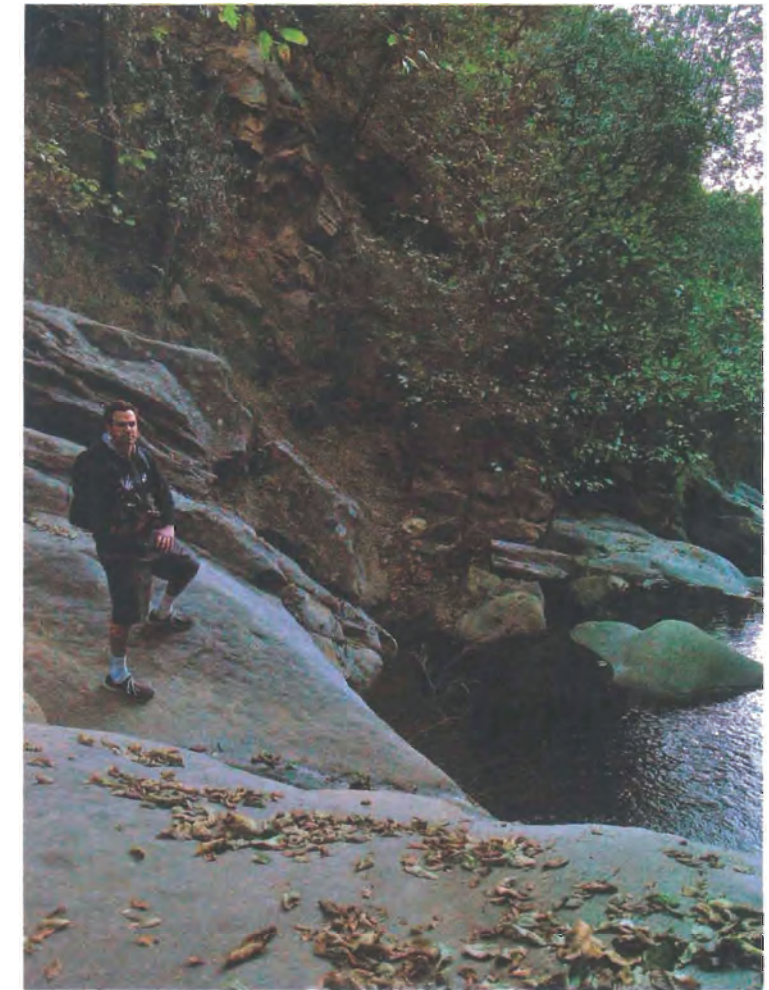
"Don't worry. That was the toughest part—it gets easier from here," assures founder **Scott Crawford**, guiding the way toward the Mission's rose garden, where he leads a meditation session for the rest of the hour.

This action-meets-zen rhythm is SOMA's hallmark. "We want to overload your senses, but not kill you," says Crawford, a pro soccer player turned holistic wellness expert who's now a coveted trainer at Sports Club/LA.

Before arriving, guests fill out a five-page questionnaire to determine their itinerary, for stays ranging from a day to weeks on end. For this weekend, Crawford arranges a vigorous bout of circuit training, followed by Pilates in the Santa Barbara Courthouse's Sunken Gardens and a market-fresh brunch at a nearby locavore restaurant (he's the first to order a full-caf, full-fat latte). And after fitness instructor/marine biologist Karen Keltner's beachfront Cardio Yoga class, the first day ends with a languid bike ride down State Street; a facial courtesy of Bacara Spa's Paula Duke; an intense massage by Crawford; and a candlelit dinner on the deck of The Tennis Club of Santa Barbara.

While farmers market trips with Melissa Beaugrand, a chef at the Four Seasons Biltmore, aren't uncommon ways to spend off-hours, Crawford insists that his elite client roster doesn't come seeking the A-list treatment. "For us, it's about creating an inner awareness. What are they going to experience that can help improve their lives back home?"

During the last moments of the weekend—which rounds out at three workout classes, a six-



mile hike and approximately 90 minutes of biking—this statement comes into focus. I'm strolling through the gardens of the Vedanta Temple, my body still electrified from that morning's trek through the hills of Romero Canyon. I pause to smell a jasmine bush—a plant that's sitting in my neighbor's front yard, but that I've always been too preoccupied to appreciate in the past. Mission accomplished. *Retreat prices vary—average \$500-\$10,000. Accommodations booked separately. For more information, contact Scott Crawford at 805.403.1855 or visit somagetfit.com.* —Erin Magner



OM RUN From top: A spot in the Santa Ynez Mountains where guests hike and practice yoga; produce at Santa Barbara's Saturday farmers market; stand-up paddle boarding at Leadbetter Beach.

ANGELENO 5455 WILSHIRE SUITE 1412 LOS ANGELES CA 90036

MODERNLUXURY.COM

FEBRUARY 2010 \$5.95

