



BEAUTY & WELLNESS
sourcebook

The It LIST 2019

L.A. is a literal wellness mecca, and we've sussed out the area's top players—from energy healers to herbalists—to prove it.

Compiled by The Editors

Breathwork teacher
Ashley Neese

THE MEDITATION MASTER Megan Monahan

With her debut meditation book out this June—*Don't Hate, Meditate!* (\$18, Ten Speed Press)—the Deepak Chopra apprentice, inaugural director of meditation at Wanderlust Hollywood and Lululemon ambassador is the new name to drop in L.A.'s wellness world. Want to link up with the on-the-rise guru? She teaches weekly classes at Unplug Meditation (unplug.com) as well as private sessions, and regularly hosts and teaches retreats and events at The Chopra Center. meganmonahan.com

THE ADAPTOGENIC DRINKING DEN Moon Juice

Amanda Chantal Bacon's organic, adaptogen-infused cold-pressed juices, milks, coffees and tonics set trends in L.A. (and around the world) when her first shop opened in 2011. Today, the wellness guru has even branched into adaptogenic skincare and hair products, with SuperHair—a potent complex of bioavailable and bioactive multivitamins that promote healthier, thicker hair—as the latest launch. Locations vary. moonjuice.com

THE DEFINITIVE CRYSTAL SOURCE House of Intuition

Pillow stones, palm stones, pendants, power bracelets—you'll find all of these and more, such as raw and tumbled stones, wands and pendulums, at the many locations of House of Intuition. HOI's impressive crystal inventory is handselected by founders Alex Naranjo and Marlene Vargas from around the world. Hunting down a specific mineral? Check HOI's website, where you'll find an exhaustive list of stones organized alphabetically. Locations vary. houseofintuitionla.com

THE HAUTE HERBALIST Abbe Findley

Interested in incorporating more herbs into your life? Abbe Findley, the accomplished herbalist behind Zizia, is your new North Star. At her storefront, she tends a fully stocked apothecary complete with handmade tinctures, herbal powders and her new 100 percent plant-based skincare line, DIRT (full set from \$238). Plus, Findley hosts one-on-one Herb Clinic consultations and offers custom formulations made in-house. Highland Park, ziziaand

THE INFRARED CZAR Fatima Williams

There's plenty of places to get what cleanser Fatima Williams calls "one and done" colonics, but at her practice, the process is considered therapy. Offering a series of methodically scheduled sessions plus education, coaching and mentoring, the holistic health consultant (and former successful singer and actress) only takes on clients who believe their health

THE AYURVEDA AUTHORITY Surya Spa

Ayurveda, a 10,000-year-old healing system, transcends wellness trends—and there's no

more renowned ayurvedic haven in the L.A. area than Surya Spa. Founded by ayurvedic healing expert Martha Soffer, the clinic offers consultations and traditional treatments, focusing on up to 21-day personalized Panchakarma series to nourish, detoxify and restore the body. Glowing A-listers like Gwyneth Paltrow, Nicole Richie and Kourtney Kardashian are among the spa's legions of fans. Pacific Palisades, suryaspaspa.com

THE SHARPEST NONTOXIC NAIL SALON tenoverten

With ultramodern, minimalist decor, a selection of in-house eight-free polishes and a reputation for all-natural nailcare, this isn't the place for gels, but it most definitely is the spot for flawlessly executed manis and pedis done with organic and vegan products. Platform LA, tenoverten.com

THE INFRARED JOINT HotBox Infrared Sauna Studio

Ageless beauties Jennifer Aniston and Cindy Crawford swear by infrared saunas, which use light to create heat, warming your body directly without warming the air around you. At HotBox, a 45-minute sweat sesh is enhanced with a pristine, private suite that's equipped with your own vitamin C rain shower—and you can even treat yourself to mood-boosting chromotherapy at the same time. Founder Jessica Mortarotti hints that the brand is starting to franchise their concept, so look out for more HotBox locations coming soon. DTLA, hotboxsaunastudio.com

THE KUNDALINI YOGA SAGE Indigo Lab

"Like a lab, we experiment and create experiences that alchemize a mandala of healing practices and modalities with Kundalini yoga and meditation as the principle foundation of every class," says Kjord Davis, founder of Indigo Lab LA. No longer in its Beverly Boulevard

is an investment, not a one-time experience. Hollywood, fatimawilliams.com

workshops at Wanderlust Hollywood that debuted in May plus luxury pop-up classes, workshops and experiences all over L.A. and at high-end retreats worldwide. Kjort, kjort.com/indigo-lab-la

THE SOUND BATH SITE Unplug Meditation

Sound bath practitioners describe the experience as a "concert for the soul," as the ancient wellness practice of healing through harmonic compositions of gongs, bells, bowls, flutes, chimes and other instruments has been linked to reductions in stress and anxiety. Unplug's sessions include crystal bowls used to shift and cleanse your energy fields; the center also offers "fusion" sound baths that combine meditative techniques, modern science and neuro-linguistic programming (NLP). West Hollywood, Santa Monica, unplug.com

THE CHICEST NATURAL BEAUTY EMPORIUM Detox Market

Absolutely no toxic ingredients are allowed within the doors of this luxury beauty boutique that carries green beauty brands free



SURYA SPA PHOTO BY DANIEL FERNANDEZ; NAIL POLISH PHOTO COURTESY OF TENOVERTEN

ASHLEY NEESE PHOTO COURTESY OF ANNA DEKA