

SOCAL INSIDER

SEPTEMBER 2018 /// A GUIDE TO WHAT'S HAPPENING NOW IN YOUR AREA



Beach yoga at Miraval Life in Balance Spa.

DO / DANA POINT

Serenity vacation

Californians have long been sold on yoga's feel-good benefits, from its meditative movements to that post-Savasana afterglow. Not far behind in terms of mainstream appeal is the practice's sister science, the 3,000-year-old wellness tradition of Ayurveda, and Monarch Beach Resort's **Miraval Life in Balance Spa** is the place to dig right in. Its new services menu includes both classic and less-familiar Ayurvedic treatments, including a Kansa body massage, which incorporates a wand made of bronze, copper, tin, and zinc. (In theory, the wand's electromagnetism boosts energy and relieves stress.) Whether or not you're a diehard believer, the treatment has been known to reduce skin puffiness and fine lines, and the gentle pressure is supremely relaxing in and of itself. In the mood for all-out pampering? Move on to an Abhyanga massage session featuring warm oil and herbs, or the Ultimate Ayurvedic Treatment's calming Shirodhara therapy, during which gently heated oil is poured over the forehead. miravalspamonarchbeach.com.



A marble statue of Hercules in the Getty Villa.

NEW

LOS ANGELES

SIP / Cult brewery Modern Times may have launched in San Diego, but it's quickly gained fans across the West for its mastery of an astonishing breadth of beer styles. It expanded earlier this year to Portland and now downtown Los Angeles with **The Dankness Dojo**, where, beers finally meet a wide-ranging restaurant-style menu that's a cut above your typical taproom fare. The Mexican- and Asian-influenced plates are so vibrant that it might take you a second to pick up on the through line: They're all meatless. That means asada-braised seitan tacos and decadent coconut crêpes with cherry cashew cream. The 30 pours on tap range from the hoppy amber Blazing World to one-offs like Donut Times, a double IPA infused with dozens of doughy treats from

Donut Friend. Given the experimental bent, it should come as no surprise that the space itself is both gorgeous and eclectic, with art installations decorating the historic digs' distressed brick walls. Yet another excuse to pop in and raise a cold one. moderntimesbeer.com.

EAT / Plant-based food always seems to be in style in SoCal, but lately it's been coming on especially strong. At **Jewel**, an all-day mostly vegan cafe that debuted in February in Virgil Village, chef Jasmine Shimoda draws on her Santa Barbara upbringing, as well as 15 years spent working with New York chefs like Masaharu Morimoto and April Bloomfield. Shimoda's play on a Reuben includes braised and smoked beets in pastrami spice, layered over cabbage dressed in a hot pink horseradish-beet emulsion and dotted with spicy cashew cheese. She does keep

plenty of eggs in the kitchen, for those craving an animal protein add-on to any of the dishes. Whether or not you go pure vegan here, the light-flooded dining room, hanging plants, and macramé will make you feel blissfully on-trend. jewel-la.com.

DO / Overwhelmed by all things modern, glassy, and digital? In April, the **Getty Villa**, the Getty Center's renovated sister museum, debuted nearly 3,000 square feet of additional space dedicated to classical antiqui-

ties. Designed to mimic a Roman country house from around the time of Augustus Caesar, its pool and peristyle gardens haven't changed. But the expanded galleries allow the museum to display objects that have long been in storage, such as first-century frescoes recovered near Pompeii and a life-size bronze eagle once housed in a Roman temple. Visitors can dip back into modern times via exhibits like *Plato in L.A.: Contemporary Artists' Visions*, which features works by Jeff Koons and

TOP 3

Morning flakes

SoCal's newest food affair? Flaky croissants studded with some pretty unexpected ingredients.

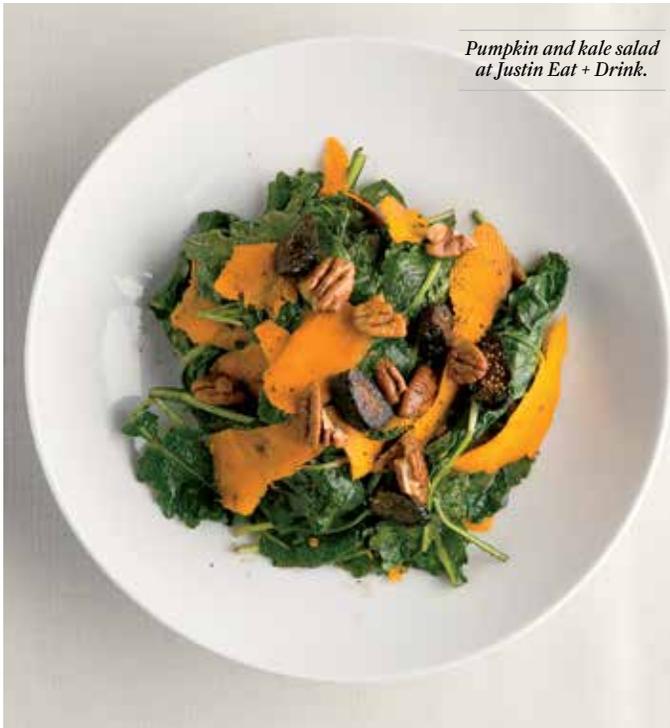
LOS ANGELES At the **Coffee Bar** in the new NoMad Los Angeles hotel, executive pastry chef Mark Welker's daily changing lineup of croissants includes carrot cake, strawberry cream, and banana pudding. But we're enamored with the horchata croissant and its rice-based custard filling. Gilding the lily are candied, puffed rice and grated cinnamon. thenomadhotel.com/los-angeles.

SAN DIEGO PB&J fans, listen up: The strawberry pistachio croissant at the new **Wayfarer Bread** blows away that old standby. Into her perfectly layered dough, Crystal White—former co-owner of L.A.'s beloved Proof Bakery—slips pistachio paste and sweet-tart strawberry jam made with fruit from Chino Farms, creating a decadent yet grown-up breakfast treat. wayfarerbread.com.

VENTURA **Café Ficelle**, a year-old French bakery with Carrara marble countertops and polished concrete floors, pulls out all the stops on weekends, when seasonal specials gleam from the pastry case. Our fall favorite: savory fig and Brie. This is where the good napkins go when they die. cafeficelle.com.



Wayfarer Bread



*Pumpkin and kale salad
at Justin Eat + Drink.*

ESCAPE

Cool in the desert

New stops in Coachella Valley make for a perfect fall overnighiter.

As temperatures drop, the dry Inland Empire becomes an increasingly tempting getaway. That's especially true this year, given what's blossomed along the stretch of State 111 running from Palm Springs all the way out to Coachella. In March, the Marriott Autograph Collection debuted **Hotel Paseo** (hotelpaseo.com) in the heart of Palm Desert's swanky El Paseo art-and-shopping district. Besides AC3 Restaurant + Bar, an adventurous new eatery, you'll find 24-karat-gold facials at Spa La Lé, plus movies, lawn games, and even a renovated Airstream out back near the pool. For dinner, hop over to Cathedral City to try chef Justin Jenkins's casual dining spot **Justin Eat & Drink** (justinrestaurant.com), which has been getting raves up and down the valley for its Cowboy Candy (candied jalapeños with cream cheese on crostini) and chic log-cabin vibe. And before you settle in for the night, see if there's a lecture, film screening, or stargazing party at the **Rancho Mirage Observatory** (ranchomiragelibrary.org). The new dome, with its heavy-duty telescope, was designed to engage everyone—not just scientists—in astronomical exploration.

ZACK BALLANTINE

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LOMPOC VALLEY



Michelangelo Pistoletto, inspired by Plato's writings (through September 3). The Villa's Roman-style outdoor theater is also back in action this fall. From September 6 to 29, it hosts three performances a week of Euripides' greatest surviving work, *The Bacchae*, in which the Greek god of wine cuts a frenzied path through his birthplace of Thebes. getty.edu/visit/villa.

SHOP / Angelenos who would never dream of leaving the house to shop unless it involves a multisensory experience are in luck. Formerly the talk of New York, Miami, and Tokyo, lifestyle brand **Kith** has arrived in a 3,500-square-foot underground store below Fred

Segal's new West Hollywood flagship. Inside is luxury streetwear from both Kith's own line and partners like Nike and Adidas—lots of high-end sneaks and celeb-worthy track suits. Not in the market for an \$800 hoodie? Designed by Snarkitecture, the industrial-chic concrete space itself is worth a visit. You can gaze at the hundreds of white Air Jordans hanging from the ceiling amid the greenery; a curved glass wall enclosing the footwear, lit from within; and an entrance that doubles as a gallery for a rotating roster of artists. There's also Kith's signature Treats section, a gleaming to-go counter dedicated to cereal and ice cream. Order a soft-serve or milkshake

studded with Cocoa Puffs, Fruity Pebbles, or any of 21 other childhood favorites, or simply mix cereals into a "commuter bowl" with your choice of milk. kith.com.

SHOP / There are stores that are simply meant for walking in, stocking up, and getting out. And then there are light-filled shops so inviting and stress-free that you miss a lunch appointment daydreaming what it would be like if this were your living room. The **Mansur Gavriel** outpost on Melrose Place is one of the latter. Floriana Gavriel and Rachel Mansur may have launched their brand's brick-and-mortar presence in Manhattan's SoHo, but their boutique is fully at

home below the arid Hollywood Hills. Tall terra-cotta pots are filled with fragrant flowers and herbs, and an emphasis on dusty pink and rose tints sets a formal yet peaceful mood. On backlit shelves, the brand's shapely leather duffels, totes, and shoes—plus an occasional clean-lined dress or blouse—are irresistible. Dazzled by all the different handbag silhouettes? Don't rush it. Relax for a while in the courtyard cafe, where a menu by Tartine Bakery chef Scott Boggs focuses on light, simple fare such as avocado toast, shaved zucchini salad, and polenta cake. Who knew minimalism could be so satisfying? mansurgavriel.com.



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ANAHEIM

SHOP / Just like many charity shops, all items at **RARE by Goodwill** are donated, and the proceeds go toward local job programs. The difference here: The pieces on the racks and shelves—from brightly colored sweaters, plaid shirts, and jeans to vintage vinyl—would be completely at home on Center Street Promenade. Think of it as Urban Outfitters or Anthropologie for a good cause. (714) 786-6642.

COSTA MESA

SIP / Yes, the baristas at **Portola Coffee Roasters'** flagship roastery are meticulous with macchiatos. But they are also imaginative, devising cocktail-inspired offerings like Coffee Old-Fashioneds and Cold Brew Sangria, as well as espressos categorized by growing region (think Lay Ywar from Myanmar or Canaan Estate from Brazil). Only serious coffee nerds need apply at this shared coffee shop and production space. portolacoffee.com.

HERMOSA BEACH

EAT / Along the seemingly endless miles of coast, it's not always easy to find great food close to the sand. But here's a noteworthy exception: **Tower 12's** British-born Brendan Collins dishes out satisfying upscale versions of crowd-pleasers—burgers, barbecued brisket sandwiches, wood-fired pizza—amid cool vintage-surfer design. Order up a classic cocktail or a tiki drink at the bar, then hightail it to the deck to watch the waves crashing. tower12hb.com.

LOS ANGELES

SIP / Looking to disappear for an hour or two? The speakeasy-style **Birds & Bees**, accessed by an appropriately hidden entrance, offers libations with a 1950s bent in a midcentury-modern setting (check out the orange sofas and that groovy hanging fireplace). Come on a Thursday night for a chance to catch live jazz, and maybe make eyes with a sweet dame or big daddy across the room. birdsandbeesla.com.

EAT / Frogtown, a small residential strip along the L.A. River that's separated from Silver Lake by I-5, is one of L.A.'s burgeoning hoods. And **Salazar** is its favorite restaurant. It may look like a desert outpost, with a dirt-floor patio lined with cactus, but the mesquite carne asada tacos are of the highest order, which is why there's always a line out the door. While you wait, order a velvety horchata-and-rum cocktail. salazarla.com.

NEWPORT BEACH

SHOP / Tucked among the boat slips of Newport Beach Harbor, **Lido Marina Village** brings the mall to the yacht club. Here, the catches of the day are vintage necklaces and black-and-white photographs from Alchemy Works: Harbor House; surf-themed wares at Faherty; and preppy-modern furnishings at Serena & Lily. Plus, Lido Bottle Works is on hand with rosé and tapas to revive weary shoppers. lidomarinavillage.com.

TUSTIN

SIP / Belly up to the Booch Bar at **Zama Tea and Kombucha** for a different kind of happy hour. In this 133-year-old building in Old Town Tustin, a flight will take you through blueberry-sage, lavender, peach-vanilla, and strawberry-mint versions of the housemade kombuchas. Enjoy them on one of the rocking chairs or bright red benches out on the patio, then take home a 64-ounce growler of your favorite. zamatea.com.

WEST HOLLYWOOD

SHOP / London-born former film exec Paul Davidge lends his cinematic vision and design-driven upbringing (his father was CEO of Christie's auction house) to **Not So General's** collection of high-concept furniture and goods from across the globe. Standouts, including the geometric brass stool from Milan-based Edizione Limitata factory and the ombré glass coffee table by Amsterdam's Germans Eremics, will make you want to spruce up your sitting room—stat. notsogeneral.la.

—EDITED BY CASEY HATFIELD-CHIOTTI

