

# SBLS

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THE ART OF SELF-CARE



# IN WITH THE NEW

*Resolutions ready? Local wellness experts and oases for the new you*

BY *Nicole Johnson*

## DETAIL DRIVEN

Montecito Fitness’ specialized personal training and high-end private facility are a movement in and of themselves. The members-only studio is becoming a Coast Village Road stronghold in its all-encompassing approach, fusing psychology, mobility training, and lifestyle advising into the forefront of mindful exercise. Wielding the wisdom of their respective Equinox and Orange Theory instructor pasts, co-owners and coaches Kaitlyn and Ben model, analyze, and adjust each workout in a way that’s encouragingly corrective, not *abrasive*. Kaitlyn was quick to note the ways my rowing-borne back injury, mentioned briefly in my pre-workout diagnostic, influenced my mobility, and adapted my routine to work with my strengths, not against them (pro squatting tip: an inch of an outward knee rotation makes a world of difference). Leveraging sleek, spacious recovery amenities—including an infrared sauna and circulation enhancing compression boots—to ensure longevity irrespective of ability, MF members truly get out what they put in. [montecitofitness805.com](http://montecitofitness805.com)



THE RITZ-CARLTON BACARA SPA

## MIND, BACARA, AND SOUL

The age-old question of *nature vs. nurture* takes on new meaning at The Ritz-Carlton Bacara Spa. Informed by over 20 years of on-site experience, Bacara massage practitioners artfully infuse the two, applying Thai and Shiatsu methodologies with organic treatments and tonics, all to the tune of the waterfront resort’s shorebreak. Whether treating the tired traveler or loyal Santa Barbara local (perhaps taking advantage of their Sunday-Thursday deals), the spa’s restorative therapies offer an ephemeral escape that evolves into lasting enrichment. Among the 42,000-square foot haven’s highlight reel: an open-air swimming pool, eucalyptus steam room, redwood sauna, and rooftop terrace which, on a sun-lit day, presents an unparalleled option to (literally) elevate a full-body massage. Transcending wellness trends and Western medicine, the Bacara’s treatments encase a highly coveted rarity: the luxury of reclusivity and reflection. [ritzcarlton.com](http://ritzcarlton.com)

## FLOAT DOWN THE COAST

The name speaks for itself—FLOAT Luxury Spa beckons those seeking to transcend. The tried-and-true local favorite has drifted down the coastline, opening a second location at Oxnard’s oceanfront Zachari Dunes resort. Opt for a much-deserved day trip to Mandalay Beach, and indulge in FLOAT’s immersive CBD Body Wrap Ritual, Mellow Mama maternity massage, or Restorative Facial. Wind down alongside friends and family in a festive group booking, or reserve a poolside cabana massage to truly embody the spa’s namesake. Post-treatment, savor the serenity of renewal with FLOAT’s mindfully curated range of skincare routine remedies, and boutique resort essentials. You’ll whisk back home, weightless. [floatmandalaybeach.com](http://floatmandalaybeach.com)

## ALL’S WELL

Nestled behind East Cabrillo’s bird refuge is an airy, new-age healing space redefining skin health, beauty, and holistic well-being—albeit unhurriedly. In its white-walled, plant-adorned studio that’s as heavenly as it is medicinal, WELL Dermatology exudes the vibrancy it imbues in its clientele. Helmed by Stanford-trained, American Board of Dermatology diplomat Dr. Erika Klemperer, the non-invasive practice fuels cellular health, enhanced by luxurious self-care—a naturally derived double dose for whole-body regeneration. If not evidenced by her enviably glowing skin, Dr. Klemperer’s decades of innovative expertise manifest in her highly personalized, immersive touch—which culminates in the WELL Loft. An inspired beauty and wellness collective, the members only Loft offers cutting-edge modalities in an embracing communal space. WELL’s red light therapy revitalizes ATP production to supercharge inner energy, its lymphatic drainage decompresses stored inflammation, and frequent honorary guests—such as skincare visionary May Lindstrom—invite discussion on harnessing enduring beauty through science. Put simply, WELL is a ritual in rejuvenation. [welldermatology.com](http://welldermatology.com)



DR. KLEMPERER, WELL DERMATOLOGY

PHOTO BY RYAN MAYO



CHLOË WARD, ONE HEALTHY MEAL AT A TIME

## FROM THE SOURCE

Know your innermost self? Chloë Ward, owner of One Healthy Meal At A Time, knows better. Both a Functional Diagnostic Nutrition Practitioner and Certified Integrative Nutrition Health Coach, Chloë soothes gut dysfunction from the inside out, stimulating the body’s innate self-healing processes. Her genuine, tailored guidance comes from learned experience with medical gaslighting: “I had a lengthy list of symptoms, but my doctor said my bloodwork was normal: it wasn’t until being introduced to the functional medicine world that I realized there were root causes to my symptoms. There’s a time and place for Western medicine, but many people are given a band-aid approach [to wellness].” Cue Chloë’s functional lab testing and lifestyle assessments, which hint at the bioindividual circumstances underlying clients’ discomfort. Treating at the source, she blueprints steps to balanced mineral levels and an optimized gut microbiome, both of which directly sharpen cognition, fortify immunity, diminish stressors, and freshen skin. “Food is medicine,” she urges; and in an age of buzzword marketing and ‘heal-all’ supplements, Chloë coaches clients to go back to the basics. “Having someone consistently in your back pocket to be your cheerleader can be that small sustainable shift leading to long-lasting results,” she says, revealing a scope of meticulous care that is not just universal, but *uplifting*. [onehealthymealatatime.com](http://onehealthymealatatime.com)

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