

SBLS

Santa Barbara Life & Style Magazine

May/June 2025



IN FULL BLOOM

48 HOURS *in Santa Barbara*

DAY 1

STRETCH

Not your average Pilates class, *Pilates and Or* combines technique and movement with the expertise of former Royal Ballet soloist and instructor, Or Kahlon. The resulting unique reformer, hot studio, or private classes feature flow-based choreography focused on strengthening, toning, and purifying the body from the inside out.

@pilatesandor



TEA

Toast to mom at *Mother's Day High Tea at the Cuyama Buckhorn*. The second annual event promises house-crafted tea blends and specialty pastries—the perfect way to savor memories with mom.

@cuyamabuckhorn

SHOP

Now that spring cleaning has made some room in your closet, it's time to fill it with effortlessly feminine pieces from *DÔEN* to elevate your summer. Stop by the Montecito Country Mart location to browse the latest coastal Californian collection.

@shopdoen



WALK

May is Mental Health Awareness Month, and the *Alma Rosa Peace of Mind Walk* on May 17th is making strides for wellness. The sixth annual 4.5-mile stroll traverses the stunning Alma Rosa vineyards and initiates the important conversation about mental health. Join this special tradition for mindfully reflecting and for hitting your 10k step goal, all while enjoying a glass of wine.

@almarosawinery

TRY

The latest edition to Santa Barbara's bevy of beachfront dining, *The Ellwood* brings a new culinary experience to the scene. Locally sourced ingredients, a world-class wine list, and an unbeatable ambiance make it the perfect fit for both intimate dinners and grand celebrations.

@theellwood



READ

Head to *Godmother's Books* for classic and cutting-edge stories, as well as crave-worthy cookies and coffee. Find the perfect beach read from their splendid selection—or attend one of their workshops or conversations if May gray or June gloom change your plans.

@godmothersbooks



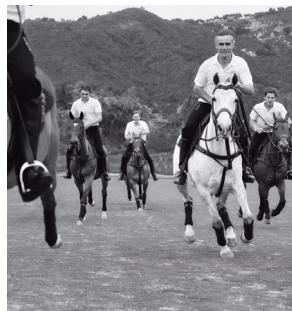
BY Eva Grunburg

SURF

Take advantage of our backyard beach with *Surf Lessons with Vanessa Rivers*. These private or group lessons range all skill levels, include a surfboard rental, and even offer photos—you'll be ready in no time to show off your skills after learning from dedicated instructors with local Santa Barbara roots.

@vanessarivers

PHOTOGRAPHY ANGELO SGAMBATI



POLO

Put on your Sunday best—polo returns this season at *Santa Barbara Polo and Racquet Club*, where you can horse around at the club's Friday happy hour or spectate the sport on Sundays. Pop over to the pitch this season for marvelous matches and equine entertainment.

@santabarbarapoloclub

STAYCATION

Warmer weather calls for a relaxing retreat—luckily, luxury finds a nearby home at *Belmond El Encanto*. Soak in the sunshine at the zero-edge pool, rejuvenate with a trip to the spa, or explore the tranquil lush gardens for a truly enchanting American Riviera getaway.

@belmondelencanto

DAY 2

SUSHI

Calling all sushi savants, *Sushi by Scratch* is a one-of-a-kind personalized dining experience in Montecito. The 17-course omakase-inspired tasting menu and intimate 10-guest space cultivates a truly memorable experience, from complimentary welcome cocktails to a decadent dessert bite.

@sushibyscratchrestaurants

