

CONTENDERS

GOLDEN GLOBES
FILM PREVIEWWellness Choices to
Survive the Season

It's no secret that awards season can be overwhelming, both emotionally and physically. Here's where Hollywood goes to be physically, emotionally and spiritually well enough to enjoy it

STORY BY ALENE DAWSON



A WELLNESS PRIMER

The wellness world is an easy target. From vagina steaming to faux energy-balancing stickers and more, unproven ideas (ranging from innocuously batty to dangerous) promoted by charlatans run rampant. But there are also ideas that have proven or will prove to be healing as claimed. And many within the wellness community genuinely trying to make the world better have the wisdom and acumen to do it.

"Wellness involves using lifestyle behavioral changes to try and be the best we can be in different spheres of health. What people don't often appreciate is how tremendously powerful the impact of wellness can be," says Dr. Donald D. Hensrud, an expert in preventive medicine and medical director at Mayo Clinic Healthy Living Program.

The clinic teaches patients that a healthier lifestyle should focus on three

Take some time to center yourself at **the Den Meditation** outpost in Studio City. It offers classes and workshops.

main areas: diet and nutrition, physical activity and exercise, and resiliency. "Resiliency is our mind-body area, and we define resiliency as our ability to manage and grow from life's challenges that we all experience... We believe we can all learn to be more resilient through many different methods, such as stress management, meditation, spirituality and others. Even getting adequate sleep makes us more resilient."

The Substance Abuse and Mental Health Services Administration includes eight dimensions of wellness: emotional, environmental, financial, intellectual, occupational, physical, social and spiritual.

"While it takes time, the return on investment is tremendous," Hensrud says. "During busy periods of our lives, such as award season, it's even more important to keep these healthy habits up — that's when we need it the most!"

FLY

Get centered before you land: American Airlines flew into sleep science research and partnered with mattress company Casper to design upgraded cabin bedding. Virgin Australia partnered with the meditation company Smiling Mind to reduce stress for anxious flyers. Cathay Pacific and Pure Yoga launched inflight programming "Travel Well With Yoga."

STAY

Four Seasons Los Angeles at Beverly Hills expanded its wellness programming "as we saw the relevance with our guests, primarily from the entertainment community including celebrities preparing for the red carpet," says general manager Michael Newcombe. Also, curious guests from around the world "want to experience the L.A. lifestyle, as Los Angeles is known as the mecca of wellness." The hotel's Wellness Suites include Peloton and Technogym fitness equipment; in-room Alo yoga equipment; Deepak Chopra-narrated guided meditation; a soundscape machine; hypoallergenic wood floors, and Lather eco-friendly bath amenities. The spa offers BioMeditation energy-healing treatments and private meditation and yoga sessions. Recent partnerships include a plant-based menu by chef Matthew Kenney from Plant Food + Wine and Solluna Juice Bar by celebrity nutritionist Kimberly Snyder.

EAT

Vegan, organic, macrobiotic, gluten-free — the list goes on. In L.A. you can be choosy and eat well: Crossroads Kitchen, Little Pine, The Butcher's Daughter, Gracias Madre, Café Gratitude, Jewel, Kye's, Zinc Café, M Café, Erewhon, Beaming Organic Superfood Café, Lifehouse Tonics + Elixirs and so many more.

BEAUTIFY

Toxic-free beauty emporiums include: The Detox Market, Base Coat Non Toxic Nail Salon and Credo Beauty.

GET FIT

Los Angeles and gyms are a match made in heaven, with choices from SoulCycle to RiseNation and Equinox Hollywood beckoning fitness buffs.

CONNECT WITH SPIRIT

Churches, temples and other houses of worship abound in L.A. Self-Realization Fellowship Lake Shrine (known for its lovely grounds), the Den Meditation, Bhakti Yoga Shala and House of Intuition

DE-STRESS & MORE

The Now, Surya Spa, Shape House. Other body, mind and spirit in-person sessions can be booked through Holisticism.

NATURE-FY

If the great outdoors is your higher power, embrace a bit of Shinrin-Yoku (Forest Bathing) in Griffith Park or take a jog or hike in Runyan or Beachwood canyons.