

LOS ANGELES

CONFIDENTIAL

THE
MEN'S
ISSUE

KOBE BRYANT

RYAN BINGHAM, BRET EASTON ELLIS,
JEFFREY DEITCH, LAIRD HAMILTON,
ROB MACHADO, JERRY WEINTRAUB



CLOCKWISE FROM LEFT: Delicious vegetarian meals are prepared by executive chef Kurt Steeber; afternoon yoga under the trees; a private cottage room.



MIND, BODY & MALIBU

Get physically and emotionally well at The Ranch at Live Oak Malibu.

SUMMER'S OVER, but in Los Angeles, it pays to be bikini-ready year-round, and, of course, inner peace isn't a bad thing to have in this city either. Achieve both for a mere \$5,600 a week at the newest luxury fitness retreat in SoCal, The Ranch at Live Oak Malibu. Hidden in the hills three miles above the Pacific, the Ranch whips guests into shape with a "no options" philosophy, which means there's no getting out of four- to five-hour morning hikes on the property's 200 miles of trails or the afternoon strengthening, yoga and pool workouts. And don't even think about asking for second helpings on the 1,500-calorie vegetarian menu whipped up by Kurt Steeber, the Ranch's executive chef and "Nutritional Alchemist." At least there's a daily massage to sweeten the

deal. "By removing the overwhelming choices of daily life, we give guests the opportunity to learn and grow in a holistic way," says program director Marc Alabanza. No material sacrifice necessary, though. Unlike the ascetic aesthetic of similar retreats that house guests in dormitories with shared facilities (such as that other fabled fitness retreat of Hollywood power players The Ashram), The Ranch at Live Oak Malibu has guests stay in private cottage rooms with en-suite baths and high-end amenities, including organic toiletries to scrub down with after all that nature time. But you won't find any televisions, and BlackBerrys don't get reception here, so be ready to unplug and focus on your inner well-being. Visit theranchmalibu.com. —ERIC ROSEN

POSH PAMPERING

The Spa at The Ritz-Carlton, Los Angeles, brings a touch of Hollywood decadence Downtown.

BE FOREWARNED—Downtown's newly opened The Spa at The Ritz-Carlton, Los Angeles, isn't your mother's spa. This is a modern-day Ritz-Carlton experience, one with a slightly younger, hipper feel but with all the service and luxury the brand is known for. You'll feel like a celebrity when you're greeted with a glass of bubbly at the entrance of the 8,000-square-foot space. The theme of "Champagne and Shimmer" is carried throughout the spa—from the décor, with its crystal and mirror accents and serene tones of gold, white and silver, to the decadent menu of treatments. Highlights include the Champagne and Shimmer Ultimate Manicure and Pedicure, which features a paraffin-wax treatment accompanied by a glass of Champagne—naturally. Prior to your pampering, relax in a customized aromatherapy steam room or choose from the coed or single-sex lounges. Our recommendation? The Glowing Gold Facial, a nonsurgical lifting treatment that uses galvanizing currents to remove deep impurities in the skin. The facial is completed with Carita Progressif Perfect Gold Serum, which contains flecks of gold that make your skin literally glow. You'll feel—and look—like a million bucks. 900 W. Olympic Blvd., LA; ritzcarlton.com—LESLEY MCKENZIE



The shimmering Spa at The Ritz-Carlton, Los Angeles