

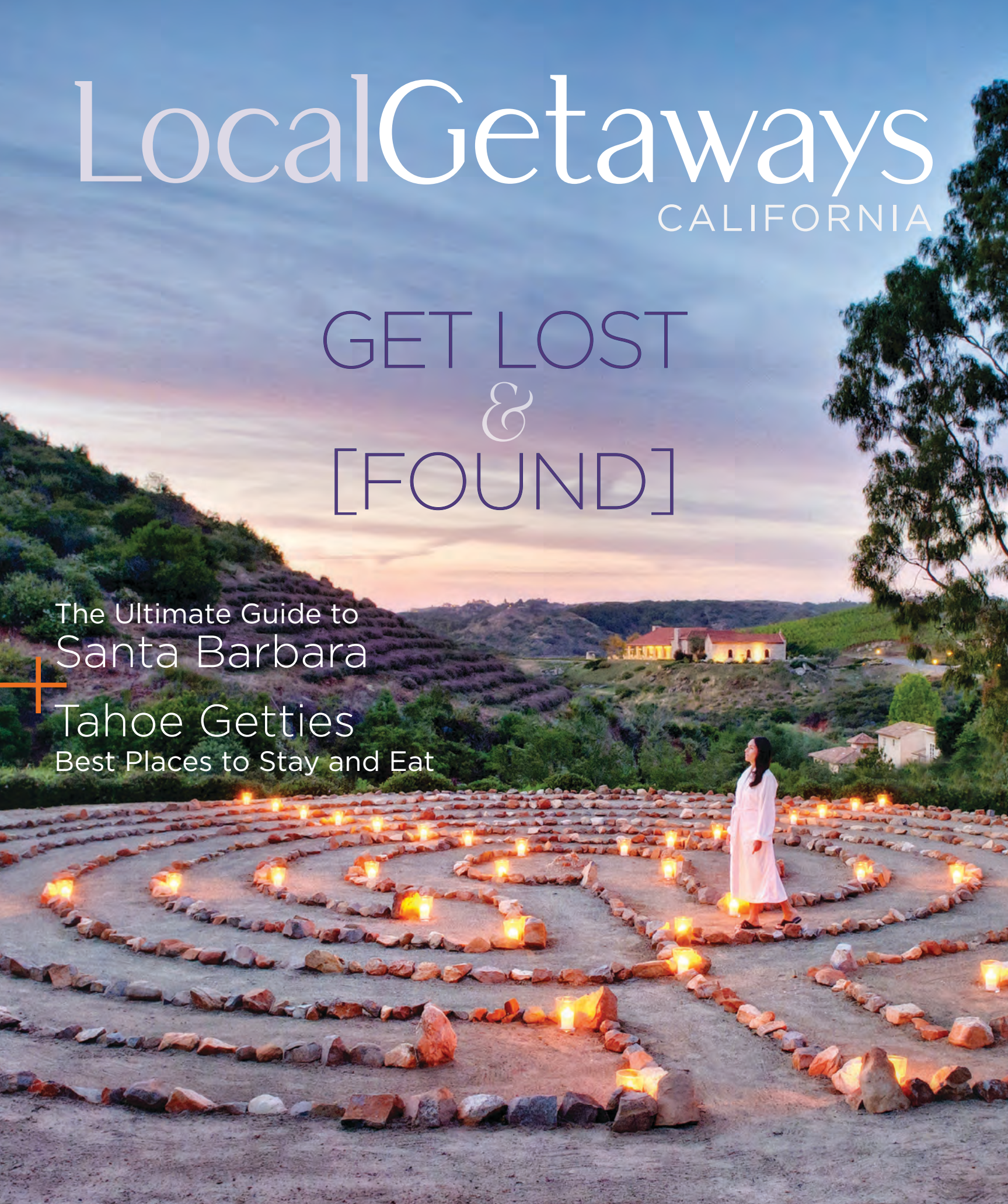
LocalGetaways

CALIFORNIA

GET LOST & [FOUND]

The Ultimate Guide to
Santa Barbara

Tahoe Getties
Best Places to Stay and Eat



trending

This booming studio features all the newest and smartest gear.

Smart Fit Method

CARDIFF + COSTA MESA

This concierge-style wellness and workout program, founded by San Diegan father-son duo, Rob and Connor Darnbrough, offers personalized training using machines powered by robotics and Artificial Intelligence. Efficient and effective, the method focuses on building muscle mass, bone density, and cardiovascular strength using four cutting-edge machines. And get this: three weekly, 20-minute sessions deliver the same physiological response as five to seven hours of traditional workouts. The Vesper, developed in conjunction with NASA and a spinal rehab center, is a recumbent elliptical where biceps and quads are wrapped in cold pressurized cuffs to increase muscle building and repair without the wear and tear on the joints. And keeping the body cool while exercising means no oxygen is wasted. High intensity sprints on The Carol, an AI stationary bike, depletes 90% of glycogen in the working muscles so the second protocol: 30, eight second sprints at 80% of your max heart rate, burns fat nine times more efficiently compared to running or jogging. Add in a Live02



oxygen mask for EWOT (exercise with oxygen therapy) that toggles between both low and high levels of oxygen to drive metabolic efficiency, and you supercharge the experience even more. The ARX is the safest and most effective strength training machine in the industry. Post workout members sit together swapping wellness tips around the pulsating BioCharger which reverses cellular

aging with its PEMF waves. Every 28 days a full body scan holds clients accountable and reveals real body recomposition as fat is reduced and lean muscle mass increases. The SFM Flagship studio overlooks the Pacific in Cardiff by the Sea, just north of San Diego, and outposts are popping up all over the SoCal region including La Jolla and Costa Mesa in Orange County. smartfitmethod.com

lunches, plus, divine treatments from Franco-luxe Biologique Rochere facials to citrus body polishes and EMSCULPT Neo, a noninvasive body shaping therapy. ranchovalencia.com

Fairmont Grand Del Mar: This Euro-

chic resort invites guests to relax and rejuvenate in their *Forbes* five-star-rated elegant spa, where you can enjoy a gentleman's facial, aromatic body wrap, or hydrotherapy and then lounge by the adults-only pool savoring a healthy spa lunch. granddelmar.com

Rancho La Puerta: This seminal spa, opened in 1940, sits just over the border in Tecate, Mexico. You'll find 86 casitas on 4 000 private acres of gardens, mountains and meadows, an oasis for hiking, fitness and healthy cooking classes. rancholapuerta.com