

MODERN LUXURY

# RIVIERA

ORANGE COUNTY

## STATE OF THE ARTS

The Luminaries  
Leading the Creative  
Conversation



Orange County's  
Festive Holiday  
Happenings

# Master OF HER CRAFT

ANYA TAYLOR-JOY'S  
ARTFUL APPROACH



# PUTTIN' ON THE GLITZ

**A**s I write this, there are just eight weeks left until 2023 arrives. This special time of year not only has us excited to celebrate the holidays, but it's also a moment to reflect on where we've been and where we're headed. There's nothing that energizes me quite like the start of a new year, and I hope you join me in using a few of your holiday vacation days to simply relax and enjoy the fact that a clean slate is just around the corner.

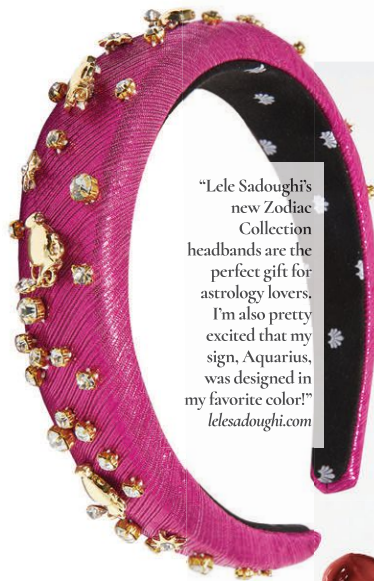
If you're wondering how to make the most of the holiday season in Orange County, flip to The Guide where we've outlined some of the season's most beloved traditions, from the Newport Beach Christmas Boat Parade (Dec. 14 to 18, [christmasboatparade.com](http://christmasboatparade.com)) to the return of Paséa Hotel & Spa's oceanfront ice rink (through Dec. 31, [paseahotel.com/oceanfronticerink](http://paseahotel.com/oceanfronticerink)). You'll also find the inside scoop on the latest fitness studios that are hoping to help you tackle your New Year's resolutions. Try a new Pilates class at Drenched OC ([drenchedoc.com](http://drenchedoc.com)) or Coeur Pilates ([coeurpilatesoc.com](http://coeurpilatesoc.com)), upgrade your wheels at Bluejay Electric Bicycles ([bluejaybikes.com](http://bluejaybikes.com)) or embrace tech-based training at The Smart Fit Method ([smartfitmethod.com](http://smartfitmethod.com)). Add the matching athleisure set from O.C.'s own Z Supply,

pictured to the right, to sweat in style! I've been living in Z Supply sets lately, and can't wait to add a few more pieces from its latest collection to my holiday wish list.

Speaking of ways to step up your style, I'm excited to share Modern Luxury's latest launch: ModLux.Rent. This subscription-based rental clothing service offers our readers apparel from top designer brands and allows you to swap items as much as you'd like. It's the perfect way to keep your wardrobe fresh and eliminates the need to run around the mall before the next holiday party or wedding. I'll be renting the Daria dress by Sachin & Babi, shown top right, to embrace the season's green and red color palette. Happy holidays to you and yours, and thank you for your continued support of our magazine. Cheers!

*Allison Mitchell*

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"Lele Sadoughi's new Zodiac Collection headbands are the perfect gift for astrology lovers. I'm also pretty excited that my sign, Aquarius, was designed in my favorite color!"  
[lelesadoughi.com](http://lelesadoughi.com)



"The Daria dress by Sachin & Babi is perfect for your next holiday party—rent it and tons of other fab looks through ModLux.Rent."  
[modlux.rent](http://modlux.rent)

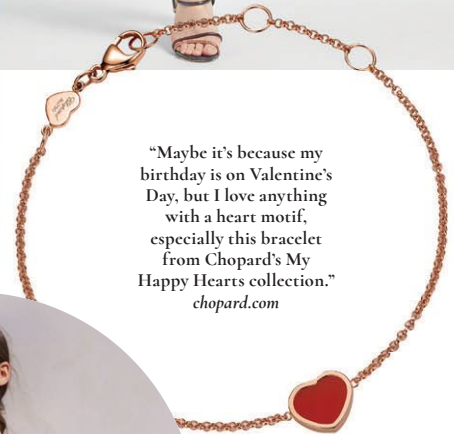
"Hourglass' new Phantom volumizing glossy balm gives you the lacquered look of a gloss with the moisture of a balm. I'm obsessed!"  
[hourglasscosmetics.com](http://hourglasscosmetics.com)



"Z Supply's coordinating workout sets have become my new wardrobe staple."  
[zsupplyclothing.com](http://zsupplyclothing.com)



"Maybe it's because my birthday is on Valentine's Day, but I love anything with a heart motif, especially this bracelet from Chopard's My Happy Hearts collection."  
[chopard.com](http://chopard.com)



"Delight the foodie in your life with a subscription to Good Eggs, a delivery service that offers more than 4,000 grocery items, 250-plus prepared meals and 100-plus seasonally focused meal kits—all from California-based purveyors."  
[goodeggs.com](http://goodeggs.com)



ALLISON MITCHELL PHOTO BY KAMIL GALIMSKI; ALL OTHER PHOTOS COURTESY OF BRANDS

# FIT CHECK

As 2023 approaches, New Year's resolutions are top of mind. Luckily, a slew of new fitness studios and sports shops are now calling Orange County home. It's time to muscle up!

BY ALLISON MITCHELL



The Bluejay Premiere Edition electric bike in Modern White

## Drenched OC

Following the success of her debut fitness studio in Los Angeles, founder Angela Parretta opened Drenched OC in early November on Newport Center Drive near Fashion Island. As the only studio in Orange County to combine the reformer machine with the heated temps of hot yoga, the multidiscipline space offers members toning Pilates classes paired with sweat-inducing yoga sessions to help you achieve your peak physique. Go ahead, get drenched! 230 Newport Center Drive, Newport Beach, [drenchedoc.com](http://drenchedoc.com)

## The Smart Fit Method

A lifelong fitness aficionado, Rob Darnbrough's intense training regimen ironically led to his life-changing health diagnosis—an aortic aneurysm. “I was told by two cardiologists to never walk uphill again,” he recalls. With a passion for fitness, Darnbrough founded The Smart Fit Method to eliminate the grind his body endured in his early years. The science-based fitness program, which he co-founded with his son Connor, pairs exercise robotics with artificial intelligence to achieve results in just three 20-minute sessions per week. With successful locations in Hawaii and San Diego, Darnbrough is now tackling Orange County with the debut of The Smart Fit Method on Irvine Avenue in Costa Mesa, where it calls Coffee Dose and Facial Lounge neighbors. Stop by to break a sweat and meet local owners and operators Arthur Bichler and Brad Bush to hear why they've joined **CONTINUED...**

PHOTO BY ASHLEY BATZ

...CONTINUED Darnbrough's burgeoning fitness empire. 714.450.7600, 2675 Irvine Ave., Ste. E, Costa Mesa, smartfitmethod.com

**Bluejay Electric Bicycles**

If low-impact, easy-breezy workouts are more your speed, cruise over to Lido Marina Village to check out Bluejay Electric Bicycles. The celebrity-loved brand's Orange County flagship is home to its elite class of e-bikes—from the all-road Bluejay Sport, known as the SUV of e-bikes, to the Bluejay Premiere Edition, a vintage-inspired cruiser equipped with top e-bike technology. Design your Bluejay bike to reflect your personal style, then add on fashionable accessories, including myriad types of woven baskets, bike bags, helmets, cup holders and more. Then, get ready to roll!

949.877.8848, 149 Riverside Ave., Ste. B, Newport Beach, bluejaybikes.com; lidomarinavillage.com

**Coeur Pilates**

An intimate and boutique fitness experience awaits at the new Coeur Pilates, a family-owned studio in Costa Mesa where just five reformers are used in each class. The small group sessions allow instructors to give each student one-on-one attention, ensuring your form is always top of mind. Beginners will enjoy the Reformer One class, where fundamentals are the emphasis, while more experienced enthusiasts will love the challenge of Reformer Two, a full-body workout filled with moves designed to get your heart rate pumping and muscles contracting. 949.988.8737, 2675 Irvine Ave., Ste. 106, Costa Mesa, coeurpilatesoc.com



Clockwise from top: Get sculpted in a small-group setting at Coeur Pilates; Drenched OC founder Angela Parretta; The Smart Fit Method uses artificial intelligence and exercise robotics to help you achieve your fitness goals.



CLOCKWISE FROM TOP RIGHT, PHOTOS BY: KLAUT VARADE, WILLIAM CALLAN, CHRISTOPHER TODD STUDIOS