



FAB 5

## AGE OF ENLIGHTENMENT

The latest L.A. getaways offer luxe accommodations, beautiful scenery and transformational change thanks to wellness retreats that boost energy, cultivate creativity and spark actual joy. —Enka Stalder

### DIGITAL DETOX

**I** Technology gives us more ways to communicate than ever, so why do so few of us feel heard? **Sacred Woman Retreats** helps flip the script with phone-free stints in locations such as Palm Springs and Tulum that harness the power of sisterhood and help intimate groups forge deep, IRL connections. *From \$1,500, sacredwomanretreats.com*

### HAPPY CAMPER

Whoever said you can't buy happiness must not have taken lessons from Tia Graham, founder of **Arrive at Happy**. The trained happiness professional's two-day retreats tap the emerging field of positive psychology to build a sense of optimism through interactive lectures peppered with breathwork (in a Malibu vineyard!), meditation, yoga and cushy accommodations. *From \$2,750, arriveathappy.com*

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### JET SET SWEAT

**3** Taryn Toomey's **The Class** has its own cult following (including devotees Christy Turlington and Naomi Watts). Score a more immersive dose of strength conditioning and emotional release with **The Retreatment**: one- to six-day getaways in locales such as Malibu and Mustique that include meditation and farm-to-table meals. *From \$750, taryntoomey.com*

### HOMEGROWN HEALING

Tucked in Laurel Canyon at the **Poppy and Someday** apothecary is a private outdoor spa with a claw-foot soaking tub and infrared sauna. Get access through seasonal one-day retreats held on the equinox and learn to make custom ayurvedic tinctures and recipes. *From \$195, poppyandsomeday.com*

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### GURU'S GETAWAY

**5** Intuitive healing in Ojai. Color astrology and cocktails in Palm Springs. Retreats from **Wild Precious Life by the Firestone Sisters** cut a luxe wellness experience with clout thanks to guest teachers including Jennifer Aniston's yoga guru, Mandy Ingber, and body alignment expert Lauren Roxburgh (who is Gwyneth Paltrow-approved). *From \$1,000 per night, firestonesisters.com*



SWEET TREATS

## The chocolate GURU

By Kelly Phillips Badal // Photography by Jaida Bentley

After nearly two decades in the high-stress fashion world brought Candice Puthawala's body to the brink of breakdown—including a diagnosis of multiple sclerosis (MS) during fashion week—chocolate became her unexpected savior. Specifically, high-quality cacao sans sugar, paired with natural ingredients and superfoods. It's a recipe she came up with while earning her plant-based chef certification at PlantLab. Last year, Puthawala debuted **Beauty Bar Chocolate** (\$12, beautybarchocolate.com), a treat with 83 percent organic raw cacao sweetened by monkfruit and packed with adaptogens and pearl collagen. The Willy Wonka-esque wellness blend is meant to relieve stress and fatigue, help balance hormones and make skin glow—yes, all in one fudgy square! Now the brand's second bar has launched, with a key addition: 100 mg of CBD (\$18). "CBD works like an adaptogen, calming the mind and reducing stress," says Puthawala. It's been part of her own wellness journey, along with following a candida diet and meditating. And amazingly, Puthawala's MS symptoms have disappeared. "Eating chocolate, running this business, trying to find peace—it really has healed me," she muses. Now that's sweet.

SACRED WOMAN RETREATS PHOTO BY CHE LUNN, MAJOR SKY WORKS