

SOUTHERN CALIFORNIA'S AFFLUENT ENTERTAINMENT MAGAZINE

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SOUTH AFRICA

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STAYING FIT

The challenges of veganism, as told by a vegan, a cookbook that tells us how to do it right. Plus, the next big thing in weight-loss: spas

ALFRED MOLINA

The veteran English actor behind Doc Ock talks about "The Da Vinci Code," poetry as punishment, and how *not* to have a plan

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"HEY, IT'S THAT GUY!" FROM THE RENOWNED TO THE UNDERAPPRECIATED, WE WEIGH IN ON 20 GREAT ACTORS WHO'VE PROVEN THEIR METTLE TIME AND AGAIN EVEN IF YOU DON'T KNOW THEM BY NAME

A YOUNG ACTRESS GOES OLD HOLLYWOOD

DESTINATION HEALTH WEIGHT-LOSS SPAS OFFER PEACE, NUTRITION AND A HEALTHIER LIFESTYLE

— By Tamara T. White

America has sought good health and fought fat in countless ways, from low-carbohydrate diets to pills to surgery. The last few years have seen the popularization of intensive boot camps, also known as fat camps, frequented by numerous celebrities in need of trimming flab fast. However, for those who feel that some of boot-camp tactics are too extreme, a new trend is emerging: the destination weight-loss spa.

Weight-loss spas combine the soothing and stress-reducing elements of a typical spa environment with programs tailored specifically for those seeking a healthier lifestyle, emphasizing wellness as opposed to aggressive weight loss. Many of these resorts offer the services of on-site medical professionals, and guests are educated about nutrition, healthy cooking and fitness. The goal is to teach guests to embrace a lifestyle that will not only help them drop pounds but also achieve a more fulfilling existence.

Three of the country's finest weight-loss and destination health spas are located within 100 miles of Los Angeles, giving Angelenos the perfect excuse to get out of town.

THE OAKS AT OJAI

The Oaks at Ojai is located just south of Santa Barbara in the quaint town of Ojai, about 60 miles outside of Los Angeles. Nestled amid California's stunning coastal scenery, the Oaks at Ojai offers a nurturing, all-inclusive spa environment with affordable fitness, nutrition and stress-relief options. Between fitness classes and spa treatments, visitors can relax at the resort's historic Spanish-style hotel, which dates back to the 1920s, or pop into town to shop and enjoy the local art galleries.

In the Oaks' casual environment, guests "leave the designer sweats at home," and single female travelers are encouraged to mingle with other women with similar fitness goals. Daily programs include 16 different fitness classes ranging from group hiking to lessons in the ancient Chinese practice of Qi Gong. Guests are encouraged to participate in a broad range of activities, from guided mountain hikes to aquatic workouts and yoga. An emphasis is placed on flexibility, strength and cardiovascular conditioning.

One-on-one services for guests looking for a more inten-

sive and customized program include body-composition analysis and a personal wellness consultation, as well as fitness and nutrition counseling. Individual spa treatments are conducted in private rooms; the spa menu offers facial treatments, body wraps and a variety of massage modalities including Reiki and Thai.

The Oaks also is renowned for its delectable spa cuisine, and visitors adhere to a 1,000-calorie-per-day food plan. Healthy meals are prepared without refined sugar, flour or added salt. The kitchen even provides nutritious recipes and encourages guests to try them at home. The Oaks aims to create a life-affirming experience while providing visitors with the tools to maintain their new, healthy-lifestyle habits — even after they have packed their bags and headed home.

Prices begin at \$175 per person per night. For more information, please visit www.oakspa.com or call 866.389.9601. The Oaks is located at 122 E. Ojai Ave., Ojai, CA 93023.

