

Modern Luxury

SAN DIEGO

Gemma
Chan's
COSMIC RISE

Beauty
Bonanza!

SAN DIEGO TASTEMAKERS'
PICKS, TOP EXPERTS TO
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Soirees*

Sun Salutations

WARM NEUTRALS, BOLD
ACCESSORIES & ARTISTIC
FLAIR DEFINE SPRING STYLE

N/O/W IN/SAN DIEGO

CULTURAL OASIS

When the *Desert X* (desertx.org) biennial debuted in Coachella Valley in 2017, *Architectural Digest* declared it "the world's newest must-visit art fair." This year, it's back (through April 21) with newly commissioned works scattered across the desert all the way to the Salton Sea. The best way to see it? On March 8, the Museum of Contemporary Art San Diego's (mcasd.org) exclusive travel program is offering a two-day adventure (for MCASD members at the Avant-Garde Level and above) aboard a luxury charter bus with none other than Kathryn Kanjo, MCASD's David C. Copley director and CEO, as tour guide. Described by Kanjo as "a kind of treasure hunt of site-specific art experiences that we will discover together," the trip includes daily receptions at art collectors' private homes and a stay at the fabulous Kimpton Rowan in Palm Springs. Gems await! —*Angela Ashman*

This one-of-a-kind contemporary art exhibit displays work from 19 artists across Coachella Valley.

WELLNESS WARRIOR

Refresh and Renew



Sarah Livia Brightwood Szekely, president of **Rancho La Puerta**, and Dr. Michael B. Finkelstein, author of *Slow Medicine*, had a complete body reset on their minds when they created Rancho La Puerta's 14-day Detox and Cleansing Retreat—and with benefits like feeling younger, weight loss and optimal mental clarity, the only thing on our mind is "sign us up!" Kicking off March 16 in Tecate, Mexico, the retreat centers on restoring balance in the body through

intermittent fasting to aid both short- and long-term results. The 14 days are go-at-your-own-pace; it's up to you how much or how little you do, but sample schedules include daily lectures, fitness and wellness classes and meditation. Other luxe offerings include spa therapies like colonic hydrotherapy and three private 90-minute consultations with Dr. Finkelstein, all ensuring you'll reach peak physical balance upon departure. From \$12,200, rancholapuerta.com —Claire Harper



The hot stone treatment is just one of many luxurious spa offerings.

SERENITY NOW

SPAHHH DAY

By Claire Harper

Nestled on the beaches of Dana Point sits the **Miraval Life in Balance Spa** at the five diamond-rated Monarch Beach Resort (monarchbeachresort.com). This wellness hot spot provides its guests, which include top celebs and influencers, with expansive wellness activities and treatments that leave you feeling utterly relaxed. Founded on the vision that everyone can achieve a life in balance, the spa draws on the beneficial healing powers of the surrounding ocean to create this mindfulness—think beach yoga, peaceful meditation and serene hikes. You can't go wrong with the more than 70 signature treatments at this highly awarded spa destination, but we instantly fell for two local standouts. The Sea Salt Serenity treatment, a 120-minute body ritual that uses antioxidant- and mineral-rich ingredients from the ocean, and the Ocean Crystal Facial, which draws on sea minerals, vitamins, enzymes and antioxidants to restore the pH balance of your skin. With spring gala season right around the corner, Miraval Life in Balance Spa is the perfect weekend getaway for a full body and mind rejuvenation.

RANCHO LA PUERTA PHOTO COURTESY OF RANCHO LA PUERTA, MIRVAL PHOTOS COURTESY OF MONARCH BEACH RESORT

TABLE TALK

STARS ALIGN

A historic British potter's first collaboration has an authentically American spirit.

Members of Soho House in Miami, New York, Chicago and Malibu might recognize British pottery brand **Burleigh** (burleigh.co.uk) from the private club's extravagant Sunday brunch buffets. The china pattern's English countryside style is so coveted that Meghan Markle has commissioned the designers behind Soho House to decorate her new home, Frogmore Cottage (appropriate since Burleigh's two-century-old factory's preservation is in due part to her father-in-law, the Prince of Wales). But there's another iconic American who's stary eyed over the quintessentially English look: Ralph Lauren. This spring, **Ralph Lauren Home** has collaborated with Burleigh on three original patterns (\$32 to \$125, 7830 Girard Ave., La Jolla, ralphlaurenhome.com)—marking the first time since Burleigh's 1851 founding that the brand has featured another designer's patterns. Furthermore, it harkens to the homeland. Patterns like Midnight Sky (shown here), inspired by the starry vistas at Lauren's Double RL Ranch in Colorado, are as American as it gets. —Sarah Bray

Burleigh is the only remaining pottery house in the world still practicing a 250-year-old technique called tissue transfer printing. This labor-intensive process requires 25 different pairs of hands to create a single teacup or saucer.

