

805 LIVING

The Drinks Issue



By Erin Rottman



PREPPY IN DOWNTOWN SANTA BARBARA

After losing his San Francisco studio in the earthquake and fire of 1906, California impressionist painter John Marshall Gamble left the city for Los Angeles but stopped in Santa Barbara, where he couldn't resist the landscape. Gamble painted the poppies, blue lupine, and coastal hills and started teaching at the Santa Barbara School of the Arts in 1929. He became known as the "dean of Santa Barbara artists."

It's fitting that the former art school's two-story Spanish colonial building in the middle of downtown is now home to the new **Palihouse Santa Barbara** (palisociety.com/hotels/santa-barbara, from \$395), whose founder Avi Brosh can be called the "dean of boutique hotels."

Brosh aims for a relaxed atmosphere that's not a fashion show, retail center, or hub of hustle and bustle. "You can have a negroni and know you're going to be able to find the server for another one," he says. "You have the run of the place, and that's a lot of fun."

Rather than mirroring a traditional Montecito-style residence, Palihouse Santa Barbara feels preppy with textiles in mixed-and-matched plaids and florals, a color palette featuring pinks, greens, reds, and blues, and unexpected details, like horse-show ribbons made into do-not-disturb signs for the 24 rooms.

Intimate dining and cocktail-lounge spaces, where that negroni and other specialty beverages are served, have a European vibe. In The Living Room, a seating area off the lobby, guests can lounge and enjoy snacks, which are offered all day. It opens up to the outdoor courtyard, where pale pink umbrellas shade marble tables around a central fountain.

The dog-friendly hotel has a pool, fitness center with Peloton bikes, and room for private dinners, but when it's time to explore, downtown's museums, shops, and restaurants are just outside the entrance.

At the new Palihouse Santa Barbara hotel (left, from top): downtown attractions are conveniently close; the 24 guest rooms and suites look out onto the Mediterranean-style courtyard or the pool area; and homey lounge areas welcome guests to sit back and relax.

PALIHOUSE SANTA BARBARA'S POLO CLUB COCKTAIL



Cocktails like this one taste especially good at the low-key Palihouse Santa Barbara pool, where guests can order on an app for poolside delivery while enjoying alternative indie tunes. But here, Brent Berkowitch, vice president of food and beverage for all Palisociety locations, shares the recipe for the hotel's twist on the standard Pimm's Cup so fans can enjoy it at home.

"It's heavily inspired by the vintage preppy-meets-American Riviera vision for the hotel," Berkowitch says, "in that it, too, puts a contemporary spin on a timeless favorite."

Makes 1 cocktail

- 3 slices cucumber**
- 1½ ounces Pimm's No. 1**
- 1 ounce Aperol**
- 3 ounces ginger ale**
- Cucumber ribbon**

In a chilled highball glass, lightly muddle cucumber slices. Add Pimm's No. 1 and Aperol, and top with ginger ale. Add ice and garnish with a cucumber ribbon.

21 DAYS TO BALANCE IN BAJA



Inspired by an idea from the 2019 Global Wellness Summit in Singapore, **Rancho La Puerta** has launched the 21-Day Perfect Balance Sabbatical (rancholapuerta.com, from \$17,355 plus tax/person) at its resort in Baja California, Mexico. “With this past year being unlike any other, it was essential to create a program that reflected the current environment,” says Roberto Arjona, CEO of Rancho La Puerta. “As a society, we are seemingly more drained, overworked, stressed, and anxious than ever before, which is why the Perfect Balance Sabbatical is particularly meaningful during this time.”

The all-inclusive program encompasses four phases: cleanse, relax, restore, and energize. It includes three private wellness consultations and a weekly intention-setting session as well as nine spa therapies; fitness and cooking classes; organic, Mediterranean cuisine; and accommodations in one of the spacious, freestanding Villas Cielo or Villas Luna, each with a fireplace, private patio, and expansive views.



Yoga is among the wellness activities available during a 21-day Perfect Balance Sabbatical at Rancho La Puerta in Baja California, Mexico. Located beside the Activity Pool, the Tierra Alegre juice bar offers seasonal, cold-pressed blends and smoothies made from ingredients grown on the resort’s organic farm. The living room in each of the new Villas Cielo can be converted into a personal gym or office.

DATA-DRIVEN WELLNESS

Hikes, hands-on cooking classes, individual health consultations, and spa treatments are just some of the elements provided during four new retreats at the **California Health & Longevity Institute (CHLI)**, housed in the Four Seasons Hotel Westlake Village (fourseasons.com/westlakevillage, from \$3,285/person). Designed to improve long-term health, the four-day sessions, offered once a month, are based on five pillars of wellness: medical data, plant-based nutrition, fitness, life balance, and healing touch. “The recommended small, sustainable steps to permanent change are far better for your health than doing a quick detox,” says Victoria Nickle, executive director of CHLI.

The programs accommodate a range of fitness levels. The WellPower Retreat centers on yoga, meditation, and plant-based education and includes hang-out time that makes it an ideal choice for groups of friends. At the other end of the



spectrum is the WellTel Reset, designed for those who are active and eating healthy but may have hit a plateau. It tests such markers as metabolic rate and VO₂ max (aerobic endurance) for people who “want to take their health to the next level,” Nickle says. Private retreats may be organized for groups of four or more. ♦

Please check CDC and local guidelines before traveling.