

# GENLUX

MAGAZINE

THE  
SPRING  
FASHION  
ISSUE

## GENLUXSHOP

FOOD+TRAVEL

### AS OUR LISA WAYNE DISCOVERS, A TRIP TO THE MEDITERRANEAN IS AS CLOSE AS SANTA BARBARA

The Bacara Resort and Spa in Santa Barbara resembles a Mediterranean hill town perched above the sea—one of my favorite spots to unwind, relax and recharge. Set on 78 acres of rolling hills and two miles of white sandy beach, the property is painstakingly preserved and cared for by a diligent army of dedicated landscapers.

feel right at home in the comfortable, pristine suite, and the gracious VIP concierge **Merlyn Taggart** is ready to accommodate any special requests.

The spa at Bacara is recognized as one of the finest in the world. It's huge. Over 42,000 square feet of saunas, steam rooms and sun decks. You'll find over 60 treatments to choose from. I suggest indulging in the signature Body Melt, and followed by a soak in the saline hydrotherapy bath. The fitness center sports some serious gym equipment, private Pilates and yoga studios, and elegant changing rooms, luxuriously stocked with Frette robes and slippers.

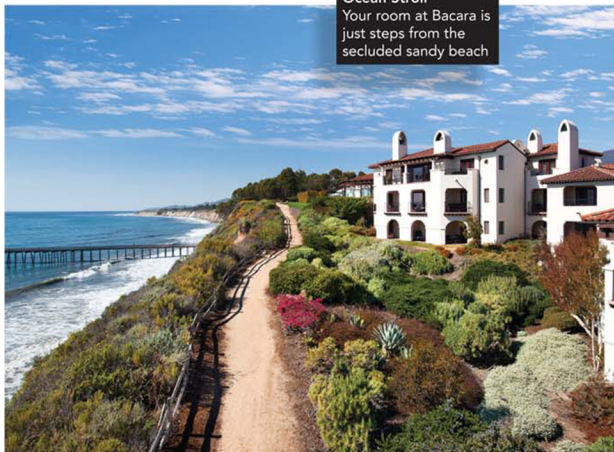
A grand afternoon tea is served fireside in the lobby, and there are three great restaurants. Try **Miro**, where **Chef Johan Denizot** prepares seasonal dishes using locally grown organic vegetables. **Mr. Tyson Torres**, the knowledgeable restaurant manager, will walk your through their collection of over 1,200 wines.

While there, I also suggest taking a wine-tasting day trip to the beautiful vineyards of Santa Inez and Los Olivos. Located just a few minutes away, you'll be able to sample some of California's finest gems.

Who needs to board a jet for a world-class getaway when a quick two-hour road trip from LA will do the trick? *Bacara Resort and Spa, Santa Barbara, 805-968-0100, bacararesortandspa.com*

★★★★★

**Ocean Stroll**  
Your room at Bacara is just steps from the secluded sandy beach



**Rest the Jet**  
Serenity courtesy of Bacara is less than a few hours out of LA. Hey, get going!



**Estérel Excellence**  
Delightful décor, check. Delicious dinner, check+



**W**e stopped into the **Sofitel Los Angeles at Beverly Hills** hotel for a glass of Champagne at their beautiful new Riviera 31 lounge and then mosied over to Estérel, for dinner. Named after the mountains in southeast France, it offers a nice selection of Mediterranean fare.

**Ambiance:** Chic and hip—a highly original French design with cozy booths. Great attention paid to every detail, down to the charming tablecloths, heavy silverware, and perfectly balanced lights that allow menu viewing without a hint of glare. The stylized interior is bewitching—and perfect for trysting.

**Service:** Impeccable. An alert and very skilled wait staff with an emphasis on promptness and politeness. Everything one would expect from the exacting managers of the Sofitel family of hotels. It's a level of service the French take for granted; however, here it makes us feel very special indeed!

**Dinner:** Provence meets Cali cool. Feast on contemporary French classic dishes with many vegan, vegetarian and gluten-free variations. Try the organic kale Caesar Salad with multi-grain croutons—my favorite. Btw, the exact calorie count for every dish is printed on the menu. Thank you, chef. Ingenious!

**Highlights:** The lounge—Riviera 31. Dramatic décor of deep-red walls, plush sofas and secluded dark corners. The stage is set. Sip on one of the highly creative cocktails, then wander out to the oversize patio—a must. Special nooks to explore a deux, and fireplaces to keep you warm. Ooh la la!

**Lowlight:** The cheese plate. Yes to the fresh-baked delicious bread, yes to the accompaniment of ripe Napa Valley grapes... but where's the delectable French cheese that is our due at Sofitel? Alas, a tiny morsel, just enough for a few bites.

*Sofitel Los Angeles at Beverly Hills Hotel, 8555 Beverly Blvd, Los Angeles, 310-278-5444*

★★★★★