

LAWEEKLY



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WELLNESS AT THE MUSEUM
REACH OUT TO *MUSICARES*

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The Health & Wellness Issue



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STRUGGLING TO SERVE HEALTHY MEALS IN A RECESSION?

Think Like a Restaurant

BY RENEE GUILBAULT



Renee Guilbault

As food prices and work pressures rise together, many of us are finding it harder to put meals on the table that we feel truly good about: good nutrition, good value, good flavor. That challenge can make the bounty of pre-packaged meals feel like a solution, but the convenience of those heat-and-serve “saviors” comes with some serious trade-offs in terms of high calories, unwanted additives, and, yes, added cost.

If you want to reclaim control and start bringing a bit of “from scratch” back into your life, why not look to the professionals who’ve made a science out of balancing the competing demands of time, cost, health and taste? The fresh food restaurant industry has chugged ahead under tight margins through every economic twist in history — and as a longtime chef, menu development expert and restaurant operations consultant, I am well-versed in the professional strategies that make it all pos-

sible. And, as a mom, I also know how to make those same strategies work at home. Here are just a few ways to make them work for you, too.

Restaurants Plan Around Their Budgets

You can’t make good spending decisions if you don’t have a plan. And just like a skilled restaurant manager won’t order a single radish before they know how much they need and how much they’re willing to spend on it, you shouldn’t be deciding what to buy when you’re already at the grocery store or pushing that button on your favorite delivery app. A standard restaurant biz tool is the “profit and loss” statement, which compares total monthly revenues with total costs. To do this for your household, gather up your bank records from the last three months and categorize your food spending. How much goes to restaurants, vs. delivery, vs. groceries and farmer’s markets? Do

any spending behaviors surprise you? How often do you end up buying things you don’t need or even use? Are those “I’m too tired” last-minute food deliveries blowing up your budget? Uncovering your patterns and seeing the big picture will help you gain awareness over what is really delivering value and where you want your dollars to go.

Restaurants Schedule Their Weeks

Once you’ve tracked your money, do the same for your time. We don’t talk about “our time” enough, but it’s just as important as money. Spend a couple of weeks recording your activity and be honest with yourself about what you truly need to thrive. Do you regularly come home from work with mere minutes to prepare dinner? If so, planning can help: at the start of the week, decide on all your meals, get your shopping done, clean and prep your veg, marinate some tofu or meats, and make it way easier to get hot, delicious meals on the table for the week ahead. If you have a family, get everyone in the kitchen to participate with that prep to make it go even faster.

Restaurants Capitalize on Economies of Scale

This is just a fancy way to say you can reduce your costs by going big. Restau-

rants can get food cheaper because they buy tons of it. You may not be serving 200 folks a night, but you likely have a stock pot and a freezer. (If you don’t have a stock pot, get thee to a thrift store and buy one.) Making casseroles, chilies, soups, sauces, mashed potatoes, and other big-pot foods and portioning them out (ideally into oven-safe storage containers to save a later step) can earn you lots of future stress-free meals, plus it gives you the opportunity to save money by buying in larger quantities. (People like Costco for a reason.) I have an awesome, freezer-friendly Bolognese recipe that has saved my family dinner — and my mental health — more times than I can count (you can get it and a bunch more at atasteofopportunity.com).

Restaurants Balance “the Usual” with the Special

We may thrive on routine as humans, but we also like to be surprised — that’s why restaurants present you with both their regular menu and daily specials. If you deliberately plan a regular “eat out or order in” day, you can be more thoughtful about what will bring the best experience within your budget. Perhaps it’s the weekend lunch special at your local, or a regular night out where you work your way through your neigh-

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borhood's best spots. The trick is to be deliberate about your splurges, rather than dumping cash on something overpriced and "meh" out of in-the-moment exhaustion or when there is zero time to cook from scratch.

Restaurants Turn Waste into Wonderful

Legend has it that the Cobb salad, one of the most famous LA recipes, originated from a late-night fridge raid when Mr. Cobb had an after-hours craving at his Hollywood restaurant, The Brown Derby. Getting creative with leftovers can be just as fun and successful for you. Have a rotisserie chicken? A restaurant would never throw those bones away: just place them in a freezer bag along with any extra vegetable trimmings and you have a "free" base for a soup that is bursting with flavor. So much yum, and so much nutrition, too. What kind of magic is waiting in your fridge right now?



Restaurants Know There Is Power in Simplicity

Here's a last industry secret for when you really feel stuck: eggs are a food professional's best friend — generally affordable, nutritious, and usually on hand. And they're adaptable too. Go "French" and think omelets for dinner with a fresh, bright salad and good toasty bread, or try scrambled with beans and guac, or pull an odds-and-ends salad together (a la Mr. Cobb) with some sliced boiled eggs. That's



the thing about great meals. They don't need to be complicated to satisfy and delight. Oftentimes, it's the simplest things that bring the most eating pleasure.

Renee Guilbault is a veteran food-industry consultant and the author of *A Taste of Opportunity: An Insider's*

Guide to Boosting Your Career, Making Your Mark, and Changing the Food Industry from Within. You can find more resources and recipes at her website, www.atasteofopportunity.com. She has held a role on the Los Angeles Food Policy Council Leadership Board and its Coordinating Committee. [E]

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CANNABIS

CANNABIS CRIME WAVES RETURN

The California cannabis industry is facing its most recent crime wave with at least a dozen shops hit in the last two weeks

BY JIMI DEVINE

The cannabis industry is currently in the midst of a massive crime wave.

In the nearly three years since thieves used the George Floyd protests as cover to kick off one of the most devastating crime waves the cannabis industry has ever seen, there have been many more. Cannabis businesses continue to be targeted.

There are various reasons contributing to these waves, but whether it's the economy, the giant piles of money dispensaries are forced to hoard without bank accounts, or the product that's easy to move as cannabis continues its national popularity surge, right now is batshit.

When I'm not writing for *L.A. Weekly*, I still work at a dispensary. We've been hit twice in the last two weeks. We are not alone. We're hearing reports from San Francisco, Santa Rosa, Benicia and Isleton, and those are just the ones the word has gotten out on. Cannabis companies are stuck with the catch-22 of wanting to make more noise about what they see as a lack of protection regardless of tax dollars but don't want to wave their hands in the air basically saying, "come victimize me because I get no protection."

And to make it even scarier for the industry, these groups are more reminiscent of militias than stick-up kids. Short style AK-47s you can tuck into your pants have been seen at multiple locations.

These crews also are beginning to get very good at it. There are believed to be a few roaming the northern part of the state from security camera footage being used to match different groups together. Sometimes they've made trips south for weekend-long runs at fresh targets, but for the most part, the largest organized groups seem to frequent north of Salinas up to wine country and then east all the way to the Sierras.

The owner of The Delta Boyz dispen-

sary in Isleton told us their facility has been hit five times and was among those targeted in the last two weeks. Things have gotten so hot in the small town located between Sacramento and the bay that he wanted to refrain from using his name for his family's safety.

He compared this recent crime to 2020, but noted there is a big difference.

"It's just, it's not as chaotic. The atmosphere outside is not as chaotic as it was then," he told *L.A. Weekly*. "So this is just very organized, dialed in, calculated. It seems this is what they do now. And these crews have been doing it for so long, it seems like they're getting better and better at it."

One of the times The Delta Boys got hit it took about 45 seconds for them to take \$200,000.

"My dumb ass had all my rosin in one big tote. But that's how fast they are. They were in and out in 45 seconds," they said. "Where else are you going to steal like that? You can't steal from a bank like that. You can't steal it from a liquor store. You can't steal it from a warehouse. You got to liquidate any of those. Weed is basically liquid."

He further argued he can't go and shoot somebody as if this was the black market.

"I have to respect the law because it's my livelihood. This is everything I've ever invested all my money and time into. I can't blast somebody. There are cameras everywhere. So it's hard. And they know that. They know, they know we're not. They know we're soft targets. They know we can do shit. They know the cops aren't coming. And it's just routine now."

He hopes the state will divert some of the funds it's using against the black market to defend its legal one. He argues enforcement on black market producers has created a vacuum where they then need to sustain their demand by robbing others. **[A]**

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MUSIC

REACH OUT TO
MUSICARES

BY BRETT CALLWOOD

In this post-lockdown (we hope) world, where COVID is under some semblance of control but the threat of a vax-dodging mutation is always lingering, the subject of mental health has never been more relevant. It's always been relevant, but the world has just been through a pandemic the likes of which we've never experienced before. It was draining, terrifying and utterly exhausting for everyone. For people already struggling with their mental health, it was devastating.

In the music world, it's all too depressingly familiar when we hear about a beloved artist that has been taken from us after suffering with mental health struggles – whether it's an overdose due to self-medication, or a suicide. It's confusing and traumatizing, and we wish that the person in question could have asked for help. Because help is out there.

Theresa Wolters is the vice president of Health & Human Services at *MusiCares*, a registered 501c3 organization launched by the Recording Academy in 1989.

"*MusiCares* was created as a safety net for the humans behind music, because music gives so much to the world," says Wolters. "Since 1989, *MusiCares* has provided support to 134,000 music professionals through \$105 million in financial assistance for health, human, mental health and addiction recovery needs. In the early years, *MusiCares* provided support to hundreds of music professionals annually, and has now grown to reach 20,000 music professionals annually through financial assistance and other programs."

It's an invaluable resource for those that need it, and those that know about it. Awareness is key, and *MusiCares* is doing all it can.

"In 2005, *MusiCares* was one of the first organizations on the ground in New Orleans to support relief efforts after Hurricane Katrina, eventually providing \$4 million in support to music professionals in the affected Gulf Coast communities," says Wolters. "In March 2020, *MusiCares* urgently recognized and responded to the devastating impact of COVID-19 on music professionals and has since provided \$37.5 million in financial assistance to 47,000 music professionals. As

MusiCares continues to deepen our impact with music professionals, we remain committed to our core values: service, inclusivity, empowerment and integrity."

There are rules: Music professionals need to have a minimum of five years employment in the music industry or six commercially released recordings or videos to qualify for help with *MusiCares*. "Music professionals" can include singers and songwriters, engineers, tour security, photographers, and more.

There's merit to the notion that people working in the arts are particularly susceptible to mental health issues, including depression.

"*MusiCares* conducts an in-depth annual wellness survey," says Wolters. "Responses from our most recent survey, conducted in late 2021 and released in early 2022, demonstrate that 56% of music professionals responding indicated moderately high to very high levels of anxiety. During this same period, the CDC reports 30% of the U.S. adult population had symptoms of anxiety. Our data indicates that music professionals are reporting mental health issues at higher levels than the general population. There may be several reasons for this, including the physical and health demands of this work, the financial variability and economic insecurity for many individuals in the music industry, as well as a disconnect between the perception and realities of working in the music industry."

"Oftentimes, musicians can be more right-brain dominant," said psychotherapist Michele Blair when speaking to this writer in 2021. "So more creative on the emotional side of things. Of course that can create much more sensitivity to life and surroundings, and be more in tune with all of those things. It can maybe set one up to be a bit more vulnerable to that. Also, part of the wonder and miracle of being human beings is that, in general, we're real survivors. Our systems and our bodies try to find ways to self-regulate and make it through tough times. If people have been through some trauma, it's very common to turn to music to survive those times."

That disconnect is huge. The public at large hear about Chris Cornell succumb-

Theresa Wolters
from MusiCares

PHOTO BY KELLY JAMSON

ing to his struggles and wonders how somebody so beloved, successful and popular could have anything to be depressed about. Of course, that's not how depression works.

"Mental health challenges don't discriminate based on levels of fame or perceived success," says Wolters. "The music community has devastatingly and tragically lost beloved artists. These losses remind us how important it is to be informed of the signs and symptoms of depression, anxiety, substance abuse and other mental health issues in ourselves and others."

"It's a lack of empathy," said clinical psychiatrist Michael Mollura when speaking to this writer in 2021. "It's hard to imagine what it's like to be in a position of fame of that nature. One of the biggest problems I think that comes up in that situation is misidentification. We identify Kurt Cobain or Chris Cornell as a certain idea, which they can't nor do they want to live up to. It becomes a constant burden on the ego to be seen a certain way. Imagine living like that. It's extremely overwhelming, and creates all anxiety, then potentially depression and other mental disorders such as schizophrenia.

COVID-19, Wolters says, resulted in a rise in mental health issues but also increased resources and research.

"In comparing data from the *MusiCares* wellness surveys in 2020 and 2021, we saw an increase (from 35% to 50%) in the percent of respondents who sought counseling for anxiety, depression or stress," she says. "Additionally, in recent years, several high-visibility artists have been vocal about their respective mental health challenges. As artists we admire discuss their own mental health challenges, seeking health is increasingly normalized and de-stigmatized. While this is encouraging progress, we still see persistent stigma, as well as a lack of access to mental health resources, particularly in historically marginalized communities. For this reason, *MusiCares* continues to prioritize access to mental health and addiction recovery for music professionals, as well as weekly support groups and informational sessions on a range of mental health topics."

Thank god they're around.

If you or somebody you know needs help, email the *MusiCares* relief box at musicaresrelief@musicares.org or via phone at 800-687-4227. **LA**

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ART

THE ART OF FEELING BETTER

Wellness at the Museum

BY SHANA NYS DAMBROT



Wellness, mindfulness, self-care — increasingly, art galleries and museums are the sites of wellbeing programs, from guided meditations to yoga classes, soundbaths, quiet mornings, and other consciousness-engaging curated experiences. Often, these events are intentionally located in the presence of specific works of art or exhibition installations that highlight the desired energy of the practice; in a pandemic holdover that’s proved successful for accessibility, some of it is also available online in both live-streamed and archived form. Nearly every institution in the area has enacted some form of this new dynamic — in an understandable pairing of art and thoughtful attention that has gained a lot of traction in the past few years for all the reasons.

CAAM has been hosting yoga and other self-care programs for years. MOCA, too, has been in this space for years, most recently hosting free hour-long yoga sessions for the past few months (the next one is an evening session on February 16), which are offered for all levels of expertise and body type, and led by long-time yoga instructor and community or-

ganizer Marley Rae. Presented facing the vibrant, expressive, ancestral, spiritual, and justice-oriented murals in the current Judith F. Baca: World Wall exhibition at the MOCA Geffen Little Tokyo location, the class itself is attuned to the message of community, resilience, and inclusive dialog — not to mention the high-vibration movement and palette — of the paintings. Along with its focus on physical strength, balance, quiet focus, and peacefulness in the psyche, and the urgency of taking better care of ourselves on an individual level, this inspired pairing of art and yoga also engages with a broader conversation around healing at the nexus of collective, systemic trauma, especially in communities of color.

If you’re looking for a lighter touch, and even something you can do from home, the Hammer Museum and the UCLA Mindful Awareness Research Center have long been hosting free half-hour Mindful Awareness Meditation sessions every Thursday at 12:30pm, both live at the museum’s Billy Wilder Theater and streaming at their website. “Mindful awareness meditation is the moment-by-moment process of actively and openly observ-

ing one’s physical, mental, and emotional experiences,” promises the site, and these short weekly hits of quiet time can be just what the doctor ordered. Besides stress reduction, the satisfaction of reclaiming some time for yourself out of your workday is very real — whether at the site with some exhibition viewing thrown in after the reset, at your desk, or through your phone in the closest park.

LACMA has been in on this trend in a variety of ways as well — their regular Mindful Mondays 4pm zoom sessions continue on February 13 and March 13; their next guided Art & Meditation session happens inside the very on-topic Another World: The Transcendental Painting Group exhibition at 10am on Friday, January 27; and there’s an evening soundbath in that same lofty installation on March 21. But just last week the museum took a chance and tried something completely new — at least for them — offering a two-hour contemplation and craft-based session led by a licensed art therapist.

Museotherapy, as this emerging field is known, is just what it sounds like — an outgrowth of the accelerating professional recognition of the mental (and physical) health benefits of art viewing, and an expansion of recognized techniques in art therapy applied to a more general audience. Mental Health and Well-Being in the Museum was led by Nicole Rademacher, an artist and art therapist whose practice centers around integrating the experience of viewing and later making art as a prompt and a source for a therapeutic experience — seeing things in new ways, and using your reaction to art as a springboard for digging deeper emotionally.

“I believe it is important for our museums in Los Angeles to take into greater account how their collections and exhibitions can help their visitors through guided looking and meaningful reflection with the support of a mental health professional,” says Rademacher. “Especially now that we have a greater understanding of how the pandemic and other stressors have affected mental health.”

Well, there was only one way to find out, so off I went to therapy. The gathering was set up in the extremely suitable exhibition New Abstracts (which features selected recent acquisitions to the permanent collection with a focus on large-scale non-figurative mixed media painting). “Abstraction continues to offer rich possibilities for innovation and

introspection,” reads the museum’s text. “Many artists working with abstract vocabularies today interrogate not only the possibilities of color, material, gesture, and form, but also the potential for injecting abstract art with political, spiritual, or personal meaning.” It was the ideal environment for the process of noticing, thinking, feeling, and wondering that followed.

Without oversharing my own experience or conveying the private thoughts of my fellow attendees, what happened was unique and impressive. Each person was asked to pick a piece that spoke to them, then spend about half an hour quietly contemplating it, taking stock of our emotional, intellectual, and physical responses. Does the work calm or excite us, cause memories to surface, generate energy in the breath or body as we sink into it? After the initial attraction, can we identify what it is about the work — color, shapes, materials — that’s provoking these responses? We were asked to pay attention to what came up for each of us, and to figure out why if we could. I fell in love with a Channing Hansen piece made of loosely knit yarn, its network of color, texture, seam, scar, translucence, and shadow is fascinating for how it behaves like a painting by another means — but also reminds me of my mother and her loom and needle textile art practice. It was a gorgeous game to follow its loops and lines. Later, in the art-making half of the night, I tried to draw it from memory to see if I really had been paying attention.

Honestly just having our phones off and spending an extended amount of time with a single work — 30 minutes instead of 90 seconds and without taking a single selfie — was already a balm for a busy soul. I’m someone who is accustomed to exploring art through language, in a public and history-facing discourse of exposition that is not — or is at least not only — emotive or cathartic. I realized that when it comes to art, the critic is in danger of doing everything by thinking; of seeing with the brain, of feeling through thought, of stepping straight into the professionalized interpretive mode and neglecting the place of wonder and love that set them — set me — on the path of art writing in the first place. Several of the other attendees mentioned that the experience “reminded them of being a kid again,” meaning a pure sense of discovery. I felt that, and it was a powerful reminder of what I am — what we are all — doing here: looking for something that moves us. Obviously any fully realized course of therapy will involve hard work and take time; but this small, safe introduction to the monumental role art can play in that process was a proper eye-opener — and for those of us in the museum that night, it was absolutely good medicine. [R]

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CULTURE

AHH, SPAS

L.A.'s Best Beauty and Wellness Sanctuaries

BY LINA LECARO



PHOTO BY BURKE WILLIAMS

Whether you're old enough to remember those old 70's Calgon commercials or not, you probably find yourself saying "take me away!" a lot these days. Traffic, work, family, social media, COVID, politics... modern life is a lot, especially in a big city like Los Angeles. And let's face it, a bubble bath doesn't cut it. Sometimes you need a real escape, even if it's for a few hours. Spas make for the perfect wellness break and in L.A. there are lots to choose from. Read on for info on the best local spa destinations for detoxing, facials, pools, or just a little rest and reset.

Wealth of Wellness

Burke Williams might be the best known day spa in town. It remains a fail-proof gift idea that provides a little bit of luxury to ladies and gents who want to feel pampered. Theresa and Bill Armour opened the resort-style spa in the 1980s, actually coining the term "day spa." The family-operated locale now has ten locations across California servicing massages, skin treatments and other body healing and honing services. They also do manicures, pedicures, baths and aromatherapy. The co-ed lounge has a cozy fire, seasonal teas, and

fruit flavored waters, while the separate spa amenities for men and women offer whirlpools, saunas, steam rooms, misting areas, private showers, rooms for quiet and meditation, and vanity areas to prepare for your reluctant return to reality. Check out their Valentine's Day packages for the one you love. **Various locations. Burkewilliams.com**

Upscale hotels offer a plethora of spa offerings and you don't need to be a guest to enjoy them. One of our favorites is **The Spa at Edition Hotel**. As we mentioned in last year's cover story, **Checking In: L.A. Hotels— From New Boutique Stays to Iconic Favorites**, Edition is the hottest place to stay on the Sunset Strip. Their spa offers a serene yet sleek environment with a 6,200 sq ft space, hip to the latest trends in wellness and beauty. Its "innate and holistic focus on inner health" touts locally-sourced and plant-derived products for facials, massages and more, such as their Nano-Infusion Facial for tightening and brightening. The surroundings are modern and calm with neutral decor and green foliage throughout that'll make you forget the chaos outside. **9040 Sunset Blvd., West Hollywood. edition-hotels.com/weho/spa-and-fitness**

Also on the Strip, **Ole Henriksen Face/**



Ole Henriksen



Olympic Spa

Body Spa is another well-known name in beauty and self-care that deserves note. After a facial here recently, we felt refreshed and revitalized. Vance Soto, who started as spa manager for Henriksen himself, now owns the place. With a background designing treatments for some of the largest day spas in California he's become a respected name in the business, creating a little oasis at the Sunset Plaza that attracts celebs and locals looking for a splurge. He just debuted a new skincare line, **VSOTO**, which beauty media has likened to a "spa in a jar," but we recommend an IRL visit to experience its meditative relax-

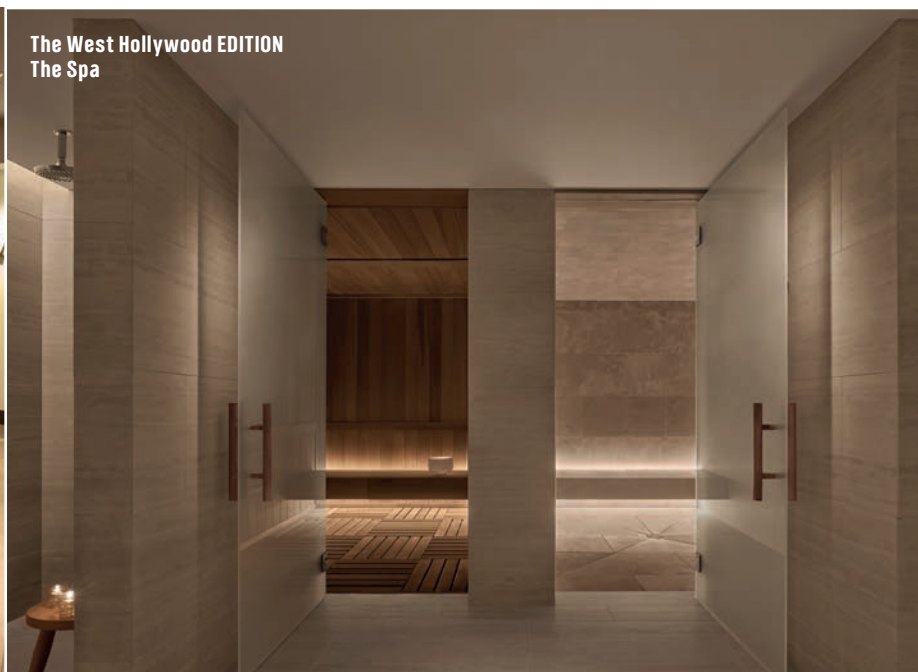
ation area and wet rooms for a true taste of tranquility. **8622 W Sunset Blvd Suite A, West Hollywood. olehenriksenspa.com**

Female Energy

Whether you're looking for peace or prettying, **Olympic Spa** has you covered. The women-only Korean spa was refurbished and upgraded a couple of years ago, fusing the "East and West" in its design and treatment menu. It's a popular place for girls' night gatherings with multiple lounging areas. Mineral water soaks, sugar scrubs, red clay sweat rooms and more bring a nature-minded



Wi Spa



The West Hollywood EDITION
The Spa

approach to rejuvenating the body and mind. **3915 W Olympic Blvd. Koreatown. Olympicspala.com**

A Korean day spa for women, **Hugh Spa**, references the Korean word *hyuga* which loosely translates to “take a break and forget your troubles.” This self-proclaimed “detox sanctuary” touts exfoliating scrubs to expel body impurities, and rooms with infrared magnets, charcoal and herbal steams “to help strengthen your uterus” (maybe Gweneth Paltrow was right?). Beyond the Goopiness, it’s a great little getaway for an hour or more. **1101 S Vermont Ave., Pico-Union area. hughspa.com**

Retreat Yourself

Voda Spa is a co-ed, all-ages facility offering a pool, jacuzzi and saunas (swimsuits required) plus a host of body services. Most come here for massages and follow them up with pool and hot tub soakings or drinks and snacks from the bar and restaurant. The group known as Secular Sabbath hosts events here performing ambient music, breathwork, and bodywork in the healthful surroundings. **7700 Santa Monica Blvd, West Hollywood. vodaspa.com**

At **Beverly Hot Springs**, the uniqueness is in the water. This is the only spa with natural spring water in LA. With beautiful rock-swathed surroundings it feels like an island paradise. Services include facials, massages, micro-needling, waxes and more. They even have “vajacials” which are perfect after a bikini wax. Patrons are allowed two hours of spa usage with treatments. **308 N Oxford Ave., East Hollywood. beverlyhotsprings.com**

Anytime is a good spa time at **Century**

Day & Night Spa. For 25 years now, Century has welcomed Angelenos looking for a peaceful excursion and escape during the day and after dark. The traditional Korean Spa has men’s and women’s areas where you can go nude as well as “Jim Jil Bang” co-ed areas with suits, plus services such as facials, massages, scrubs, wraps, etc, many with great smelling ingredients like honey, sugar and essential oils. There’s also a fitness center, swimming pool and restaurant. **4120 W Olympic Blvd. centurydayandnightspa.com**

Enjoy body treatments, revitalizing massage, facials for all skin types and an inviting spa environment at **Spa Palace**, a family-friendly facility with a Jim Jil Bang area and thematic saunas featuring himalayan salt, ice, gold and soil. Try a seaweed wrap, aroma therapy session or their “ritual” experience: a lavender salt scrub, aroma massage and vitamin C mini facial. Food and beverages available. **620 S Union Ave, Westlake. <https://spapalacela.com/laspa/>**

Well Around The Clock

You can pack a lot in at **Grand Hour 24 Spa**. Like others here, the facility has separate men’s and women’s areas with saunas, massages and facials. There’s a Jim Jil Bang here too, plus a tanning room, nail salon, barber shop, retail, Korean restaurant and a karaoke room too! It might not be the biggest spa in town but it’s one of the busiest. If all that stuff’s not your bag, there’s also lounges and a sleep room. **2999 W 6th St., Westlake. Grandspala.com**

Wi Spa tops most spa enthusiasts lists for good reason. The 24 hour facility offers massages, scrubs, facials, mani/pedis

and more. It has two floors (one for men, one for women)- each has hot and cold tubs, dry saunas and steam rooms, showers, and grooming areas. There’s also a co-ed floor (JJB), which makes it a nice couples date place (swimsuits required). Their sauna game is on point: the Bulgama, a high-temp oak wood room in

which guests lie on the floor and sweat out toxins; the Salt room, with mineral walls known to help the respiratory and immune system; and others rooms with clay, jade and ice for restorative improvement of skin, muscles and mental well being. **2700 Wilshire Blvd. wispausa.com/the-wi-spa-experience**

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EMPLOYMENT & EDUCATION

Nordstrom, Inc. seeks Program Manager Tech I in Los Angeles, CA to manage small to moderate technology programs using program dependencies, risks, and schedules. Telecommuting permitted. \$62,421 - \$115,000 per year. Apply at www.jobpostingtoday.com Ref# 63364.

FINANCE
BYD Motors LLC has an opening in Los Angeles, CA for Accounting Manager to be responsible for the accounting and reporting for financial management of BYD PPE business. Wage range \$90,000 to \$110,000. Ref job code C# 5787158 & mail resume to: BYD Coach & Bus LLC, Attn: HR, 1800 S. Figueroa St., Los Angeles, CA 90015

INTERIOR & EXTERIOR DESIGN COORDINATOR
Design interiors & exteriors of commercial & residential spaces. Oversee work throughout projects. BS or equiv + 2 yrs' as Interior/Exterior Designer, Graphic Designer or rel. Job in Sherman Oaks, CA. Mail resume to Manager, Muse Lifestyle Group LLC, 14241 Ventura Blvd, #300, Sherman Oaks, CA 91423.

ENGINEERING
Spin Master is accepting resumes for Associate Principal Engineer in Los Angeles, CA: Collaborate with CBU (Design and Brand teams) on generating new design concepts. Requires domestic and international travel up to 10%. Telecommuting permitted. Annual Salary: 127,691 - \$198,500. Mail resume to Spin Master, Attn: HR Team, 5880 W. Jefferson Blvd. Los Angeles, CA 90016. Must reference Ref. APE-AK.

Project Manager (Bush Interiors, Inc. dba Jamie Bush + Co) (Los Angeles, CA) Orgnz wrk efforts of team & act as primary factr of communcn w/ client & team; ld tm to formltn of project dsgn philshy, inceptn to cmlptn; Wrk w/ Princpl & Offc Mngr on prep of fee agreemnts & conrtcs; Monitor progrss, id issues, dvlp strats for presntn to clnt; intrfc w/ vendrs & subcontractrs to

coord prodctn & project scheds; Maintn ovrsight during constrctn & atnd progrss review meetings; Obttn subcontract quotes; Resrch & promote systm apps to imprv quality of wrk. Exp reqd: Exp mngng staff in fast-paced studio envmmnt; wrkg in resdntl & hospittly dsgn, & dvlp & coord constrctn docs & spec pckgs; Strng tech knowl of dsgn genres & architctr histry; Flncy in AutoCAD, ArchiCAD, SketchUp & Adobe Suite; Profncy in MS Word, Excel, Outlook & Dsgn Mngr; Dvlpd aesthetic sense in use of matrls, color, form, btr, proportn, compstn; Wrkg knowl of bldg systms, eng conpts & constrctn prcs; & Ably to wrk w/ indivls: clients, consltns, code offcls & constrctn trades. Req: BS/BA or frgn equiv in Interior Dsgn, Interior Architr or Architr or rtd fld, & 8 yrs exp as Interior Dsgnr or rtd occ. Opt wrk from home partly availb. Ocsn proj-bsd trvl w/in U.S. Salary: \$81,474 - \$135,365. Send C.V. to Mony@jamiebush.com

Application Development Associate Manager (Accenture LLP, Los Angeles, CA): Develop or update project plans for information technology projects, including project objectives, technologies, systems, information specifications, schedules, funding, and staffing. Must have willingness and ability to travel domestically approximately 80% of the time to meet client needs. Multiple Positions Available. For complete job description, and to apply, go to: www.accenture.com/us-en/careers/Job#R00140582. Pursuant to the California Transparency Bill, the offered wage for this role is \$124,987.00 per year. Equal Opportunity Employer - Minorities/Women/Vets/Disabled.

Project Engineer: interpret plans; design electrical systems; address electrical controls issues. Salary: \$100,500 - \$110,500 per year. Mail resume: Cell-Crete Corp, Job ME003, 135 Railroad Ave. Monrovia, CA 91016.

Application Development Specialist (Accenture LLP, Los Angeles, CA): Develop, design, and maintain software products or systems to support client strategies.

Lion's Spa



7 days 9am-9pm

4214 BEVERLY BLVD. #203

213.915.0382
213.436.8804

Must have willingness and ability to travel domestically approximately 80% of the time to meet client needs. Multiple Positions Available. For complete job description, list of requirements, and to apply, go to: www.accenture.com/us-en/careers/Job#R00140582. Pursuant to the California Transparency Bill, the offered wage for this role is \$124,987.00 per year. Equal Opportunity Employer - Minorities/Women/Vets/Disabled.

Pluto TV seeks a Data Test Engineer in West Hollywood, CA to make sure data quality and integrity is maintained as new events are added to applications. Telecommuting permitted. \$118,123 - \$135,000. Apply at www.jobpostingtoday.com Ref #92186.

Business Development Specialist: Gather & analyze biz data. Develop biz strategies. \$44,803/yr. in Van Nuys, CA. Mail resume: Certified Tile 14557 Calvert St VAN NUYS CA 91411.

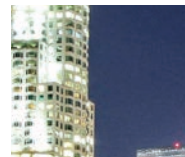
Business Support Designer - Buena Park, CA: Create and design marketing materials and other designs involved in a printing company's promotional events, including flyers, logos, displays to meet specific promotional needs and budgets. Associate Degree in Graphic Design, or a related field. Send res/tr to All American-look inc., 495 E. Erie Ave.,

Philadelphia, PA 19134. Attn: Tony Lee.

Web designer: Design, build, or maintain Web sites, using scripting languages. BS in multimedia Engineering or related field req'd. Resume to ARK FNC INC., 6895 Oslo Cir. Ste. E, Buena Park, CA 90621.

Math Teacher (Le Lycee Francais de Los Angeles, Los Angeles, CA) to teach fundamentals of mathematics to middle school grade students in French. Requires fluency in French. Salary: \$110,530/year. Resumes: HR, Le Lycee Francais de Los Angeles, 3261 Overland Ave, Los Angeles, CA 90034.

Skechers USA, Inc. is seeking a Sr Retail Systems Analyst in Manhattan Beach, CA to support the enhancement of retail technlgy & design/dvlp retail system architecture & solutns. Must have a Bachelor's degree, or foreign equiv, in Computer Engineering, Engineering or a related field + 3 yrs of post-bacc IT exp in the retail domain. Salary: \$115,357 to \$160,000/yr. To apply, please email resume to: talentacquisition@skechers.com.



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SECURITY GUARDS NEEDED

Rio Gentlemen's Club - 13124 S Figueroa St, Los Angeles, CA 90061 \$18 to \$20 an hour. Outside security needed for patdowns, ID checks and monitoring parking lot of the club. Please contact Dave Carlson at Rmckinney@jjmfirm.com

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