

vital juice 
THIRST FOR
A HEALTHY LIFE

smartwater GLACÉAU
© purity you can taste + electrolyte enhanced hydration

WELLNESS

LOS ANGELES EDITION

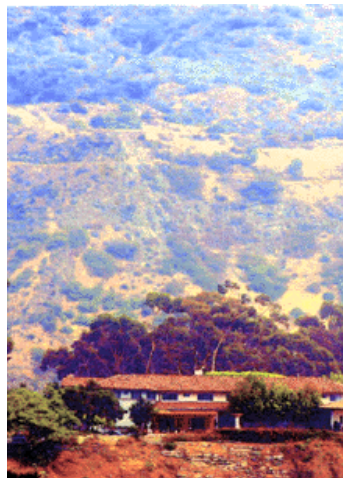
WELLNESS



TAT Technique



The Organic Pharmacy



Serra Retreat

Best Place for Healthy Classes/Lectures:

Bodhi Tree Bookstore

The open-minded wellness seeker will find the top new age names here, often presenting for free.

8585 Melrose Ave., West Hollywood, (310) 659-1733, **MAP**

Best Alternative to Therapy: Prof. Sasi Velupillai, Psychic Palmist

Professor Sasi not only glimpses the future, but counsels clients on their best moves toward happier lives.

Call 310-842-6087 or 310-397-2405

Best Alternative to Traditional Remedies:

The Organic Pharmacy

We started as skeptics, but were blown away by the immediate effects of Relax Tincture, which made us feel like we'd been blanketed in calm.

453 N. Beverly Dr., Los Angeles, (310) 272-7275, **MAP**

Best Place for Relaxation: Serra Retreat

On weekdays, this Franciscan monastery, hidden atop a Malibu hilltop, opens its silent gardens and paths to peace-seeking visitors.

3401 Serra Rd., Malibu, (310) 456-6631, **MAP**

Best Holistic Gift and Supply Shop:

Bodhi Tree Bookstore

While other shops have crystals and incense, none compare to Bodhi Tree, the mecca of new age books, instruments and esoterica.

8585 Melrose Ave., West Hollywood, (310) 659-1733, **MAP**

Best Self-Help Tool: TAT technique

Creator Tapas Fleming discovered this simple acupressure technique to release old traumas, and you can try it **right here**.

Find a local expert at Tatlife.com

Best Wellness Bargain: Oak Tree Healers

Licensed acupuncturist Carolyn Leigh counters America's healthcare crisis by offering sessions for just \$25.

8961 Sunset Blvd., Suite 2E, West Hollywood, (310) 365-6855, **MAP**