

SBLS

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RENEWED

Sustain YOURSELF

SANTA BARBARA'S SUSTAINABLE AND WELLNESS-ORIENTED BRANDS OFFER A REFRESHING START TO THE NEW YEAR

by ALEXANDRA LEE



SPEED OF SOUND

To experience ultimate relaxation and synergy, guests of El Encanto, A Belmond Hotel can book their newest ongoing wellness offering, a restorative sound bath meditation overlooking the ocean at the Douglas Preserve. First introduced as a part of the hotel's Wellness Week in November, and led by yoga and meditation guru and renowned Broadway actor Cristy Candler, sound bathing with the soothing echoes of a quartz singing bowl coupled with breathing practices, aromatherapy, and guided meditation targets the mind, body, and spirit. belmond.com



RELAXATION NATION

In an all too dreamy collaboration, Lord Jones and Palihouse Santa Barbara teamed up to bring CBD relaxation to the serenity of your hotel room. Each guest room and suite now offers Lord Jones Old Fashioned Hemp-Derived CBD Gumdrops, as well as the Travel-Sized High CBD Bath Salts to elevate the hotel's already posh vibe. The CBD Gumdrops can be tossed into any in-room drink for an added dose of relaxation, and the Bath Salts foster a deluxe bathing experience with essential oils, divine aromas, and 30mg of CBD to relax you after a fulfilling day of Santa Barbara sight-seeing. lordjones.com



SALT OF THE EARTH

The holy grail of unique relaxation experiences lies no further than the corner of State and Anapamu at Salt, where North America's largest underground crystal salt cave features a variety of services from deep tissue massages and facials to rejuvenating cave sessions. The pure Himalayan pink salt offers much more than its beautiful aesthetic: the benefits of "halotherapy," or inhaling micro-salt particles, include improving respiratory health, clearing toxins, and alleviating inflammation. Experience a "salt-sational" massage under the soft pink glow of the salt, or spend 45 minutes in a therapeutic cave meditation session complete with recliners. saltcavesb.com



MORE THAN SKIN DEEP

The message "scarcare is skincare" is a driving force behind the luxury, first-of-its-kind skincare line ESTAS Beauty. Montecito dweller and co-founder Cristina Beltran suffered cardiac arrest and open heart surgery at age 24 and empowers women to love their scars and share their unique beauty and stories with the world rather than feeling a need to conceal them. Formulated specially for scarred skin and made of gentle natural ingredients, the clinically proven healing products focus on softening and flattening skin while controlling scar sensitivity, helping them to fade with consistent use. estasbeauty.com



MAKE A SPLASH

Meet Psychedelic Honey, the first ever biodegradable swim and activewear brand. Creator Katie Lovelace, the only person born and raised in the Funk Zone, dreams up desert-tone prints and hand-drawn patterns on her houseboat in the harbor and is the first to sew with biodegradable nylon in the United States. In collaboration with her husband, surfboard shaper Ryan Lovelace, the brand has a collaborative cafe-retail-workspace hybrid in Carpinteria, an ode to slow fashion, small businesses, and sustainability. psychadelichoney.com



BITE TO EAT

Plant-based, organic, locally-sourced, and compostable goods are at the heart of Sun & Swell Foods. On a mission to turn the healthy snacking trend into a lifestyle, their products range from delicious Oatmeal Cookie Cacao Bites and dried fruit to pantry staples such as baking flour, trail mix, nuts, loose leaf tea, and spices, and even products for kitchen and self care. The brand values the earth just as much as human health, so they donate 1% of revenue to nonprofits and utilize sustainable ingredients, compostable packaging, and carbon-neutral shipping. sunandswellfoods.com