

PASADENA

EXCLUSIVE THE CITY'S TOP DOCS PASADENA

JANUARY/FEBRUARY 2023

THE CITY'S TOP DOCS | BUILDING A HEALTHIER YOU | WHAT TO DO FOR VALENTINE'S DAY | INSIDE A WELLNESS-MINDED COMMUNITY



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LIVING THE WELL LIFE ROMANTIC GETAWAYS CREATING MINDFUL HABITS HOLISTIC HEALTH SOLUTIONS



VILLA MARA CARMEL

ROMANCE IS IN THE AIR

How to wine, dine, and fall in love all over again in Carmel and Sausalito.

BY CAROLE DIXON

New to the scene in Carmel-by-the-Sea, **Villa Mara Carmel** is a 16-room Leading Hotels of the World property just steps from the beach. It feels like a private home, with a front porch and backyard firepit. While there is not a formal restaurant on site, pastries and quiche from local bakery **Sweet Elena's**, delivered daily, are worth getting out of bed for. In the afternoon into the evening, the hotel also offers sandwiches, salads, cheese/charcuterie boards, and plenty of wine to enjoy in a

cozy living room setting by the fire. Try to book an upstairs room for a stunning sunset view over the water or the private cottage with an outdoor bathtub.

If you'd prefer to stay in the heart of town, closer to shops and art galleries, book Relais & Châteaux's European-style **L'Auberge Carmel**. It features a charming courtyard for breakfast and *Forbes Travel Guide* five-star restaurant Aubergine for dinner. You can arrange for an in-room massage or sunset sail through the hotel's curated guest packages.

The downtown restaurant scene is also booming in this one-square-mile town—from fine dining at **Foray** to **Chez Noir**, where seafood paella, Spanish tortilla with salt cod, and oysters with peach pepper and passion fruit are must orders from chef Jonny Black, who hails from San Francisco's Atelier Crenn and Quince. If you are planning a beach picnic, stop by **Rise + Roam** in Carmel Village for pastries or sandwiches and pick up a bottle of wine from one of 20 tasting rooms.

Cruise up Highway 1 through San Francisco, and Sausalito is just a 10-minute hop over the Golden Gate Bridge or a beautiful ferry ride away. Stay at the newly revamped **The Inn Above**



L'AUBERGE CARMEL



CHEZ NOIR

VILLA MARA CARMEL: STEPHANIE RUSSO; L'AUBERGE CARMEL: MANNY ESPINOZA; CHEZ NOIR: JOSEPH WEAVER



Tide in one 33 spacious rooms with large wooden decks, fireplaces, soaking tubs, and views of the city. The breakfast buffet features pastries and quiche from **Starter Bakery** in Berkeley, delivered daily, for the perfect start to a brisk morning walk, kayaking, or sailing.

The hotel recently announced a partnership with Deborah Keane, founder of the sustainable **California Caviar Company**—who supplies **Petit Crenn**, among others—and owner of the newly opened hidden gem, **The Bump Bar**. While you can sit at the bar for caviar service in bumps or a flight, this intimate 12-seat restaurant has à la carte and tasting menus by chef Mathieu Legendre that showcase seafood-centric dishes such as scallops and black bass topped with caviar and roe, along with exquisite champagne and wine pairings.

Look into booking the “Inn Above Tide & The Bump Bar” package that includes one night’s stay and a welcome amenity of a Mother of Pearl Palette and \$100 gift certificate to purchase California Caviar Company caviar, along with a five-course meal and wine pairing exclusively for guests. **12**

INN ABOVE THE TIDE: AUBRIE PICK; SUSHI SHO: DON RIDDLE; WAKUDA: DENISE TRUSCELLO/GETTY IMAGES FOR WAKUDA AT THE VENETIAN RESORT LAS VEGAS

WILL TRAVEL FOR SUSHI

For the best sushi on the planet, Tokyo is the obvious choice—along with just staying in L.A. and hitting-up Nobu. But here are a few new spots worth the travel for fresh nigiri and award-winning omakase meals.

Vegas, Baby

Two-Michelin-star chef Tetsuya Wakuda from Sydney and Singapore unveiled his first U.S. restaurant in partnership with 50 Eggs Hospitality Group at **The Venetian Resort Las Vegas**. **WAKUDA**’s elevated Japanese cuisine was inspired by the Shinjuku area of Tokyo.

Highlights include the intimate eight-seat omakase and private sushi room where signature dishes range from poached angel prawns with shellfish soy sauce to smoked ocean trout salad and Yaki Shabu Omi beef, paired with your choice of more than 100 sakes—Tetsuya was honored as the first international sake ambassador by the Japanese sake industry—including rare vintages produced in small batches by sake artisans and specially brewed for the restaurant.

Island Life

If you’d rather hit tropical shores, **Sushi Sho** at the **Ritz-Carlton Residences, Waikiki Beach** is a coveted, 10-seat omakase



SUSHI SHO



restaurant led by legendary chef Keiji Nakazawa. This is the chef’s first restaurant outside of Japan, and the menu reflects the way he was inspired by Hawaii’s local bounty and abundance of fish.

The omakase experience features an edomae style of sushi utilizing over 40 types of fish, which is an ancient method that emphasizes aging fish to maximize flavor; most guests will have about 30 different dishes during their experience. The restaurant also offers a one-of-a-kind private beach excursion, where bento boxes featuring the chef’s innovative techniques for aging, curing, smoking, brining, and pickling fresh seafood are paired with sake.

South of the Border

For Nobu in a different setting, visit the **Nobu Los Cabos** hotel and sushi restaurant in Cabo San Lucas. When you want a break from tacos and tequila, sit at the sushi bar for fresh nigiri and rare sake. Specialty items with a Latin flair were created just for this location, such as the short rib mole miso.

California Love

Sausalito’s **Sushi Ran** has been given a Michelin nod for inventive rolls, Wagyu yaki, seaweed salads, and sake flights. The Rosewood Miramar Beach hotel in Montecito now holds the intimate 13-seat Michelin-starred AMA Sushi bar offering one omakase seating (edomae style) each evening with sake pairings or an à la carte menu by chef Kentaro Ikuta. Fiish at the Platform in Culver City features chef Colin Whitbread’s sustainable sushi sourced from the Sea of Cortez with winning combinations of Ōra King salmon with dry miso powder and halibut with smoked olive oil, trout roe, and plum salt. —C.D.

A RICE POUR

Sake Hundred is elevating the sake-drinking experience by releasing its flagship Byakko Bespoke (\$380; us.sakehundred.com), which is made from the “king of rice,” Dewasansan, at the Tatenokawa Brewery in Yamagata, Japan—known for making Junmai Daiginjo, the highest-grade sake designation, requiring over 200 hours of meticulous polishing, rendering delicate aromas of white flowers and stone fruits.

