

# Around the Houses

## Glowing references

One half of the wellness duo behind How You Glow, Jessie De Lowe outlines the West Hollywood spots that will help you live your best life in 2018

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Six years ago, then-yoga teacher and art therapy graduate Jessie De Lowe left New York to realise her dreams in Los Angeles. Finding a collaborator in chef and nutritionist Tara Sowlaty, the two began working on holistic lifestyle content for their successful digital brand How You Glow.

'There's no better place to be based for it,' says De Lowe. 'We have such amazing resources for wellness. It's the epicentre of what's going on – all the trends start here.' Indeed, in a city where even the most niche dietary requirement is catered for at any turn, the duo have their pick of juice bars and bulletproof coffee outlets to call their office.

The fact that the past half-dozen years have seen De Lowe realise the personal and professional goals she set out to achieve on leaving New York is a testimonial for her latest project, too; she now hosts 'manifesting sessions' to help others take satisfaction from every aspect of their lives and create visions for their highest self.

To start the year as we mean to go on, we asked the holistic and self-improvement expert, who's a member of Soho House West Hollywood, for a run-down of the area's healthiest spots. ☒

### KICK-START YOUR DAY

#### Beverly Hills Juice

8382 Beverly Blvd, [beverlyhillsjuice.com](http://beverlyhillsjuice.com)

'LA's OG juice and smoothie bar opened in 1975, before it was a trend. This jewel box of a shop is no-frills and all quality. My favourites are the carrot coconut or green genie, which taste best when made into one of BHI's signature 'banana manna' shakes.'

### HEALTHIEST BREAKFAST

#### Backyard Bowls

8303 Beverly Blvd, [backyardbowls.com](http://backyardbowls.com)

'Tank up on Backyard Bowls' delicious smoothies, grain bowls and healthy toasts. The ingredients are super fresh and the flavour combinations are addictive. Stop next door at Blue Bottle on your way out for an iced almond milk latte to go.'

### FAVOURITE FITNESS STUDIO

#### PLATEFIT

309 N Kings Road, [platefit.co](http://platefit.co)

'At just 27 minutes long, classes at PLATEFIT are easy to squeeze into your day but still extremely challenging and effective. The power plate used in the class amplifies results and is also an amazing tool for muscle massage.'



### OUTDOOR ENDORPHIN KICK

#### Runyon Canyon

2000 N Fuller Ave, [runyoncanyonbike.com](http://runyoncanyonbike.com)

'This city hike holds up as the best place to get fit in WeHo. Plus, the people watching is so entertaining you'll forget you're out of breath.'

### START A NEW PROJECT

#### Verve Coffee

8051 W 3rd Street, [vervecoffee.com](http://vervecoffee.com)

'The plant-adorned patio here is a great place to brainstorm ideas over a cold brew and gluten-free pastries.'

### GO-TO GROCERY STORE

#### Erewhon Market

7660 Beverly Blvd, [erewhonmarket.com](http://erewhonmarket.com)

'You haven't experienced wellness in WeHo until you've visited Erewhon Market – it's a place for discovery as much as shopping. I love its brown and wild rice sushi.'

### BEAUTY ONE-STOP SHOP

#### Striike

9278 Civic Center Drive, [striike.com](http://striike.com)

'Created by the talented Streicher sisters, Striike is an in-demand beauty heaven. Make an appointment in advance.'

### RELAXATION BETWEEN MEETINGS

#### The Now

7611 Beverly Blvd, [thenowmassage.com](http://thenowmassage.com)

'A boutique massage studio with affordable prices and a stunning interior, this is a dreamy oasis to take a minute (or 30, or 60, or 90) for yourself during the day.'

### BEST FOR INSPIRATION

#### The Apartment by The Line

8463 Melrose Place, [theline.com](http://theline.com)

'Located on a side street just off the beaten path, this place showcases design and fashion in a picture-perfect setting.'

### POOLSIDE RETREAT

#### Filifera

1550 N El Centro Ave, [properhotel.com](http://properhotel.com)

'Head up to the rooftop at Hollywood Proper and take a dip in the pool before enjoying a drink at Filifera, which offers sprawling views of LA.'