

# Livier

THE MAGAZINE

OUR  
SECRET  
PLACE

By Livier Spa

NEW YEAR,  
NEW YOU!

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BY LIVIER SPA

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& THINNING HAIR SOLUTIONS

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# EDITOR'S NOTE

*Livier*

THE MAGAZINE

Welcome to our Newport Beach escape within the pages of *Livier the Magazine*! Nestled in the heart of the Renaissance Hotel, our state-of-the-art Medical Spa introduces you to a world of innovation and luxury.

In these pages, explore innovative spa services, local activities, trends, and inspiring interviews. From cutting-edge wellness at our med spa to the heartbeat of Newport's vibrant scene, join us on a journey that celebrates the mind, body, and soul.

*Madeline Deslaurier*

Editor-in-Chief



## IN THIS ISSUE

In these pages, discover the fuel for launching your New Year with unwavering motivation and crystal-clear clarity. Explore invigorating workouts, innovative beauty treatments, and realistic resolutions to set your course for the year ahead. We've got you covered, ensuring a holistic and radiant start to the new chapter in your journey!

# MEET OUR *Team*



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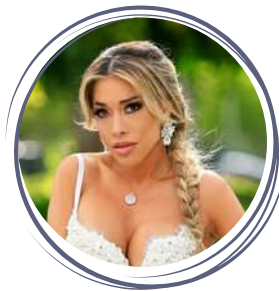
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*Livier*

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by *Livier*  
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# LOOK GOOD FEEL GOOD

at *Livier*

## THE SKINNY SHOT

### **SLOW METABOLISM**

LOOKING TO DITCH STUBBORN FAT? THE SOLUTION IS SIMPLE! OUR **LIPOTROPIC SHOT "SKINNY SHOT"**.

THE COMBO OF LIPO+B12 INCREASES YOUR ENERGY, BOOSTS METABOLISM, AND BURNS FAT QUICKER THAN BEFORE!

LIPOTROPIC SHOTS CONSIST OF VITAMIN B12 AND AMINO ACIDS THAT ELIMINATE TOXINS AND PREVENT THE BODY FROM STORING UNWANTED FAT CAUSING FAT TO BREAK DOWN QUICKER AND MORE EFFICIENTLY.



## WEIGHT LOSS PEPTIDES

### **SEMAGLUTIDE/ TIRZEPATIDE**

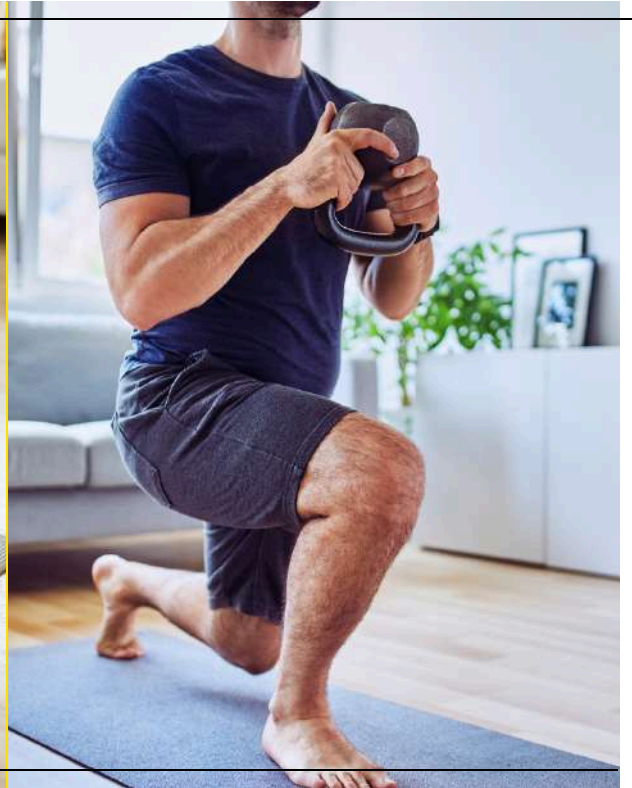
THE FDA-APPROVED, ONCE-A-WEEK WEIGHT LOSS INJECTION! THIS CUTTING-EDGE PRESCRIPTION MEDICATION IS A POTENT SOLUTION THAT HAS SHOWN INCREDIBLE EFFICACY IN AIDING WEIGHT LOSS.

OUR TEAM OF EXPERTS WILL PROVIDE PERSONALIZED CARE, MONITOR YOUR PROGRESS, AND MODIFY YOUR TREATMENT PLAN AS NEEDED TO HELP YOU ACHIEVE YOUR IDEAL WEIGHT. EXPERIENCE ITS TRANSFORMATIVE BENEFITS FIRSTHAND!



BEFORE

AFTER



# SWEAT IT OUT, ANYWHERE!

Navigating a busy life, particularly for frequent work travelers, can be quite a challenge. We recognize the importance of maintaining a healthy lifestyle even when your schedule is on the go. Workouts contribute not only to our physical well-being but also play a crucial role in mental health, triggering the release of dopamine and promoting a positive mindset. The benefits of regular exercise include increased energy levels, enhanced mood, and improved cognitive function.

Understanding that gym access may not always be possible or desirable—especially when you crave a workout in solitude—we've curated a selection of effective exercises that cater to various preferences and fitness goals. Whether you're in a hotel room, a quiet park, or the comfort of your own home, these workouts are designed to be adaptable to your surroundings. Because we believe that staying active should be a flexible and enjoyable part of your routine, regardless of where you find yourself. Let's prioritize your well-being, no matter the destination!

## AMENITIES



*Tennis Courts*



*Pickleball Court*



*Fitness Center -located on 3rd floor*

# BODYWEIGHT CIRCUIT



Repeat the circuit 2-3 times, adjusting the intensity based on the equipment available.

**Jumping Jacks (1-2 minutes):** No equipment necessary! For an advanced version, consider holding a pair of light dumbbells or incorporating a weighted vest.

Start with a warm-up. Stand with your feet together and jump while bringing your arms overhead. Land with your feet shoulder-width apart and arms by your sides

**Bodyweight Squats (1-2 minutes):** Perfect for home fitness, you can also add a resistance band. But if you're at the gym, try goblet squats with a dumbbell or kettlebell held at chest height for added resistance.

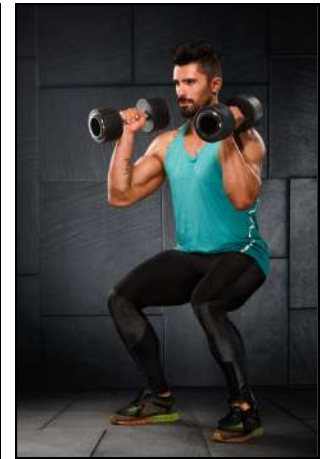
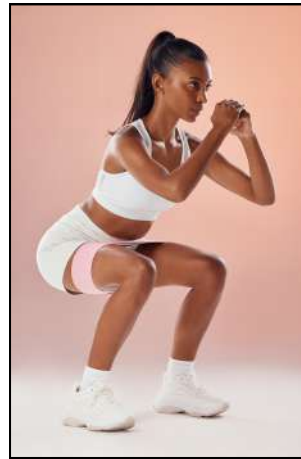
Stand with your feet shoulder-width apart, lower your body by bending your knees, and push your hips back as if you're sitting in

**Push-Ups (1 minute):** The classic bodyweight exercise. Elevate your workout by using TRX straps for suspension push-ups or try a chest press on a stability ball if you're in a gym setting.

Get into a plank position with your hands shoulder-width apart. Lower your body until your chest almost touches the floor, then push back up.

**Plank (30-60 seconds):** An excellent core exercise. Increase the challenge with a plank variation on a stability ball or Bosu ball for an extra stability element.

Get into a forearm plank position, keeping your body in a straight line from head to heels. Engage your core and hold the position.



# HIIT: HIGH INTENSITY INTERVAL TRAINING



Rest for 30 seconds between each exercise. Customize the routine based on the equipment at your disposal.

**Jumping Lunges (30 seconds):** Take it up a notch with a barbell on your back or dumbbells in each hand.

Start with a lunge position and jump, switching your legs in mid-air. Land in a lunge with the opposite foot forward.

**Mountain Climbers (30-60 seconds):** Add sliders under your feet for an increased challenge or perform the exercise on a decline bench.

Get into a plank position and alternately bring your knees towards your chest in a running motion.

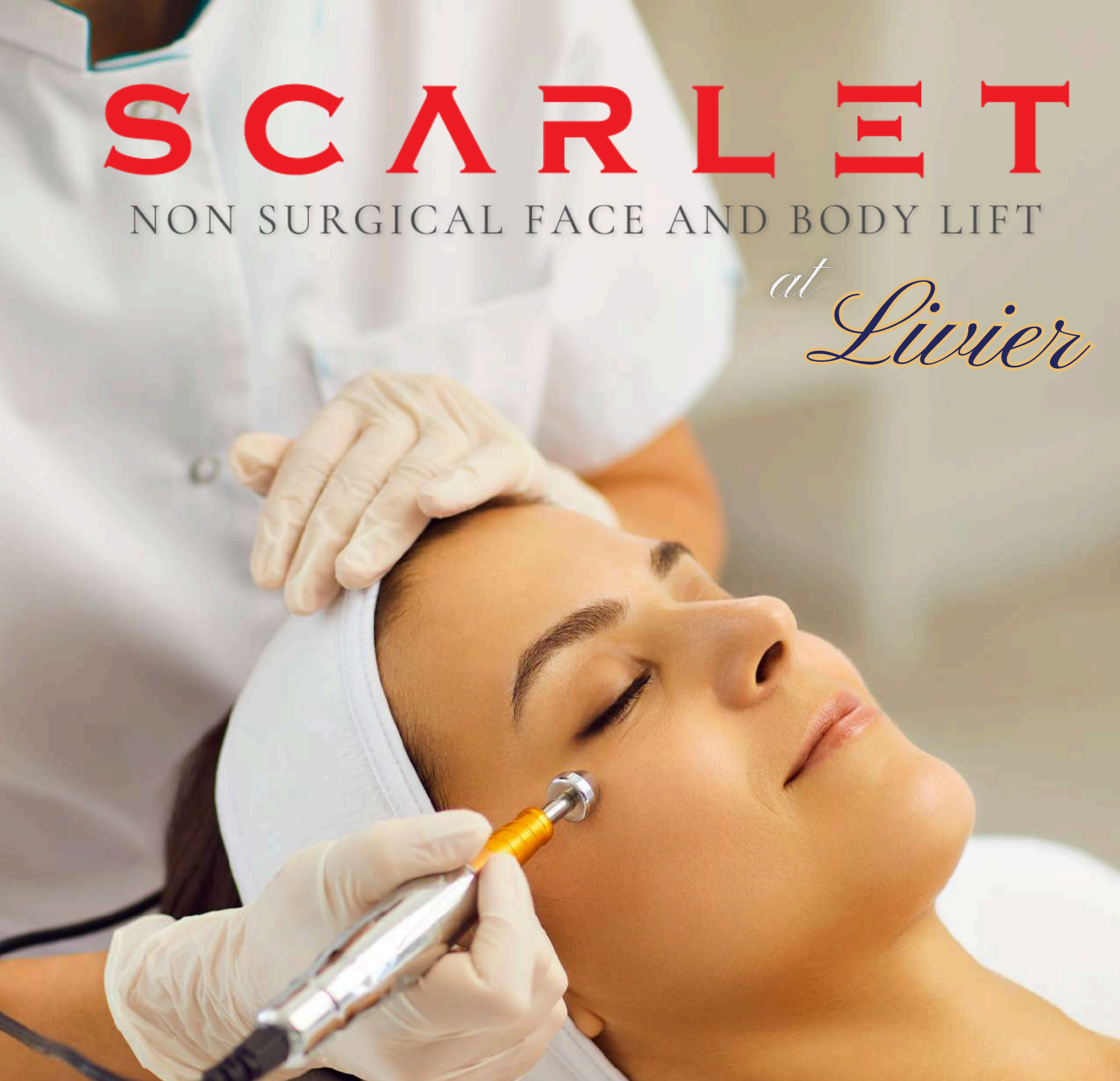
**Burpees (30-60 seconds):** Incorporate a medicine ball slam at the end of each burpee for an explosive full-body workout.

**Rest:** Catch your breath before repeating the next round. Repeat 4-5 times.

# SCARLET

NON SURGICAL FACE AND BODY LIFT

at *Livier*



## WHAT IS SCARLET SRF?

SCARLET SRF IS A MICRONEEDLING TREATMENT  
USING RADIO FREQUENCY (RF)

IT TIGHTENS, REJUVENATES, AND BOOSTS  
COLLAGEN FOR A YOUTHFUL GLOW—

TRANSFORMING TEXTURE, FIRMNESS, AND TONE IN  
ONE TREATMENT!



BEFORE



*After*



# BENEFITS

Tightens & Lifts Skin

Treat Acne Scars

Reverse Sun Damage

Stimulates Collagen Production

Evens Skin Tone

Reduces the Appearance of Fine Lines and Wrinkles

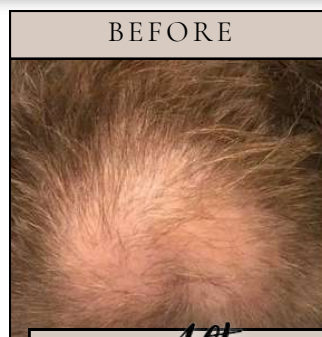


BEFORE

After



TREATED FOR: ACNE SCARS,  
UNEVEN SKIN TONE, SAGGING SKIN



BEFORE

After



TREATED FOR: BALDING, HAIR  
THINNING



BEFORE

After



TREATED FOR: SAGGING SKIN,  
SUN DAMAGE



BEFORE

After

TREATED FOR: BURNS &  
SCARRING

# VERSATILITY

Hair Restoration

Tighten Sagging Skin:

Including - arms, knees, stomach, etc.

Safe Around Eyes

Treats Body Scars & Stretch Marks



# SKINNY IV BAG

DESIGNED FOR ACCELERATED ADIPOSE TISSUE BREAKDOWN AND METABOLISM BOOST YOU WILL ALSO RECEIVE AN IM LIPOTROPICS (MIC) BOOSTER SHOT THAT WILL PLAY AN ESSENTIAL ROLE IN THE BODY'S USE OF FAT AND ENERGY. THIS CONTAINS AMINO ACIDS THAT HELP BREAKDOWN AND METABOLIZE FAT IN THE BODY.

## PRODUCTS THAT WILL MAKE YOU FEEL & LOOK GREAT!



### DIET & ENERGIZE BUNDLE

THE COMBINATION OF OUR TOPICAL B12 PLUS AND GARCINIA CAMBOGIA PLUS PATCH IS EFFECTIVE IN:  
CURBING YOUR HUNGER  
SUPPRESSING APPETITE  
ACTS AS A NATURAL WEIGHT LOSS SUPPLEMENT  
BOOSTS ENERGY AND STAMINA

### NURDORA PRE/PROBIOTICS

NURDORA PRE/PROBIOTICS AIDS IN WEIGHT LOSS!  
THEY ALSO  
IMPROVES LIKE GUT HEALTH  
DECREASES INFLAMMATION  
ASSISTS WITH APPETITE CONTROL



### TEATOX SKINNY TEA

LIVIER'S EXCLUSIVE DETOX GREEN TEA THAT AIDS IN WEIGHT LOSS, FAT BURNING, BLOATING WHILE CLEANSING AND DETOXIFYING



AVAILABLE AT

*Livier*

# MASSAGE THERAPY

with

Jordan Zavala

**E**mbark on a revitalizing journey with Jordan, a seasoned practitioner in massage therapy. From Gold's Gym and UFC Gym to his service in the Army, Jordan brings a wealth of experience to the table.

In the midst of enduring lengthy days and the subtle burden of mental fatigue, we often find ourselves feeling drained and grappling with muscular pain. This not only dampens our energy but also stifles our potential to experience full vitality. Recognizing the significance of liberating oneself from these constraints, Jordan stands ready to guide you towards a more vibrant and unrestrained state.

For Jordan, it's not about a one-size-fits-all approach. He delves into the intricacies of your body, considers past injuries or traumas, assesses current stress levels, and addresses physical discomfort with precision. "I never give the same massage twice," he says. This philosophy underscores his dedication to providing a unique experience for each individual.

Gifted and intuitive, Jordan turns each session into a masterpiece, crafting a massage that goes beyond routine. There's no going through the motions; instead, he tunes into your body's signals, responding to its specific needs. It's a dynamic and evolving process, ensuring that every massage is a one-of-a-kind journey tailored just for you.

Jordan doesn't just offer massages; he creates an immersive and deeply satisfying experience that resonates with your body's unique requirements. If you're seeking a massage that's truly exceptional and tailored to you, Jordan is the expert you've been looking for.



SCHEDULE YOUR SESSION  
WITH JORDAN AT



located on the 3rd floor of the  
Renaissance Hotel

Phone: (949)849-2200

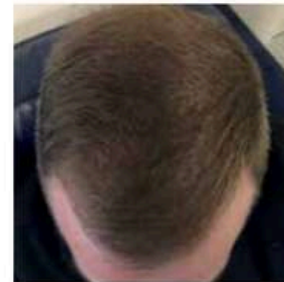
# HAIR RESTORATION

## WHAT IS PRP?

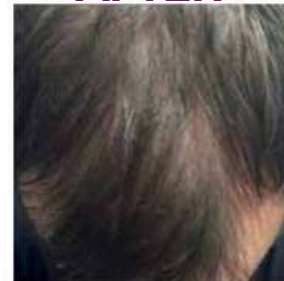
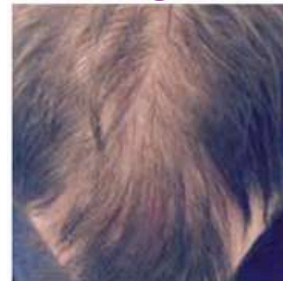
PRP (Platelet Rich Plasma) is blood plasma containing a high concentration of platelets. Although platelets are best known for their part in the blood clotting process, these cells are also considered a biochemical storehouse of growth factors that participate in recovery and healing of tissues by enhancing physiologic processes. Antiapoptotic effects of activated PRP have been suggested as one of the major contributing factors stimulating hair growth as it prolongs the survival of dermal papilla cells during the hair cycle. Follicular stem cell differentiation is induced, as well as prolonging the phase of the hair growth cycle.



**BEFORE**



**AFTER**



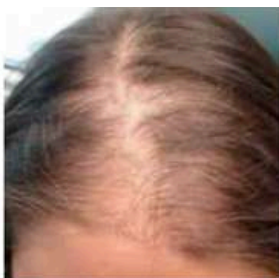
## HAIR LOSS

Alopecia, a common cause of hair loss, is a condition that is not painful nor does it interfere with regular daily activities. Nevertheless it is an emotionally challenging condition, particularly when hair loss affects the entire scalp. Fortunately, advances in medical research mean that today, men and women need not suffer the results of hair loss. PRP treatment is now a wide spread and well established procedure in all cases of alopecia. Published studies are providing increasingly stronger evidence of the beneficial effect of PRP treatment on hair re-growth.

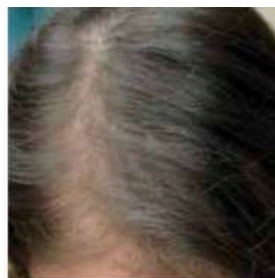
## ADVANTAGES OF PRP SCALP INJECTIONS

Cellenis® PRP treatment is an ideal treatment for hair growth – it reinvigorates dormant hair follicles and stimulates the natural growth of new hair.

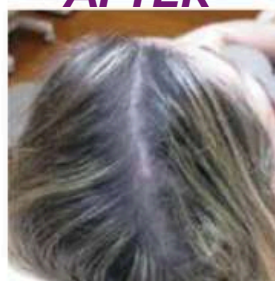
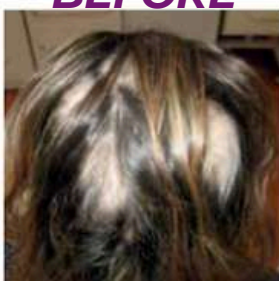
- Increases hair quality, volume, density and fullness
- Naturally stimulates hair growth
- Increases and strengthens existing hair
- Decreases hair loss
- Can be used in conjunction with alternative therapies and medications for hair loss



**BEFORE**



**AFTER**



AVAILABLE AT

*Livier*



## Firm & Tone

Tighten & brighten for more youthful & radiant looking skin

## Rejuvenate

Restore & strengthen skin cells

## Lift

Enhance production of collagen and elastin

## Recontour

Enhance production of collagen and elastin

## Results

Penetrates 10 x deeper & lasts 5 x longer than other topical types



# BRIGHCA

## Melting Collagen Set



Pure Collagen & Hyaluronic Acid, in Nanofiber Form, NOTHING ELSE

99.86% Premium Marine Collagen from New Zealand

0.14% Hyaluronic Acid



EXCLUSIVE AT  
*Livier*



# the art of reiki

## What is Reiki?

Reiki is a form of alternative therapy that originated in Japan in the early 20th century. The word "Reiki" is a combination of two Japanese words: "rei," which means universal, and "ki," which means life energy or vital force. Reiki practitioners believe that there is a universal life energy that flows through all living things and that this energy can be channeled and harnessed for healing purposes.

## Healing through Energy

At its core, Reiki is a form of energy healing. Reiki Masters and Practitioners believe that they can tap into the universal life energy and transfer it to the recipient through their hands. This is done through a series of hand positions either directly on or slightly above the recipient's body. They believe this energy can work wonders not just on the body but also on the mind and spirit.

## A Holistic Approach

Reiki is often viewed as a holistic healing practice, addressing not only physical ailments but also emotional, mental, and spiritual well-being. Practitioners aim to balance and harmonize the energy within the body to promote overall wellness.

## Gentle Touch

Reiki is typically administered through light or no touch. The practitioner may place their hands on specific areas of the body, but the touch is generally gentle and non-intrusive. Some Reiki sessions may also be conducted with the practitioner's hands slightly above the body.



## Chakras & Energy Centers

Picture energy centers, known as chakras, like swirling galaxies within you. Reiki enthusiasts focus on aligning and balancing these chakras, ensuring a smooth and vibrant energy flow throughout your entire being

## Stress-Be-Gone

We all need to unwind! Reiki is your ticket to relaxation. People rave about its stress-reducing benefits, making it a sought-after remedy for those hectic days. The secret? Letting the universal energy do its calming dance through you

## Energy Tap

Unlike some other healing practices that involve the use of personal energy, Reiki is unique in that practitioners don't rely on their individual life force. Instead, they serve as intermediaries, allowing the universal energy to flow through them. They don't generate the energy; they facilitate its transfer.

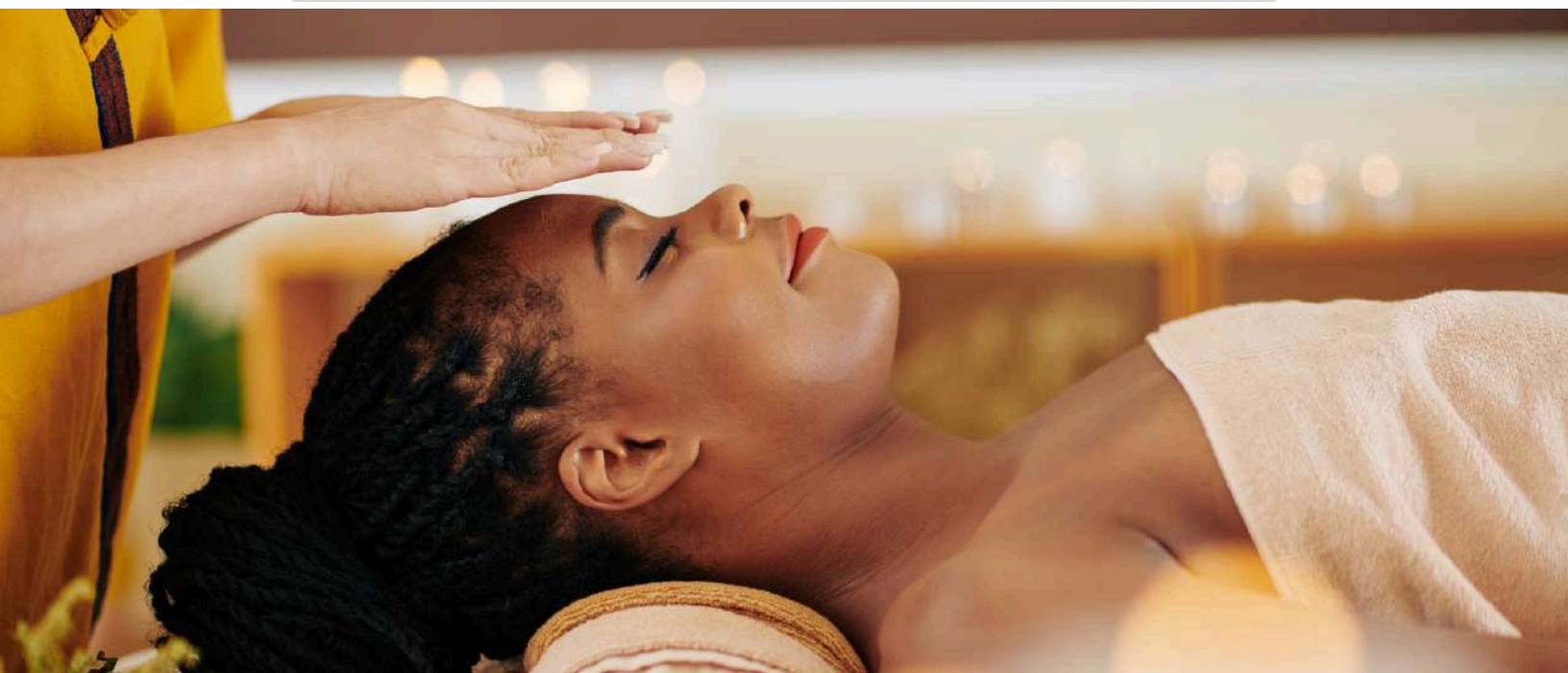
The belief is that this universal energy source is boundless and all-encompassing. It's the same life force that sustains the trees, powers the sun, and flows through every living being.

### Book your Reiki Session

with Quiara

*at Livier*

*Quiara is an experienced wellness guide who offers various holistic practices such as reiki, theta healing, sound therapy, and mindfulness to reduce anxiety and promote well-being. Her creative approach involves additional techniques like breathwork and guided meditations to enhance mindfulness and inner peace.*



# TargetCool

Exclusive at *Livier*

## INJECTIONS REINVENTED

### REDUCED BRUISING & SWELLING

Dermal areas treated with TargetCool are much less susceptible to swelling, inflammation, and hematoma. This means less unsightly bruising after injections and also quicker, easier recoveries.

### SKIP THE NUMBING CREAM

TargetCool's refreshing pain reduction adds peace-of-mind. And TargetCool's ability to rapidly cool the skin also eliminates the wait-time associated with numbing creams.

### IMPROVED COMFORT

TargetCool's ability to control the temperature of the skin at the injection point leads to creating a temporary anesthetic effect that leads to a more comfortable injection experience.



## ULTRASOUND SKIN TIGHTENING

Ultherapy is the only FDA-cleared, non-invasive procedure that lifts the neck, chin and brow, and improves lines and wrinkles on the upper chest. Through the ultrasound imaging with Ultherapy, energy is delivered precisely to the place where it will benefit you most—for natural-looking results that improve over time.

Ultherapy relies on ultrasound therapy to go deeper than other non-invasive treatments for collagen stimulation. It leverages traditional ultrasound imaging, allowing Ultherapy providers such as *Livier Spa* to see the layers of tissue they are treating. This ensures the treatment energy is delivered to where it benefits you most!

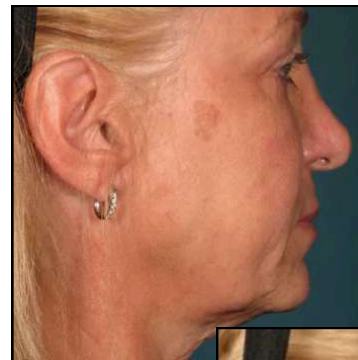
For those who are not ready for a surgical facelift, Ultherapy provides proven results in a single treatment for most patients. Lift and rejuvenate, without impacting the surface of your skin, and without downtime!



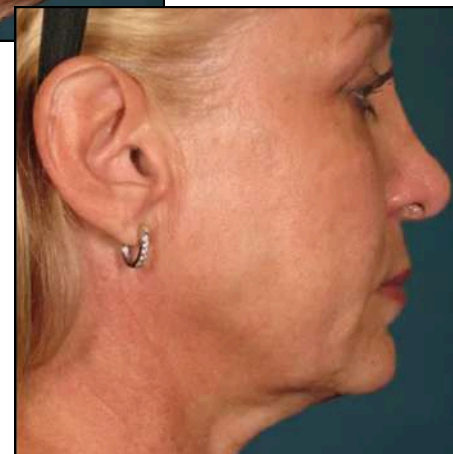
before



AFTER



before



AFTER



AS THE CLOCK STRIKES  
MIDNIGHT, LET THESE  
RESOLUTIONS PAVE THE WAY  
FOR A TRANSFORMATIVE  
JOURNEY—ONE THAT  
TRANSCENDS THE PHYSICAL  
AND EMBRACES THE BEAUTY  
OF OVERALL WELL-BEING.  
HERE'S TO A YEAR OF  
HEALTH, GROWTH, AND  
RADIANCE!

# Good Bye BORING

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## IT'S TIME TO MIX THINGS UP!

Out with the old, in with the new! This year, leave behind the dull resolutions and aim for something that'll truly make you shine. Our guide is tailored for those seeking to unleash their inner potential and attain a figure that'll have heads turning. But that's not all! Our guide offers more than just a physical transformation - it's a magical journey of self-discovery.

### **Ditch the Gym - Explore New Fitness Challenges**

Infuse excitement into your usual routine and explore new fitness challenges. Rock climbing, dance classes, yoga, or boxing offer not just physical growth but mental stimulation while also getting yourself out of the usual mundane routine.

### **Add Holistic Fitness into your Routine**

Begin the year with a holistic approach to fitness. Beyond the usual fitness routine, embraces activities like yoga, meditation, and mindfulness to nourish both body and soul. True allure comes from a balance of physical, mental, and emotional well-being.



## **Develop a New Skill**

Setting a goal to acquire a new skill builds confidence and contributes to personal growth. Learn a new language, try a new recipe each week, learn how to do something you've always wished you could do.

## **Self-Reflection**

Start your day by reading a book and journaling your thoughts. We often get stuck in our heads and putting pen to paper helps us sort through the things that are weighing on us. Starting the practice of journaling helps us to reflect on personal growth, document thoughts, challenges, and triumphs, creating a roadmap for self-awareness. You can also integrate reflections on fitness achievements to craft a comprehensive record of progress, both physical and personal.

## **It's all about Balance**

Prioritize a balanced lifestyle by establishing boundaries on work and personal time, designating rest days, prioritizing sleep, and maintaining a healthy work-life balance. Living a fulfilling life requires cultivating a sustainable and gratifying lifestyle, attained through the practices of self-care and self-discipline.



“ EAT THE RAINBOW. ”

# JOANN HUIZAR

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Celebrity Private Vegan Chef  
& Sports Nutritionist



Joann Huizar, the chef who's all about plant power, kicked meat to the curb and never looked back! Nine years ago, Joann made a profound choice that would redefine her relationship with food – she embraced a vegan lifestyle. It wasn't a fleeting trend but a conscious decision rooted in her childhood aversion to consuming animals. This decision, she believes, is not just about food; it's a holistic approach to life, one that has significantly enhanced her overall well-being.

However before the spotlight in the kitchen, Joann worked as a model traveling around the world doing photoshoots. Then, in an unexpected turn of events, she impressed a celebrity friend with her culinary skills, setting off a chain reaction of referrals. Joann's rise in the culinary world wasn't part of her plan; however due to her natural talent and passion for food and wellness, her success unfolded naturally, adding a flavorful chapter to her journey.

Upon the realization that this would be her newfound path, Joann enthusiastically enrolled in culinary school. Soon thereafter, she expanded her expertise to include sports nutritionist on her resume, emerging as the ultimate kitchen maestro. Her key to excellence? Crafting everything from scratch! Her go-to and personal favorite is eggplant parm with homemade cheese. Not only does she prepare every ingredient in her own kitchen using fresh and organic ingredients, but she also excels in creating irresistible homemade cheeses.

Get ready for a crowd-pleaser – Joann's vegan carne asada, featuring marinated mushrooms that redefine flavor. Brace yourself for a taste so mind-blowing that you won't even believe it's not meat! It's a taste sensation so irresistible that even die-hard meat lovers find themselves hooked. What's surprising is that the majority of her clients aren't even vegan. Why? Because Joann's dishes not only leave you full and satisfied but also energized, avoiding that bloated and weighed-down feeling.

Joann addressed a prevalent vegan stereotype that virtually every plant-based individual encounters—the relentless question of "Where do you get your protein?" Joann's key advice for achieving a well-balanced macronutrient diet is simple: Eat the rainbow! According to her, vegetables can deliver a substantial protein punch, surpassing the commonly associated animal-based sources. Joann also advocates for intuitive eating—attentively heed your cravings and tailor your diet to suit your body type and lifestyle. By doing so, you'll find yourself on the path to feeling better than ever before!

As Joann stumbled into the culinary world, she hit a major milestone when her first official client was none other than Tyga, the Grammy-nominated rapper. From there, her talent and dedication paved the way for her to become the go-to private chef and a superstar in her industry.

For anyone aspiring to adopt more plant-based meals into their everyday life, Joann spills her kitchen secrets in a down-to-earth recipe eBook. Her motto? Make it your own, keep it simple, and don't be afraid to swap out ingredients to suit your preferences. Joanne is the chef making food magic for everyone – meat-eaters, vegans, and everyone in between!





VEGAN



4 SERVINGS



45 MIN

## QUINOA MEAT TACOS

### INGREDIENTS

- 1 cup tri-color quinoa
- 2 tsp cumin
- $\frac{2}{3}$  cup roasted tomatoes
- $1\frac{1}{3}$  cup water
- 2 tsp chili powder
- 1 tsp garlic powder
- $\frac{1}{2}$  tsp black pepper.
- $\frac{1}{2}$  tsp onion powder
- 1 Tbsp oil plus frying
- 1 Tbsp nutritional yeast
- 1 tsp salt
- 11 tortillas

### Garnish:

- tomato
- shredded lettuce
- cheese
- jalapenos

### DIRECTIONS

1. Add quinoa and water to a sauce pan and cook according to packet directions.
2. Preheat the oven to 375F. Add cooked quinoa to a large bowl and add tomato is, nutritional yeast, cumin, chili powder, garlic powder, onion powder, salt, pepper and 1 Tbsp oil and combine well.
3. Add parchment paper to a baking sheet and add quinoa, evenly spread. Bake for 30 mins, stirring halfway.
4. Add a couple tablespoons of oil to a pan on high heat, fry the tortillas until golden brown making sure to fold them as they fry. Add quinoa meat and serve immediately.

Check out  
Joann's  
E-Book!





TRANSFORM LAYOVERS  
INTO  
**PRODUCTIVE BREAKS**

RECHARGE BOTH MIND AND  
BODY DURING YOUR LAYOVER

**OSP** BY *Livier*  
SPA



# OSP BY *Livier* SPA

*a convenient 2.3 miles away from John Wayne Airport!*

## **FILLER**

In the hustle of life, the little moments of self-care are often overlooked. Located just a brief 5-minute drive away, Livier Spa offers a sanctuary where you can restore volume to facial areas, enhance your lips for a fuller look, or add a subtle filler touch to your under eyes, unveiling a refreshed and more youthful appearance.



Before



AFTER

## **JETLAG IV DRIP BAG**

Traveling leaves us feeling fatigued, sluggish, and dehydrated. Let us change how you travel with our Jet Lag IV Drip Bag!

**IV Fluid** – Low humidity on planes leads to increased fluid loss from your body, where you can lose up to 2L of fluid in just one flight.

**Vitamin B Complex** - improves stress management, mental health, vigor, and cognitive performance. Essential for energy production, and fights symptoms like fatigue, irritability, poor concentration, anxiety, and depression.

**Vitamin B12** – Essential for DNA, nerve, and blood cell formation, playing a vital role in metabolism and energy production. Deficiency, observed in 40% of Americans, can lead to symptoms like exhaustion, fatigue, and brain fog.

## *Barbie* **BOTOX**

Experience the magic of Barbie Botox, a treatment that targets the trapezius muscles in your upper back and neck. It will not only shape a longer, sleeker neckline but also sculpts and defines your shoulders, bestowing a doll-like appearance. This treatment provides an opportunity for a more youthful, well-rested facial look without the hassle of significant risks or extended recovery time.

CALL TO BOOK!



located on the 3rd floor of the Renaissance Hotel

Phone: (949) 849-2200

# PERSONAL SHOPPER

with

*Neiman Marcus*

Let us bring the latest fashion  
directly to you.



CALL US @  
949.849.2200



# AGE HEALTHIER & LIVE HAPPIER

## IT CAN START WITH A SIMPLE TEST

Find out how optimized hormones may improve your energy, sleep, weight, and libido.

PATIENTS TELL US  
THEY EXPERIENCE:



Increased energy, strength, and weight loss\*



Feel younger, healthier, and happier\*



Better moods, memory, and mental clarity\*



Restored libido and improved relationships\*



### BEFORE BEING OPTIMIZED, PATIENTS COMPLAIN OF:

- Lack of energy and fatigue
- Difficulty sleeping at night
- Reduced mental focus and memory
- Feeling down, mood swings, on edge
- Weight gain including increased fat around mid-section
- Inability to lose weight regardless of healthy diet and exercise
  - Decreased muscle strength
  - Muscle and/or joint discomfort
- Reduced sexual desire and performance

949.849.2200

| 4500 MacArthur Blvd, Newport Beach CA



# MEN'S WATCHES

TOP **10** MEN'S  
WATCHES AT **5**  
DIFFERENT  
PRICE POINTS





**Seiko 5 SRPE 53**  
 (Also known as the "Dress KX")  
 Price: \$275  
 Case Size: 40mm  
 Thickness: 11.5mm  
 Lug-to-lug: 44.6mm  
 Water Resistance: 100m  
 Movement: Auto Seiko 4R36  
 Crystal: Mineral

**Hamilton Khaki Field Auto**  
 Price: \$575  
 Case size: 38mm  
 Thickness: 10.5mm  
 Lug-to-lug: 47mm  
 Water resistance: 100m  
 Movement: Auto ETA C07.111  
 Crystal: Mineral



**Tissot Gentleman Powermatic 80**  
 Price: \$775  
 Case Size: 40mm  
 Thickness: 11.5mm  
 Lug-to-lug: 48mm  
 Water resistance: 100m  
 Movement: Auto ETA C07.111  
 Crystal: Sapphire

**Longines Conquest 39mm**  
 Price: \$1,225  
 Thickness: 11.5mm  
 Lug-to-lug: 48mm  
 Water resistance: 300m  
 Movement: Auto ETA A3 1. L 11  
 Crystal: Sapphire



**Tudor Black Bay 36**  
 Price: \$2950  
 Case size: 36mm  
 Thickness: 10.5mm  
 Lug-to-lug: 44mm  
 Water resistance: 150m  
 Movement: Auto ETA 2024  
 Crystal: Sapphire



**IWC Mark XVIII**  
 Price: \$4,250-\$5,250  
 Case Size: 40mm  
 Thickness: 11mm  
 Lug-to-lug: 50mm  
 Water resistance: 60mm  
 Movement: Auto SW300  
 Crystal: Sapphire



**Rolex Explorer Ref: 124270**  
Price: \$6,450  
Case size: 36mm  
Thickness: 11.5mm  
Lug-to-lug: 43.1mm  
Water resistance: 100m  
Movement: Auto Rolex 3230  
Crystal: Sapphire



**Grand Sieko SGBA463**  
Price: \$7,300  
Case size: 44.2mm  
Thickness: 14mm  
Lug-to-lug: 51mm  
Water resistance: 200m  
Movement: Spring Drive 9R65  
Crystal: Sapphire



**Rolex GMT Master II Pepsi**  
Price: \$10,750  
Case size: 40mm  
Thickness: 12mm  
Lug-to-lug: 48mm  
Water resistance: 100m  
Movement: Rolex Calibre 3285  
Crystal: Sapphire



**IWC Big Pilot Ref: 1W501001**  
Price: \$13,300  
Case size: 46.2mm  
Thickness: 14mm  
Lug-to-lug: 53mm  
Water resistance: 60m  
Movement: IWC 5211



# FASHION TRENDS

**SPRING-  
SUMMER  
2024**

See what top trends  
were unveiled  
at Fashion Week for  
Spring/Summer 2024

# MINI SKIRTS



# LEATHER PANTS



# SHEER



# Top 3

## Must Have Perfumes



### *Choose your scent*

Determine if you prefer floral, oriental, woody, citrus, or fresh scents.

-

Think about the smells you naturally enjoy, such as flowers, fruits, spices, or woods.

-

Choose scents that suit the season and the occasion

-

Test perfumes on your skin to experience notes evolve over time.

-

Always test a perfume on your skin before purchasing to account for variations in body chemistry.

# 1 Tom Ford: Soleil Blanc

**Fragrance Family:** Warm & Spicy

**Scent Type:** Warm & Sweet Gourmands

**Key Notes:** Coco de Mer, Ylang Ylang Comores Islands, Cardamom

*\$295*



# 2 Christian Dior: Miss Dior

**Fragrance Family:** Florals

**Scent Type:** Warm Florals

**Key Notes:** Lily-of-the-Valley, Centifolia Rose, Soft Musk

*\$130*



# 3 Dolce & Gabbana: Light Blue

**Fragrance Family:** Fresh

**Scent Type:** Fresh Citrus & Fruits

**Key Notes:** Citrus, Apple, Bamboo

*\$116*



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*Livier*



MADE IN CALIFORNIA



**ANIMAL  
TEST-FREE**  
— PETA —  
**VEGAN**



Enhance Your  
Physical  
Transformation  
with Our Radiant  
Bronzing Mousse!



*Before*

*After*

# CURRENT

COASTAL CUISINE



## AHI POKE TUNA

Sashimi grade Ahi, scallion, sesame oil, seaweed, ginger-garlic, chile, avocado

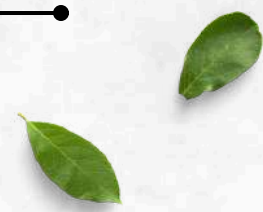
## SEASONAL CHEESECAKE

Smoked almond brittle and blackberry balsamic reduction



## SLOW BRAISED SHORT RIB

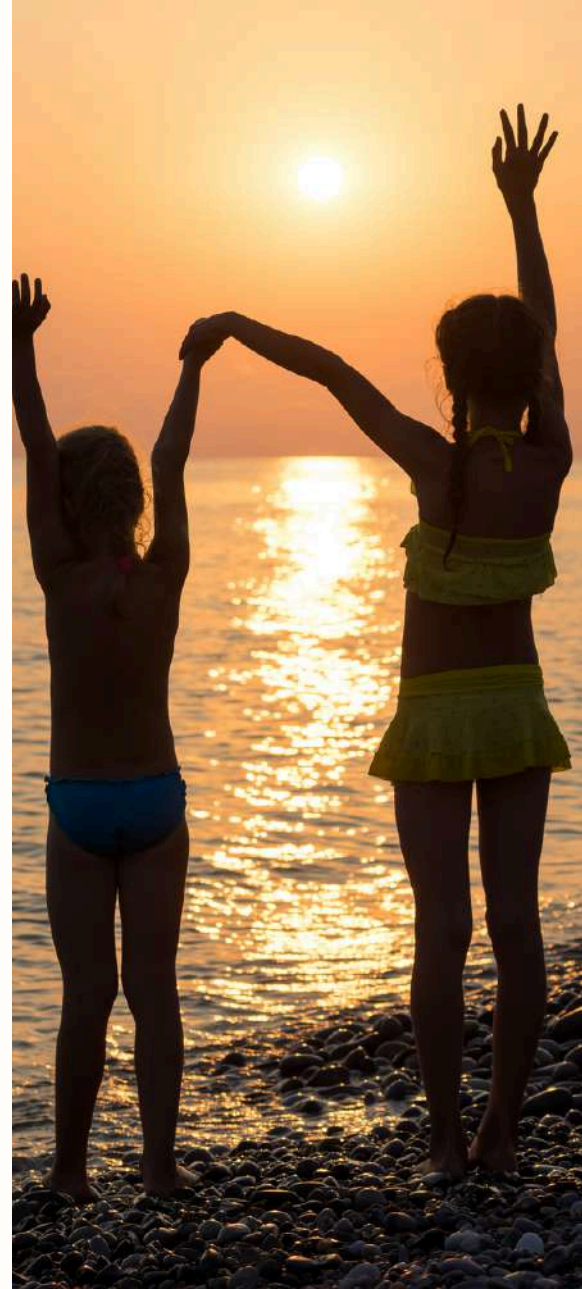
whipped potatoes and roasted vegetables



# FAMILY FRIENDLY ACTIVITIES

in *Newport Beach*

Create lasting relationships  
& timeless memories with  
your loved ones!



## FAMILY PAINT NIGHT



SATURDAY'S

*Ages 6+*

Located at

**Pitfire Pizza**

Pizzas, pastas &  
paninis, plus beer &  
wine for 21+

Purchase tickets ahead of time:  
[wendyanderson.art](http://wendyanderson.art)

Under the "live events" tab

# BALBOA PIER



## Activities:

- Fishing
- Dinner Yacht Cruises
- Whale Watching
- Harbor Cruises
- Parasail Rentals
- Balboa Fun Zone
- Ferris Wheel
- Duffy Boat Rentals
- Jet Ski Rentals

# NEWPORT BEACH PIER



## Activities:

- Fishing
- Dory Fleet Fish Market
- Skate, Bike & Board Rentals
- Bike Trail
- Surfing
- Swimming
- Kayak, Paddle Board Rentals

# MARINA PARK



## Activities:

- 10.5-acre park
- Nautical-themed playground
- Outdoor fitness circuit and basketball courts
- On-site café- Lighthouse Bayview Café
- Ample Parking

# BEST PLACES TO SHOP


IN *Newport Beach*



## FASHION ISLAND

SHOPPING WITH AN OCEAN VIEW

Nordstrom, Bloomingdale's, Bloomingdale's Home Store and Macy's, Neiman Marcus, Nespresso, Urban Decay, Nike & more.


 3.8 miles away



## SOUTH COAST PLAZA

250 + BOUTIQUES & CRITICALLY ACCLAIMED EATERIES


Bottega Veneta, Louis Vuitton, Cartier, Van Cleef & Arpels, Hermès, Gucci, Roger Vivier, COACH, Nordstrom, Bloomingdales & more.

 3.5 miles away

## CRYSTAL COVE

OCEAN SIDE SHOPPING - LOCATED ON PACIFIC COAST HIGHWAY

Banana Republic, GAP, William-Sonoma, Trader Joe's & more.

 8.3 miles away



Phone: (949)849-2200

Located on the 3rd Floor of the  
Renaissance Hotel

Open Everyday  
11am-7pm

**Deep Tissue Massage | 50 minutes**  
For those who prefer a firm touch, deep tissue work includes slow, deliberate techniques using elbows, forearms, and knuckles to relieve muscle tightness. Each massage is customized to your preference and can include the full body or target specific areas of focus.

**Warm Salt Stone Massage | 50 minutes**  
Enjoy a therapeutic and calming full-body massage enhanced with ethically sourced Himalayan Salt Stones. With a focus on the back, neck, and shoulders, warm salt stonework helps to remineralize and balance the central nervous system.

**Swedish Massage | 50 minutes**  
This traditional Swedish-style massage reduces tension using light-to-medium pressure to soothe muscles and create a state of relaxation. Each massage is customized to your preferences and can include the full body or target specific areas of focus.



“IT’S A GOOD IDEA  
ALWAYS TO DO  
SOMETHING RELAXING  
BEFORE MAKING AN  
IMPORTANT DECISION IN  
YOUR LIFE.”  
— PAULO COELHO