



proactive way," she adds. "I am never interested in making anyone right or wrong; I am only interested in doing what 'works' (i.e., gives people the results and the experience they are looking for)."

Stewart stayed at the Hotel Healdsburg during her three-day intensive; the coaching happened at Borst's estate. "Three days is an ideal amount of time to kick-start a paradigm shift that can change the rest of your life," Borst observes. "At the end of it, people are tired. But it's a great kind of tired, the kind that you feel when you have given it your all." \$6,000 per person; she also works with couples marthaborst.com

STYLIST SHOPPING

Inner well-being is great, but sometimes the outer being likes attention, too. To that end, fashion editor Somer Flaherty ventured south for a bit of counseling from celebrity stylist Aly Scott, who's teamed up with the Ritz-Carlton Los Angeles to create a package called Red Carpet Getaway. The itinerary, customized to fit individual style needs and budgets, includes access to the area's "hidden" boutiques, designer showrooms and unknown-to-mere-mortals ateliers. Scott, who has worked with stars like



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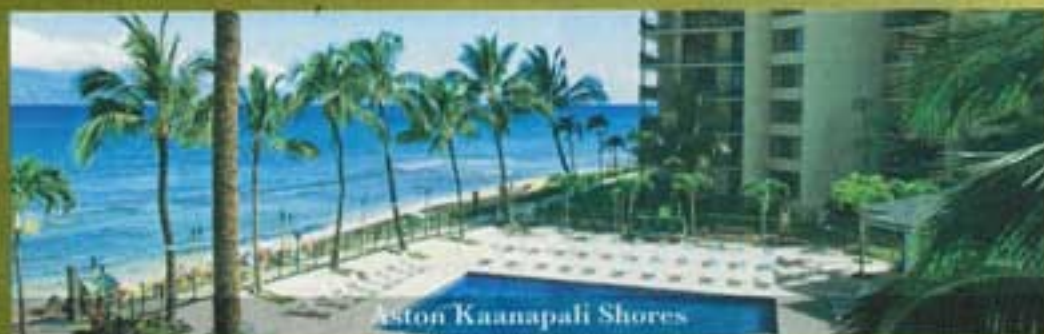
Scarlett Johansson, is featured as a style expert on *Access Hollywood*, *Extra* and E! network and worked for years in fashion magazine publishing. "She not only understands her clients' unique personal styles," Flaherty reports, "she seems to have relationships with many of the up-and-coming designers, which makes it fun to walk into these potentially intimidating venues with her, as opposed to on my own."

Shopping starts with an online questionnaire seeking details about your size, budget and lifestyle, and then it's off to the stores, via eco-friendly town car (champagne flowing).

"Even those familiar with traversing the L.A. shopping scene should be surprised with Scott's itinerary," Flaherty says. "For instance, who knew Rodeo Drive's Tods had a VIP terrace, or that you could actually get an appointment at those appointment-only vintage stores? You could shop with celebrities at trendy South Robertson's Kitson or Lisa Kline boutique, score a custom bikini at North Cahuenga's Ashley Paige or hang out with the Kardashian sisters at Dash, but to get the real scoop on the Los Angeles shopping scene (paparazzi-free), I was happy to take Aly Scott's lead."

The package includes two nights in a club-access room at the newly renovated Ritz-Carlton Los Angeles; dinner for two at Wolfgang Puck's WP24 restaurant, with panoramic views of the city skyline and Chinese cuisine ranked as an *Esquire* Best New Restaurant; and a spa credit or personal training session at the hotel. The first skyscraper to be built in downtown L.A. in almost two decades, this Ritz also has a LEED-certified design and doesn't skimp on amenities, which include a rooftop pool and an 8,000-square-foot spa. "The 123 guest rooms feature some of the best views of downtown L.A.," Flaherty adds; "in fact, my 24th-floor room looked out on panoramas including the famous Hollywood sign."

"Barry Design, a firm known for its work at the Mauna Kea Beach Hotel and the One and Only Ocean Club in the Bahamas, was responsible for the decor," she adds, "which includes oversize rooms with sleek enclosed rain-shower sanctuaries and separate soaking tub. For ample space, choose a junior suite, which has a separate foyer, office and sitting room along with an entire wall of windows showing the L.A. skyline. And the location (Staples Center, Grammy Museum) isn't too bad either." \$3,000, 213.743.8800, ritzcarlton.com



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