



CALIFORNIA
STYLE & CULTURE

Fresh Ideas From
Paris & Milan's Finest

The LACMA Power
Couple's New Home

A Designer Quits
Clothes for Art

SPRING | 2026

New Vision

Maude Apatow comes into focus



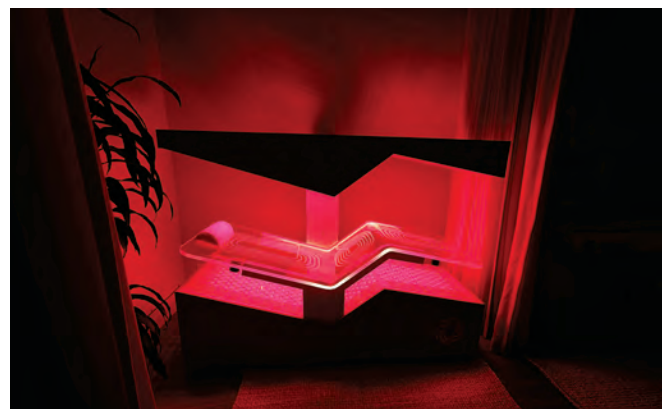
BY THE NUMBERS

Founder Jonathan Uphoff calls the AI-driven approach of **BLUPRINT WELLNESS** “the ultimate enhancement to resistance training.” The appointment-based, members-only space combines Technogym’s AI-enabled strength equipment with on-site functional medicine to create a training experience that is measured, data driven, and meticulously engineered. There are no crowded classes or casual drop-ins here. Instead, tiered memberships revolve around individualized sessions, one to five per week, with the option to train independently on the studio’s AI-based equipment. *137 Lomas Santa Fe Dr., Solana Beach; bluprintwellness.com.*



SENSORY STUDIO

HEAL L.A. is understated by design, even though it houses one of the most visually arresting wellness experiences in the city. Cofounded by Jessica Sharratt and Brenda Perry, the studio blends advanced therapies with behavioral health into personalized protocols designed to improve capacity, from steadier energy to sharper focus and faster recovery. “We wanted something beyond traditional wellness and care models,” Sharratt says. The centerpiece is the Ammortal Chamber, one of only two in L.A., a multisensory environment layering sound frequency, red light, gentle vibration, guided breath work, molecular hydrogen, and meditation to ease the body into a restorative state. Cryo dry float, infrared salt sauna, PureWave VEMI, and more round out the offerings. *3201 N. Sepulveda Blvd., Manhattan Beach; heal-losangeles.com.*



Targeted Training

Four facilities, including one century-old mainstay, intensify personalized regimens and therapies for improved health

Look no further than the Jonathan Club’s centennial for a reminder that L.A.’s perch at the forefront of new fitness therapies and self-care practices is enduring. And while the pendulum has shifted from leisurely laps inside a grand downtown pool to beachside bench presses to data-driven diagnostics and infrared salt saunas, personalization is still key to coastal gym culture. A handful of new and updated spaces are honing fresh wellness experiences for more focused sessions with expanded menus combining training with nuanced recovery, nutrition, and physical therapy offerings that are as restorative as they are invigorating.

Words by KELLY ATTERTON



OLD SPORT

When the **JONATHAN CLUB** opened its Town Club building in downtown L.A. in 1925, the Renaissance Revival landmark combined social life and sport under one roof. Members swam beneath tiled arches, played basketball and squash upstairs, and integrated the club into everyday life. As the building marks its 100th anniversary, the fifth floor still holds its courts and a grand tiled swimming pool, recently restored with historical accuracy by Tim Barber Architects. But alongside those spaces are Pilates studios, personal trainers, and nutrition services, as well as Health by Medworks, the club’s in-house medical spa. Clinical therapies such as cryotherapy and NAD+ infusions are offered there, and a five-day reset program unfolds in private suites once used by members staying in the city during the week. Although the athletic facilities remain reserved for members, the medical spa is open to nonmembers. *545 S. Figueroa St., L.A.; jc.org.*



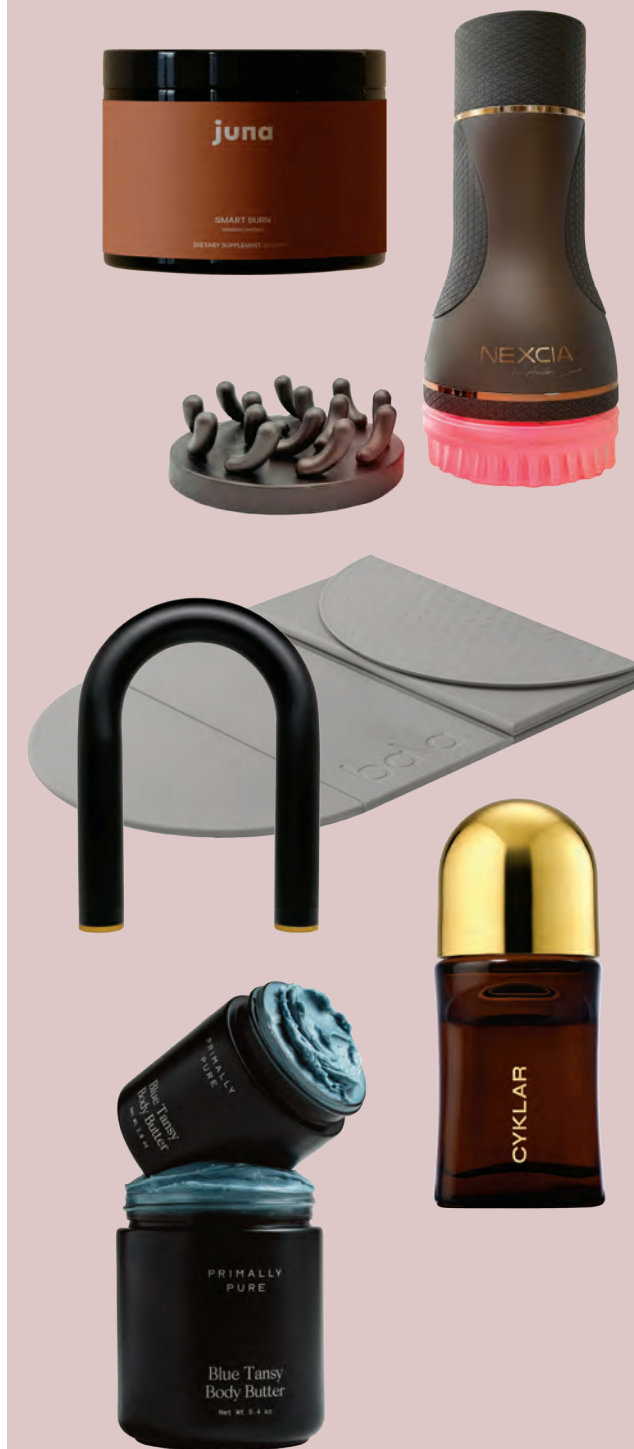
GO PRO

At **CONTRA SPORTS CLUB**, performance and health care are part of the same system. Just west of Koreatown, the 7,000-sq.-ft. wait-list-only facility unites physical therapy, strength training, diagnostics, and recovery. Founded by sports medicine specialists Amy Schultz and Jessika Alexander, Contra grew out of their experience in elite sports. Says Schultz, “Real progress happens when the best minds across disciplines work as one team around the individual.” That thinking shapes a client list that ranges from pro skateboarder Paul Rodriguez to members of the L.A. creative community. *contrasportsclub.com.*



REGIME CHANGE

Six next-level necessities to help bolster routines, jump-start new therapeutic practices, and reinvigorate cooldown methods



From top: JUNA Smart Burn Metabolism Gummies, \$58.88; *juna-world.com*; ASHLEY BLACK Nexcia Basix Fascia Care Kit, \$600; *fasciablaster.com*; BALA The Compact Mat, \$89; *shopbala.com*; EQUIPT Ubarre, \$175; *equiptmovement.com*; CYKLAR Sacred Mandelic Acid Brightening Deodorant, \$20; *cyklar.com*; PRIMALLY PURE Blue Tansy Body Butter, \$54; *primallypure.com*.