

MODERN LUXURY



Angeleno

Lifestyle Guide



Wellness expert
Serena Poon

lifestyle advice. *Price upon request, kellyleveque.com*

3. Kimberly Snyder

Author, podcast host, personal nutritionist, wellness expert, speaker, yoga instructor and meditation teacher are just a few roles that Kimberly Snyder plays. The wellness expert occasionally provides one-on-one nutritional advising to a few big names in L.A., but now mainly focuses on her lifestyle brand, Solluna, and leading the in-person or virtual modern tribal group, The Solluna Circle. The group focuses on the four cornerstones of beauty: food, body, emotional well-being and spiritual growth. *Solluna Circle digital subscription \$14 per month, shop.mysolluna.com*

4. Mia Rigden

A classically trained chef with a master's in nutrition and integrative health, Santa Monica-based Mia Rigden provides services both in person and online. She'll lead you on a path to healthy living with RASA, her nutrition-focused coaching package; virtual cooking classes; and bespoke, one-on-one tailored programs. *Initial nutrition assessment including a 75-minute session, comprehensive overview of health history and custom meal plan with recipes, meal ideas and lifestyle tips \$350, theasalife.com*

5. Mona Sharma

Mona Sharma is taking her expertise from the *Red Table Talk* show with Jada Pinkett Smith and Will Smith to your home with her virtual and in-person holistic nutrition programs. Sharma, who spent time living on an ashram and personally discovered the benefits of powerful mindfulness, movement and nutritious food as she overcame two heart surgeries, focuses her practice on healing the body through food, movement and meditation. *One-hour consultation \$399, three-month virtual program \$4,350, monasharma.com*

5 HEALTH COACHES TO TRY

1. Serena Poon

Look no further than Serena Poon to help fill your mind, body and soul. The nutritionist, chef and certified reiki master believes in an intentional combination of food, nutrition and healing intuition. Poon's Culinary Alchemy approach focuses on optimizing health and supporting your immune system through spiritual and physical nutrition. With her help you will adjust much more about your lifestyle than just "eating right." *Price upon request, serenaloves.com*

2. Kelly LeVeque

Hollywood's favorite wellness guru wants you to leave behind the diets and eating lists. Known for her delicious and easy-to-follow approach—and her Fab 4 smoothie—this nutritional expert found her passion in the science behind food and wellness. In addition to personal nutritional services, she offers recipes as well as online wellness, nutrition and



MODERN LUXURY
Angeleno

CULTURE | FASHION | JEWELRY | WATCHES
INTERVIEWS | DINING | NIGHTLIFE | DESIGN | TRAVEL

TO SUBSCRIBE, VISIT
MLANGELENO.COM