

Santa Barbara

MAGAZINE

THE BEST OF 2015



The Costner family sets sail on *Calafia*.

BEST OF 2015

\$5.99 DISPLAY UNTIL 4/7/2015



HEALTH + BEAUTY



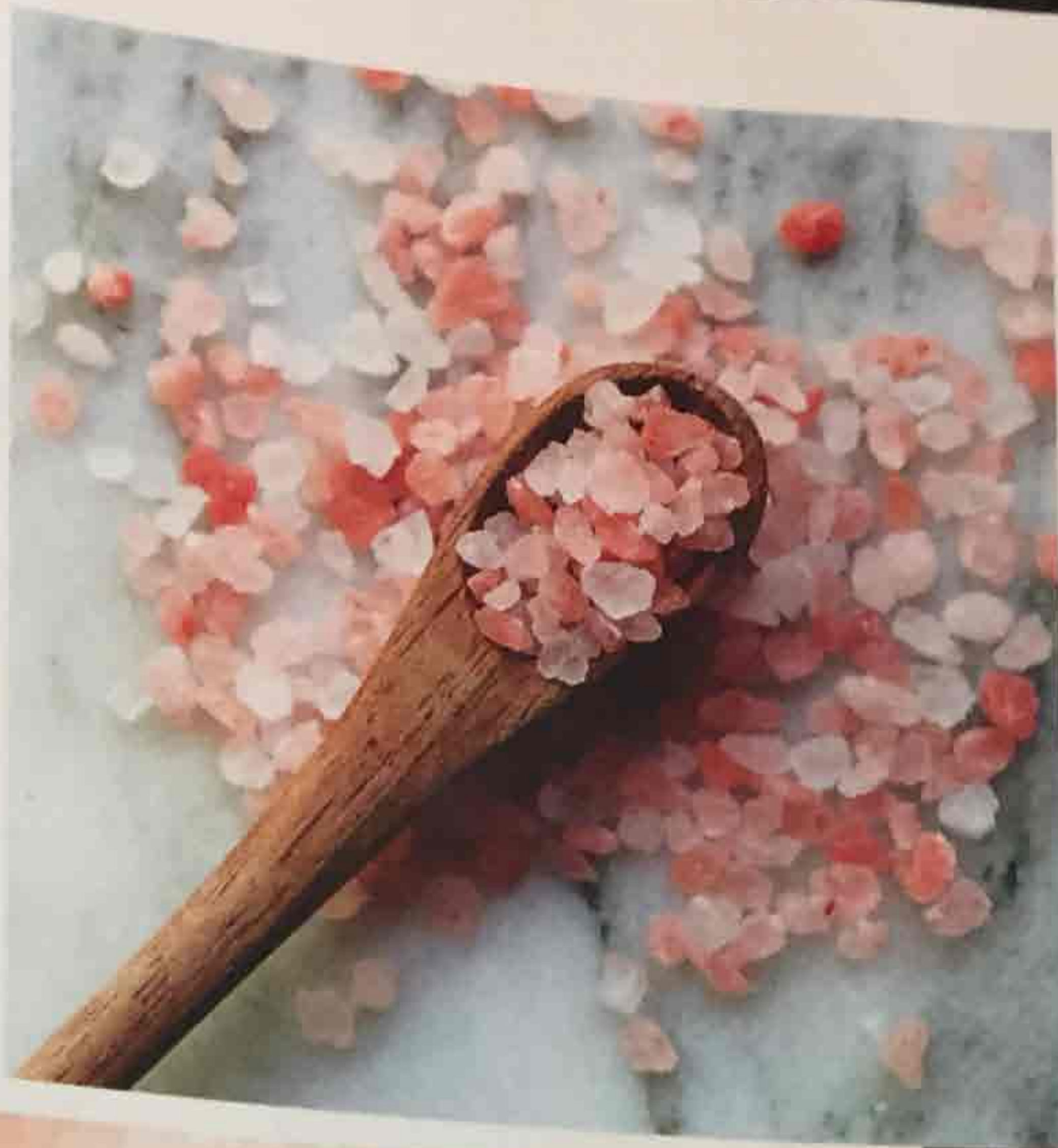
WEALTH OF WELLNESS

Let your natural self radiate with clean living.

PHOTOGRAPHED BY ANGELIA DE MEISTRE-HAMM

Pink Moment

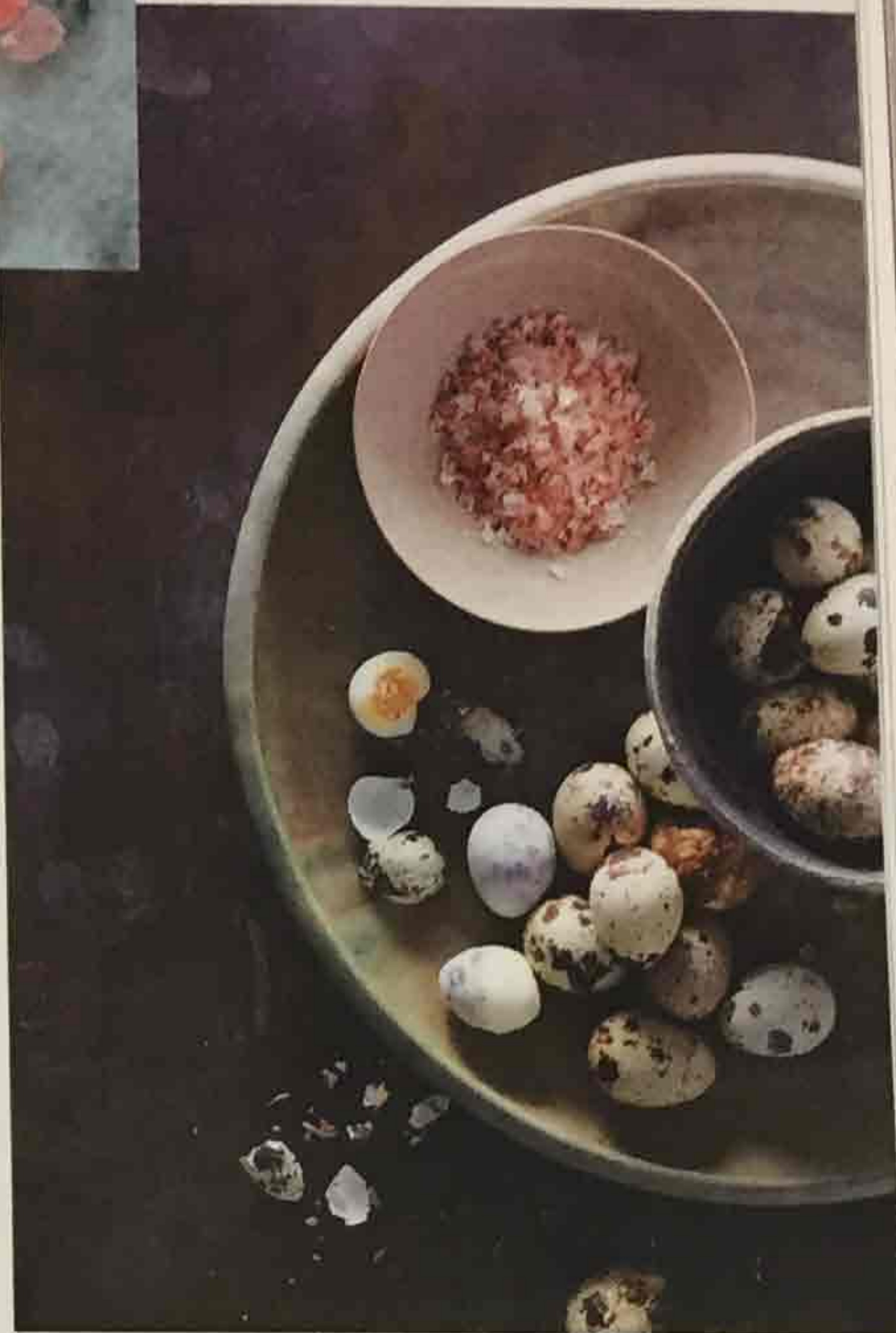
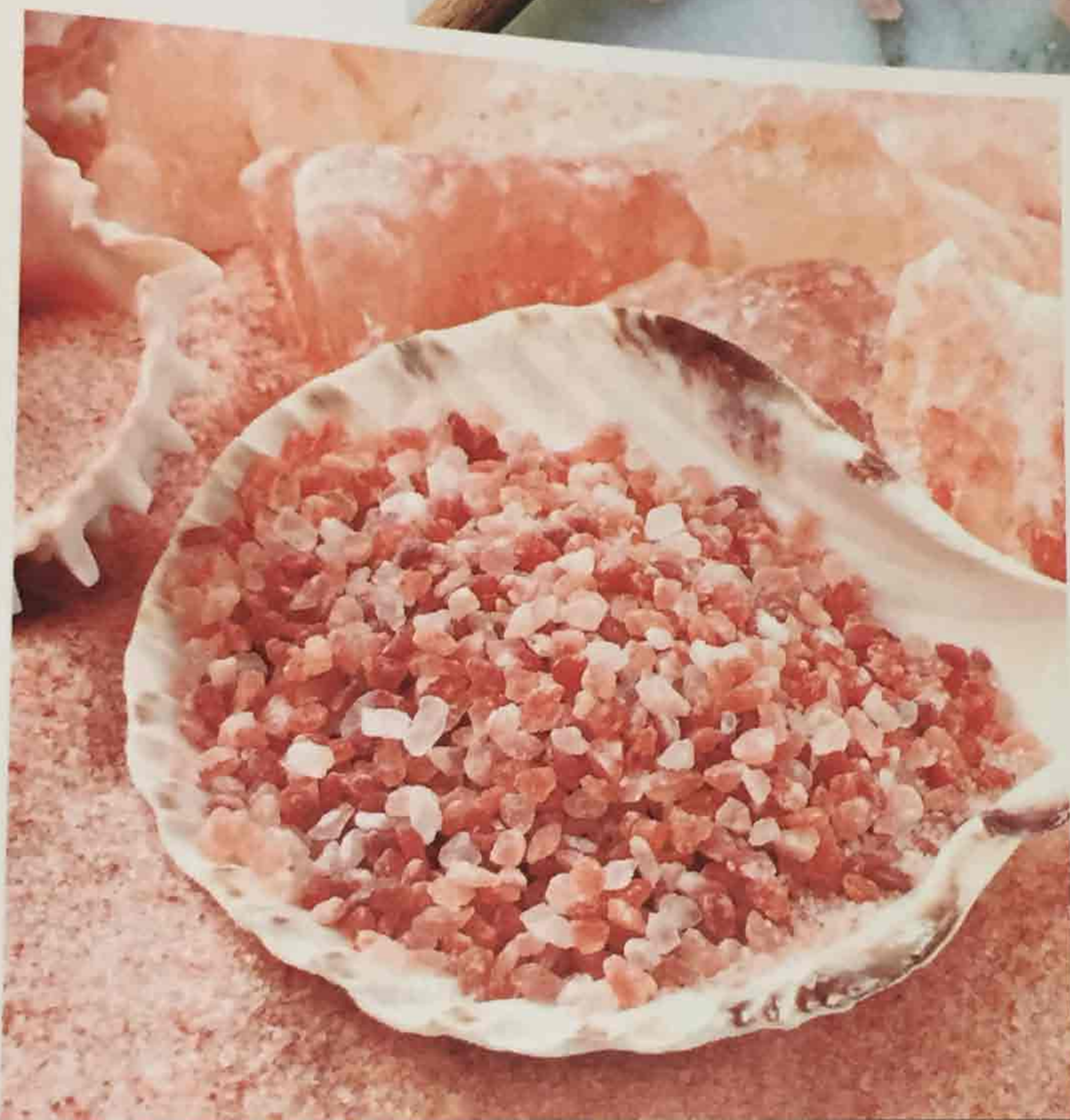
REAP THE BENEFITS OF HALOTHERAPY



BELOW: Mix botanic petals with salts to enhance the aroma and benefits.



ABOVE: Mullein & Sparrow bath salts, \$40.



Salt Lab's bath and body products.

STEPS BELOW downtown's De la Guerra and State street intersection exists Santa Barbara's Himalayan haven, **SALT**, 805-963-7258, saltcavesb.com—an otherworldly sanctuary that holds promise of mental respite and physical healing. There, two underground caves and ionic treatment rooms are constructed from pure pink salt rock sourced from the ancient Khewra range in Pakistan's Punjab province.

It's also North America's largest halotherapy (salt therapy) center and attracts locals and visitors alike for its natural beauty, remedial spa services, meditation, relaxation classes, and range of bath, body, and food products handmade in the newly opened on-site production house, Salt Lab. -A.D.H.

