

PASADENA Health



Your 2021
Guide to
Mind & Body
Wellness

CHOOSING THE RIGHT HOSPITAL,
GETTING THE BEST SLEEP, AND MORE

AMAZING RETREATS TO
ADDRESS A RANGE OF NEEDS

EXPERTS WEIGH IN
ON HAIR LOSS

TOP DOCS

TURNING '21

Let this year be the age of health and wellness.

Have we ever been more focused on our health? If last year was survival mode, locked in our homes, masked up, hands sanitized until they were cracked and raw, then let's hope this year is about recovery and prevention.

For those of us who got off our game during the pandemic—we all had those days when the potato chips called to us louder than the Peloton—it can be difficult to get back into the rhythm of pre-pandemic life. To help, we offer our guide to retreats, a curated selection of spas and health clinics to aid a variety of needs. All of them can give you a jump start to healthy eating and exercise, but we also outline how they specialize in other wellness aspects, whether assisting with mental health, helping you overcome grief, or learning now to meditate. When it comes to prevention, we have called in experts to guide you through an expansive list of current health concerns, from how you should choose a hospital to combating hair loss.

Finally, we round up some of the best products to get and keep you healthy, from coffee scrubs and laundry detergent to air fryers and athleisure.

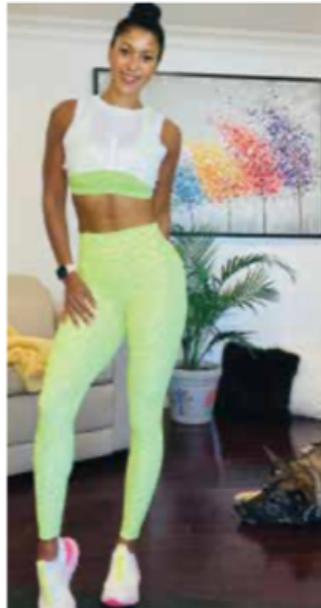
On a personal note, I'm sharing on this page a few of my own favorites when it comes to health and wellness. As this special issue coincides with our May/June *Pasadena Magazine* and its "Women of Pasadena" feature, they all happen to be strong, female-led brands.

Hoping 2021 is our healthiest year yet.



SAMANTHA BROOKS

♥ MY PERSONAL FAVORITES



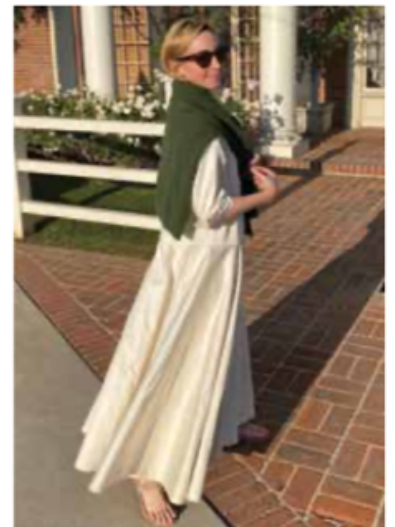
1 Her classes at Equinox helped me lose nearly 40 pounds when I joined in 2008. But when gyms closed during the pandemic, what could have been seen as a loss was actually everyone else's gain. My favorite trainer, **Natalie Yco**—who in addition to being an Equinox instructor has also trained everyone from Alessandra Ambrosio to Iman—quickly made the leap to virtual workouts, allowing her expertise to be available to anyone, at any time. Find all of her virtual classes and workouts on her Instagram @natalieyco. Need more encouragement? She's 53, and this photo was taken just weeks ago.



2 Growing up with acne, I rarely touched my face. That practice definitely came in handy this last year, but it also made me weary of facialists. Then I found **Kát Rudu**. Not only is she a miracle worker when it comes to facials, but her line of pure biotic skincare also helped save me this last year, when in-person sessions were not available. [katrudu.com](#)



3 I love sushi and I love cheeseburgers (especially from Hillstone), but the plant-based meals from **Sakara** are just as crave-worthy and make getting back on the health wagon a breeze. I fully intend on doing a weeklong program to get ready for swim season. [sakara.com](#)



4 While we're all in the process of getting back in shape, getting back into those jeans can be daunting. While I've never been much of a dress person, I've been particularly grateful for my dear friend Natalie Bloomingdale and her e-commerce site, **The SIL**, which features almost exclusively figure-flattering dresses and caftans for every shape. [shopthesil.com](#)



5 For completely superficial reasons, I ordered **WelleCo's Super Elixir** wellness powder a few years ago, immediately after I saw pictures of Elle MacPherson in a bikini on a yacht in Sardinia. Founded by the now 57-year-old supermodel, WelleCo's blend of 40+ extracts, vitamins, minerals, and probiotics has become my smoothie essential and truly does your body good, inside and out. [welleco.com](#)