

From stand-up paddleboarding to foodie tours and pampering spas, Laguna Beach has much to offer the discerning globe-trotter.

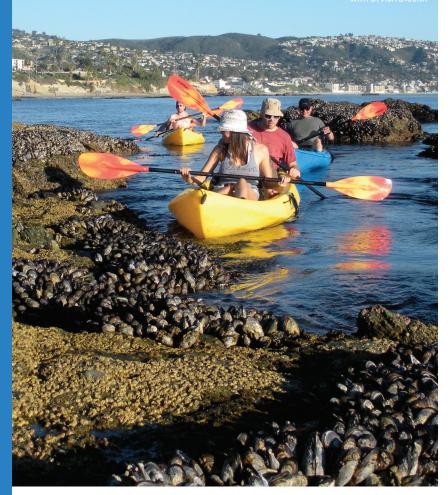
Experience an abundance of activities right at your fingertips:

Wilderness/Nature/Animals • Rentals • Tours/Entertainment •

Day Spas/Wellness • Hair/Nail Salons • Yoga/Pilates/Fitness Studios
• Tattoo/Piercing Shops

Editor's Note: Changes may occur throughout the duration of this issue's 2023-2024 shelf life. Please check with businesses for updates. lagunabeachmagazine.com

KAYAKING ON THE WATER



# ΡΙ ΔΥ

## WILDERNESS AREAS

## **Aliso and Wood Canyons** Wilderness Park

28373 Alicia Pkwv., Laguna Niguel

949-923-2200; ocparks.com

Aliso and Wood Canvons Wilderness Park encompasses around 4,500 acres of backwoods and natural open space. As a wildlife sanctuary, the preserve's 30 miles of trails are home to many rare and endangered species.

## **Crystal Cove State Park** 8471 N. Coast Hwy.

949-494-3539 crystalcovestatepark.org

Stretching across 3.2 miles of beach and 2,400 acres of undeveloped woodland, this park boasts some of the best scenic trails for hikers, mountain bikers and equestrians. The beach is also popular for surfing, sunbathing and scuba diving.

## Laguna Coast Wilderness Park 18751 Laguna Canyon Rd. 949-923-2235

ocparks.com

This park is located in one of the few remaining coastal canyons in Southern California. With more than 40 miles of canyon trails through woodlands, as well as picturesque vistas overlooking the Pacific Ocean, visitors can experience this area as it has existed for thousands of years.

## NATURE/ANIMAL CENTERS AND ACTIVITIES

## Catmosphere Laguna 949-619-6369

catmospherelaguna.com

While the cafe and lounge (where visitors could previously play with adoptable cats) has closed, Catmosphere Laguna Foundation continues to provide foster care for rescued felines while they await their forever homes. All proceeds from the adoptions go directly to the cats' care and treatment.

#### **Nix Nature Center**

18751 Laguna Canyon Rd. 949-923-2235; ocparks.com

This center is Laguna Coast Wilderness Park's headquarters, providing information for quests to discover trails throughout in Crystal Cove State Park, Aliso and Wood Canvons Wilderness Park, Laguna Coast Wilderness Park and more.

## Pacific Marine Mammal Center 20612 Laguna Canyon Rd. 949-494-3050

pacificmmc.org

Pacific Marine Mammal Center is a nonprofit dedicated to the rescue, rehabilitation and release of stranded or injured marine mammals. Guests are welcome to view the sea lion and seal patients daily from 10 a.m. to 4 p.m.; admission is free, but donations are encouraged.

## RENTALS

## NORTH LAGUNA

#### **Beach Cities Scuba**

925 N. Coast Hwv. 949-494-6965

#### beachcitiesscuba.com

Laguna Sea Sports is dedicated to providing outdoor and ocean enthusiasts with fun underwater sea experiences through guided scuba diving excursions that show off local marine animals.

## Laguna Corporate Car Service 949-375-4937

## lagunacarservice.com

This company can transport locals and visitors alike to nearby locations. Customers are advised to call ahead to check for availability.

## DOWNTOWN/MIDTOWN

#### **CA Surf N Paddle**

695 S. Coast Hwy. 949-497-1423

## caboardsports.com

Offering fins, skimboards, stand-up paddleboards and more, this shop supplies everything for an epic ocean adventure right here in Laguna. Rent wetsuits, body boards, surfboards and paddleboards at very affordable prices. You can also purchase surfing lessons.

#### Laguna Cyclery

240 Thalia St. 949-494-1522

## lagunabeachcyclery.com

Since 1971, Laguna Cyclery has provided locals and out-of-towners with the wheels to explore. The shop, housed in a red barn, offers a full line of mountain, road and electric bikes for full-day, half-day or hourly rental.

## **Laguna Surf & Sport**

1088 S. Coast Hwy.

949-497-7000; surfandsport.com Open since 1982, Laguna Surf & Sport is dedicated to making guests' board riding sessions memorable and effortless. Find surfboards, wetsuits and boogie boards, and book surfing lessons.

## Sunset Stand Up Paddle 825 S. Coast Hwv.

## 949-391-2522 sunsetstanduppaddle.com

Enjoy stand-up paddleboard rentals for beginners and veterans alike, as well as offerings like SUP yoga, private paddleboarding lessons and the popular two-hour SUP coastline tour.

#### SUP to You

## 949-715-7300; suptoyou.com

SUP to You has all the gear you need to conquer stand-up paddleboarding. Its warehouse is in Laguna Canyon, but the business is fully mobile, delivering boards and paddles to the beach with rentals for however long you need.

## Thalia Surf Shop

915 S. Coast Hwy.

949-497-3292; thaliasurf.com

Surf lovers who don't want to drag their boards on a plane, train or car can rent one at Thalia Surf Shop, which offers soft-top surfboards, surfwear and wetsuits to help you transform the ocean into your playground.

#### Victoria Skimboards

2955 Laguna Canvon Rd., Ste. 1 949-494-0059

ocean.victoriaskimboards.com

From beginner to advanced level, Victoria Skimboards offers a selection of skimboards available for rent. For those who are new to skimboarding, take a private lesson with a pro.

# TOURS/ENTERTAINMENT

## DOWNTOWN/MIDTOWN

## **Hoffy Tours**

2768 Temple Hills Dr. 949-246-4548; hoffytours.com

Hoffy Tours is an urban tour company that is dedicated to giving guests unique adventures with trips that range from local sightseeing to exploring San Francisco or Temecula's wine country.

## La Vida Laguna

1121 Glenneyre St. 949-275-7544; lavidalaguna.com This business offers daily tours,

including e-bike outings (and rentals), kayaking and stand-up paddleboarding excursions.

# **PLAY**

## Laguna Sound

381 Forest Ave., Ste. D 949-395-9400

## lagunasoundstudio.com

This studio offers recording and music production services, including voice overs and mixing, in addition to comprehensive music education programs, with both group and private lessons.

#### OTHER/REYOND LAGUNA

# Captain Dave's Dolphin & Whale Watching Safari

24440 Dana Point Harbor Dr., Dana Point 949-577-8403; dolphinsafari.com

From traditional whale watching to high-speed Zodiac tours, get out on the water to spot local marine life; you have a chance to see seals, sharks and sea lions, plus whales and dolpins.

## **Captain Newport**

2801 W. Coast Hwy., Ste. 210, Newport Beach

949-515-3530; captainnewport.com

Charter a luxury boat or yacht, either with or without a captain, for three- to eight-hour excursions that take place near the coastline.

#### Coach House, The

33157 Camino Capistrano, San Juan Capistrano 949-496-8930; thecoachhouse.com Enjoy live music at this legendary concert venue that has been serving the Orange County area since 1980.

# Dana Wharf Sportfishing & Whale Watching

34675 Golden Lantern, Dana Point 888-224-0603: danawharf.com

Hop on a boat at the Dana Point wharf for whale watching or sportfishing trips that will take you out to sea in search of some spectacular creatures.

## Feast Laguna

949-647-4574 feastlaguna.com

This company offers three- to 3.5-hour walking tours to try some of the city's best dishes and drinks, with guides sharing info about local history and public art.

## Flavors of Laguna

949-310-0909

Experience Laguna's local culture, history and culinary sights through Flavors of Laguna, a guided three-hour walking tour with various stops.

#### Laguna Beach Art Tours 714-270-0388

## lagunabeacharttours.com

These tours take guests to see what Laguna is most known for: art. From galleries to artists' homes, guests receive a glimpse into the buzzing local arts scene.

## Laguna Beach Live

949-715-9713; lagunabeachlive.org Bringing quality, live music to town, Laguna Beach Live presents classical, jazz and global tunes through a variety of virtual and in-person concerts that take place at multiple venues around the city. Check the website for upcoming dates, times and performers.

## Laguna Beach Walks

949-533-0889

## lagunabeachwalks.com

Janelle Naess, a Laguna resident, offers maps for self-guided tours of areas like Heisler Park and downtown. The down loadable maps on her website provide history and point out public art, too.

## Mission San Juan Capistrano

## 26801 Old Mission Rd., San Juan Capistrano 949-234-1300; missionsic.com

7447-234-1300; missionsjc.com This historic California mission offers a dose of history, allowing visitors to step into the past with audio or quided tours, or attend special events

like the Music Under the Stars concert

series and the Return of the Swallows Celebration in March. DAY SPAS/WELLNESS

# NORTH LAGUNA

# Kai Spa Massage Center 485 N. Coast Hwy.

949-715-8686; kaispamassage.com Taking a holistic approach, Kai Spa

Massage Center's owners believe massages are essential to healing and rebalancing the body. Services range from Swedish to Shiatsu and Thai styles.

## **Laguna Beach Aesthetics**

## 610 N. Coast Hwy., Ste. 208 949-264-8825; 949-415-4310 lagunabeachaesthetics.com

Adrienne O'Connell, a wellness expert who specializes in aesthetic procedures like Botox, chemical peels, hair and skin rejuvenation, light therapy, microneedling, platelet rich plasma facials and more, performs all services at this north Laguna spot.

## Pure Body Wellness Center

1500 N. Coast Hwy.; 949-903-3797

This full-service wellness center is designed to keep the body healthy inside and out, offering a wide range of treatments that cleanse the gut and reset your digestive system.

## **Serenity Skin Care**

610 N. Coast Hwy., Ste. 204 949-444-4715; serenitylaguna.com

Located within The Boat Canyon Wellness Collective, Serenity Skin Care offers premier waxing services, customized facials and acne treatments.

## DOWNTOWN/MIDTOWN

# Aquaterra Spa at Surf & Sand Resort 1555 S. Coast Hwy.

888-579-8544

surfandsandresort.com

Offering treatments for both individuals and couples, Aquaterra Spa provides countless personalized services from the top professionals in the industry. Indulge in myriad choices including massages and facials.

## Beach Feet Spahhh 243 Broadway St.

949-715-0195

## beachfeetspahhh.com

This spa offers a variety of therapeutic bodywork, including reflexology, foot treatments and body massages, as well as facials, waxing and more to get your body ready for summer.

## Blue Orchid Beauty 1854 S. Coast Hwy.

408-867-2001 blueorchidbeauty.com

Blue Orchid Beauty offers a wide range of HydraFacial, cryotherapy, microcurrent, electrolysis and other treatments. Owned by Eliza Arakelian, a licensed aesthetician, cosmetologist and electrologist, the business partners with Envy Medical to use its Dermalinfusion, a skin resurfacing treatment, as well as Intraceuticals for its oxygen facial.

## Coast Medical and Botox

1100 S. Coast Hwy., Ste. 206 949-715-6890

## coastmedicalandbotox.com

Husband-and-wife duo Jeffrey and Diana Crudo lead this business, with Jeffrey offering primary care as well as medical weight loss and Diana, a licensed cosmetologist, specializing in Botox injections and fillers, facials and makeup.

# **PLAY**

#### CrvoCareUSA

1400 S. Coast Hwy., Ste. 103 949-200-7333

## cryocareusa.com

This holistic health provider offers a variety of cryotherapy treatments using an advanced whole-body cryotherapy sauna for pain management.

#### Cryo Haus

## 1101 S. Coast Hwy. 949-444-6494; cryohaus.com

Cryo Haus features cutting-edge, noninvasive treatments that incorporate below-freezing temperatures, from full-body and localized cryotherapy to facials, fat freezing and skin tightening.

#### **Executive Esthetics**

## 31655 S. Coast Hwy. 949-715-0768; execesthetics.com

Launched by owner Joseph Snowden Jr. and his wife Raquel in 2021, this medical spa educates patients on the services, which include skin resurfacing, Botox and fillers, microdermabrasion, chemical peels, hair removal, body sculpting, vitamin and recovery IV infusions and more.

#### Hudson Salon & Spa, The

## 361 Forest Ave., Ste. 104 949-715-5111

#### thehudsonsalon.com

Guests can destress at this salon with relaxing treatments like facials, massages, lash extensions and microneedling. Hair services like haircuts, color service and style is also available.

## Laguna Thai Massage & Day Spa

303 Broadway St., Ste. 208 949-494-5800

## lagunathaimassage.com

Combining Thai techniques with traditional aromatherapy, Laguna Thai Massage & Day Spa offers clients the best of both worlds.

#### Parani Thai Massage

210 Forest Ave., Ste. D 949-607-6822

## paranimassage.com

In addition to authentic Thai massages, this relaxing escape offers specialty treatments such as therapuetic sports massages and reflexology sessions.

## Pink Palace, The

305 Forest Ave. 949-328-6936

## thepinkpalace.clickbook.net

A premier salon and spa in the heart of Laguna, The Pink Palace is the ideal place to get pampered. Guests can receive a variety of affordable services, from cut and color to body wraps and facials.

## Spa Del Rio

## 384 Forest Ave., Ste. 27 949-549-4682; spadelrio.com

The family-owned Spa Del Rio is a true wellness escape, offering massages, body scrubs and wraps, and skin treatments, as well as holistic services such as reflexology, reiki, energy cleanses and meditation.

#### Spa Josephine

## 1833 S. Coast Hwy., Ste. 130 949-497-8461; spajosephine.com

Considered one of Laguna Beach's best-kept secrets, Spa Josephine offers a wide selection of custom treatments to help clients not only look but also feel their best-from facials to full-body massages.

#### **ZO Skin Centre**

## 883 S. Coast Hwy. 949-298-7452

## lagunabeach.zoskincentre.com

Providing state-of-the-art treatments for any skin ailment, with a focus on overall skin health, the team will transform aging or damaged complexions with cosmetic dermatology and laser treatments.

## SOUTH LAGUNA

# Hand & Stone Massage and Facial Spa

## 30836 S. Coast Hwy. 949-715-5567; handandstone.com

Open seven days a week, this spa offers a variety of professional massage options including sports, deep tissue, Swedish and more, plus individually tailored facials and skin care treatments performed by certified estheticians.

#### **Hydration Room**

## 31542 Coast Hwy., Ste. 4 949-715-5668; hydrationroom.com

Visit this medical spa for IV and vitamin injection therapies that are said to improve brain health and longevity as well as overall wellness. Sessions often last less than 30 minutes.

## Spa Montage

## 30801 S. Coast Hwy.

949-715-6010; montagehotels.com
With a focus on full-body wellness, the
luxurious Spa Montage prides itself on
its holistic treatments, from purifying
wraps and scrubs to massages and
facials. The spa also specializes in
innovative treatments.

## OTHER/BEYOND LAGUNA

#### Monarch Bay Beach Club

1 Monarch Beach Resort, Dana Point

949-234-3200

## waldorfastoriamonarchbeach.com

Monarch Bay Beach Club, exclusive to Waldorf Astoria Monarch Beach Resort & Club guests and club members, offers chair and towel service, water sport equipment rental and instruction, an oceanfront restaurant and bar, and more.

#### **Pure Frequencies**

## 949-939-8182

## purefrequencies.life

Pure Frequencies offers sound bath/ sound healing sessions that benefit both body and mind. The experience is said to regulate breathing and brain waves to produce a sense of peace and well-being, while also helping participants find balance and heal on all levels. Visit the website for details on upcoming sessions.

# Ritz-Carlton Spa, Laguna Niguel, The 1 Ritz-Carlton Dr.

## Laguna Niguel

## 949-573-2235 ritzcarlton.com

Offering a wide range of luxury wellness experiences featuring products from brands like ESPA and Skinceuticals, the ocean-inspired spa at The Ritz-Carlton is the perfect place to unwind. It offers many locally inspired massages, facials, eye and lip treatments, hair and nail services, and more.

## Waldorf Astoria Spa

#### 1 Monarch Beach Resort, Dana Point

#### Dalla Pullit

## 949-234-3368

# waldorfastoriamonarchbeach.com

Located at Waldorf Astoria Monarch Beach Resort & Club, this relaxing retreat offers a variety of services to refresh both mind and body. Local ingredients, along with renowned products, are used to promote wellness.

#### OTHER

## Colleen Sanchez Skin Care

## 949-320-3983

## colleensanchez.com

Colleen Sanchez offers mobile luxury skin care services with advanced, customized and holistic facials and other treatments

# ΡΙΑΥ

## HAIR SALONS

## DOWNTOWN/MIDTOWN

## **Belo Blow Dry Bar**

302 Forest Ave. 949-494-9714; beloblowdrybar.com

Located upstairs at the corner of Forest Avenue and Beach Street, this upscale salon offers basic and special event updos, blowouts, quick styles and deep conditioning treatments.

## British Hair Co., The 750 S. Coast Hwy.

949-497-8345; britishhc.com Bringing a touch of European style to California, this salon offers a full range of specialty hair services, including keratin smoothing treatments and Aveda color as well as classic updos and brow tinting.

## Chantel Salon & Spa

985 S. Coast Hwv. 949-494-2400; chantelinlaguna.com This high-end hair salon offers

services for men, women and children, including haircuts, styling and color correction, as well as products from brands

like Kevin Murphy and Moroccan Oil for your at-home needs.

## Curls on Top

998 S. Coast Hwy.

949-637-7177; curlsontop.com Specializing in the needs of the curlyhaired client, Curls on Top ensures that those with corkscrews get custom treatments. The salon offers coloring services, personalized cuts and more.

## Den Barber Shop & Shave Parlor, The 1854 S. Coast Hwy.

949-715-7923; thedeninlaguna.com The Den Barber Shop & Shave Parlor has earned a very devoted following of locals and visitors alike since it first opened in 2013. The parlor holds two vintage chairs (each one more than 100 years old), and offers an intimate setting for those who are looking for an impeccable haircut or a clean shave.

## Pure YL Organic Salon

260 Forest Ave., Ste. 5 949-294-4416 pureorganicsalon.com

A salon dedicated to using gentle ingredients, Pure Organic ensures that

each guest's experience is relaxing and outstanding while using only products that are not harmful to you or to the environment.

## **Roots The Beauty Underground**

384 Forest Ave., Ste. 9 949-424-4266; rootsbeauty.com

Specializing in nontoxic, organic products that are eco-friendly, Roots is the go-to place for natural hair care and cosmetics that are good for you and the environment. Indulge in an organic deep treatment in addition to a great cut or shop for myriad beauty products.

## Salon 828 by Rob

828 S. Coast Hwy.; 949-497-2939

Pamper yourself with first-class treatment at Salon 828, where the owner treats guests with the utmost care. Every precision cut at the salon is made with pride and tailored for each quest in an effort to ensure they look and feel great.

#### Serandi Salon

1833 S. Coast Hwy., Ste. 100 949-715-5115; serandi.com

Serandi combines expert stylists with the latest in hair care techniques. The

salon, located directly across from the Pacific Ocean, offers a range of personalized services, from trendy balayage to smoothing keratin treatments.

## Simpatico Salon

1100 S. Coast Hwy., Ste. 114 949-715-5775

Encompassing two floors of hair stations, Simpatico Salon won't make guests wait for services. From color to extensions, any hair wish can be brought to life here.

#### Studio Taka

1540 S. Coast Hwy., Ste. 201 949-494-5758; studiotaka.net

Offering haircuts for men and women. the bBlond proprietary color process, keratin treatments, beauty products and hair-and-skin packages, this salon is a haven for anyone looking for a great pick-me-up (though they sometimes close their books to new clients so call to double check availability).

## **Tania Clark Salon**

2025 S. Coast Hwv. 949-494-8991

tania-clark-salon.business.site Tania Clark brings years of experience

to her namesake salon, where she ensures that each quest is treated with a high level of professionalism in a pleasant, inviting atmosphere that will leave each one wanting more after his or her treatment.

## **Thomas David Salon**

1467 Glenneyre St. 949-874-6955; thomasdavidsalon.com Presenting a broad range of services. including haircuts, color and updos,

Thomas David Salon strives to give every guest the finest salon experience possible.

## V Salon & Spa

1454 S. Coast Hwy.; 949-433-5706

Offering a variety of hair, skin and nail services, the highly rated V Salon houses stylists who are experts in the latest beauty trends.

## **Vogue Salon**

1200 S. Coast Hwy., Ste. 104B 949-376-7600; voguesalon.com A team of dedicated professionals

takes care of all hair needs, from cuts and special occasion styling to color corrections and smoothing treatments. It also boasts the latest in hair products, ensuring you have everything you need to look your best.

## SOUTH LAGUNA

#### Salon Montage

30801 S. Coast Hwy. 949-715-6010 montagehotels.com

Located at the beautiful Montage Laguna Beach resort, this salon offers precision cuts, expert coloring, styling and tape-in or individual extensions. plus additional services such as makeup application. The experienced staff will provide a pampering makeover like no other that will leave you feeling on top of the world.

## **NAIL SALONS**

NORTH LAGUNA

## Chic Nails

1073 N. Coast Hwv.: 949-497-2028 Laguna Nails & Spa

489 N. Coast Hwy.; 949-494-1767 **Nails for You** 680 N. Coast Hwy.; 949-494-1248

## DOWNTOWN/MIDTOWN

## **Beautiful Nails**

1400 S. Coast Hwv.: 949-464-9609 **Lovely Nails Boutique** 

30824 Coast Hwy., Ste. B 949-989-8927 Luxe Elle Nail Boutique

690 S. Coast Hwv.: 949-715-0995 luxeellenaillab.com

**Modern Nails** 303 Broadway St., Ste. 109

949-494-7417 Ocean NailBar 1100 S. Coast Hwy., Ste. 112

949-715-3989; oceannailbar.com Today's Nail 1999 S. Coast Hwy.

949-497-5580 SOUTH LAGUNA

Ocean Nails 31674 Coast Hwv. 949-464-1974

YOGA/PILATES/ FITNESS STUDIOS

## NORTH LAGUNA

Inspiring Motion Laguna

610 N. Coast Hwy. Ste. 200 949-283-1055 inspiringmotionlaguna.com The team of instructors at Inspiring

Motion Laguna combine Pilates, Gyrotonic and Gyrokinesis for a personalized fitness experience tailored to the client. They help with things like strengthening, balance and rehabilitation.

#### LiveMetta

610 N. Coast Hwy., Ste. 206 949-416-3996 livemetta.com

This one-of-a-kind home for yoga and Pilates classes, as well as teacher training, also features wellness coaching, massage, skin care and nutrition services.

#### Well. The

660 N. Coast Hwy. 949-715-0311 thewellfit.com

This high-tech fitness center, owned by local wellness and strength expert Brian Wisely, is dedicated solely to one-on-one personal training, offering a concierge-like service to clients.

## DOWNTOWN/MIDTOWN

## Art of Fitness

1080 S. Coast Hwv. 949-464-0202

artoffitnesslaguna.com Offering barre, yoga, a state-of-theart fitness center and more. Art of Fitness is renowned for its beautiful ocean-view workouts. With more than 10 years in the business, 20-plus instructors and a wide variety of weekly classes, this gym will be able to

## Cho's Academy 1966 S. Coast Hwy.

elevate vour workouts.

949-281-7517 chosacademy.com

The studio offers taekwondo, Brazilian jujitsu, yoga and more. A range of classes are available to accommodate all skill levels as well as ages, from youth sessions to those for teens and adults as well.

## Code Green Fitness

1268 Glenneyre St. 949-697-2364 codegreenfitness.com

Code Green offers one-on-one personal training and promotes a robust regimen that focuses on strength training, muscle building and fat burning. The business also offers small group sessions as well.

# LAGUNA URGENT CARE

# **GET THE CARE YOU NEED.** WHEN YOU NEED IT MOST.

## Walk-Ins Welcome

- No appointments necessary
- ✓ We are open 7 days a week, M-F 8am to 8pm, Sa-Su 9am to 5pm
- You are cared for by a board-certified Medical Doctor
- On-site x-ray machine and examinations
- On-site COVID-19 PCR Machine





Laguna Beach, CA 92651







LAGUNABEACHMAGAZINE.COM LAGUNABEACHINDY.COM

Firebrand

# PLAY

## Laguna Barre

## 1100 S. Coast Hwy., Ste. 209 lagunabarre.com

As the only barre studio in town, this locally owned studio features group barre classes with low-impact micro movements to tone the whole body. The studio also offers expedited Express Barre classes as well as fast-paced Power Barre sessions.

## Laguna Fitness

## 1999 S. Coast Hwy. 949-939-2672 badasscora.com

Train with Cora Kasperski, who has 20 years of training experience and works hard to change the lives of her clients through custom fitness routines and specialized nutrition plans that transform the body from the inside out.

## Laguna Health Club

870 Glenneyre St. 949-494-9314

## lagunahealthclub.com

This boutique fitness center has been a Laguna classic for decades. Offering something for everyone, it's filled with cardio equipment in addition to a weight room stocked with dumbbells that range from 2 to 110 pounds, kettlebells, TRX stations and more.

## **Prevail Strength & Conditioning** 837 Laguna Canyon Rd.

## 657-237-0905 prevailstrengthconditioning.com

This gym is stocked with the necessary equipment to promote strength and improve physical performance to aid in achieving optimal health and wellness. Membership options include one-onone, semiprivate and online training, following a fitness assessment.

## reDefined by Jenna Leamy

## 1276 S. Coast Hwy., Ste. C redefinedbyjenna leamv.com

The first of its kind in Laguna Beach, reDefined offers full-body. resistance-based workouts on the XFormer, a modernized reformer, Safe. and effective, the high-intensity yet low-impact sessions build strength while simultaneously increasing flexibility. The classes are all private or semiprivate and can be booked via the website, which also has a shop that sells Pilates-related gear.



LO CAL TATTOO STUDIO

## Vessel Laguna Beach

821 Laguna Canyon Rd. 949-295-0710

## vessellagunabeach.com

Get in shape and have fun doing it at this cycling studio that combines exercise with music for an energizing experience. The studio even offers specialty classes during which the songs can be customized, plus cold plunge and infrared sauna services.

#### OTHER

## Mindful Octobus

## 949-303-9850 mindfuloctopus.com

Mindful Octopus caters to children by combining creative storytelling with yoga. See the website for a schedule of class times and locations

## TATTOO/ PIFRCING SHOPS

## NORTH LAGUNA

## Cast of Crowns Art Collective

412 N. Coast Hwy., Ste. C 949-715-7304 castofcrowns.com

## DOWNTOWN/MIDTOWN

## Bare Bones Tattoo

2940 S. Coast Hwy. 949-715-7555 lagunabeachtattoos.com Inkvard Tattoo 255 Thalia St. Ste. C 714-721-4777

Laguna Tattoo 656 S. Coast Hwy.

949-497-3702 LO Cal/Lilo 'Ohana

Tattoo Studio 1850 S. Coast Hwy. Ste. 3231 714-280-2054

# MEDICAL SERVICES

## DOWNTOWN/MIDTOWN

## Laguna Beach Community Clinic 362 3rd St. 949-494-0761

lbclinic.org

This not-for-profit clinic has been assisting the community for more than 50 years, offering women's health care, nutrition advice, mental health services, pediatrics and more.

## Laguna Urgent Care

303 Broadway St., Ste. 103

949-665-6000

urgentcarelaguna.com With a family-oriented, patient-centered

approach, clients from Laguna Beach and beyond can stop by for treatment of cold/flu symptoms, lacerations, sprains, broken bones, burns and other wounds or injuries.

## SOUTH LAGUNA

## **Providence Mission Hospital** Laguna Beach

31872 Coast Hwv. 949-499-1311

## providence.org

Recognized as one of the best hospitals in the Los Angeles area, experience elevated clinical care for emergencies, neuroscience, orthopedics, surgery, mental health and overall wellness.

## Surfside Urgent Care of Laguna Beach

32341 Coast Hwv. 949-715-7278

## lagunabeachuc.com

If you need walk-in care solutions in Laguna Beach, you can visit Surfside Urgent Care for help with pharmacy prescriptions, X-rays, physicals, COVID-19 testing and urgent care services for pain, cuts and scrapes, broken bones, migraines, fever, pneumonia and more.