

WELLNESS *by the* COAST

WHETHER YOU'RE LOOKING TO AMP UP YOUR HEART RATE OR WIND DOWN WITH A MASSAGE, NEWPORT BEACH COUNTRY CLUB BOASTS PLENTY OF SPA AND FITNESS OPTIONS.

BY ASHLEY RYAN

A visit to Newport Beach Country Club is all about making the experience your own, and nowhere is that more true than at the club's fitness center and spa. Whether you're swinging a five iron, enjoying a nourishing body treatment or kicking things up a notch with a circuit workout, there is something for everyone at this coastal club.

For more than 60 years, golfers have been flocking to the club to enjoy the panoramic ocean views and inviting atmosphere. But with additional fitness offerings and spa treatments, the club is reminiscent of a luxury resort. With six trainers and two aestheticians, you'll find you are in the most capable of hands no matter which activity you've come to enjoy.

FITNESS FINESSE

Since Newport Beach Country Club opened in 1954, it has served as a popular spot for golfing—not only for those living in Newport Beach, but for all Southern California residents. With small target greens and plenty of challenges, the course is ideal for professionals as well as those just starting out.

The golf course is an obvious draw for visitors, but it isn't the only fitness component that the club offers. The property's clubhouse, which reopened last summer after a \$50 million rebuild, features its own fitness center, where Recreation Manager Natalie Bernal and her team focus their energy.

Golfers will appreciate the Golf Stretch and Core Conditioning classes, led by TPI certified golf trainer Jack Oakes. The Golf Stretch course is all about flexibility, providing golfers with workouts that will assist them with swinging clubs efficiently. Oakes' other class helps guests increase their core muscle strength, which can help increase the effectiveness of other workouts while lowering the risk of injury. The Core Conditioning class can be beneficial outside of the world of fitness and golf as well, helping to improve posture, balance, flexibility



The new clubhouse boasts its own resort-style spa, complete with multiple treatment rooms.

WORKOUT OF THE SUMMER

THIS SEASON, GET IN SHAPE FOR YOUR NEXT GOLF GAME WITH THIS FEATURED EXERCISE. KNOWN AS THE MEDICINE BALL WOOD CHOPS, THIS MOVE WORKS YOUR WHOLE BODY—BUT ESPECIALLY YOUR CORE.

1. Stand tall and hold a medicine ball with both hands at chest height.
2. Squat down, keeping your chest up, and bring the ball to the outside of one knee.
3. Stand and twist your torso as far as you possibly can, bringing the ball up and above your opposite shoulder.
4. Return to starting position and repeat.

Tip: Do not round your back or squat down to bring the ball lower. Instead, maintain a consistent knee bend throughout. Twist with your abs instead of your arms.



and even cardio performance.

Plenty of other classes offered at the club's fitness center also aid in strength and flexibility. The on-site yoga class combines hatha and vinyasa components with an additional core section to provide balance and increase muscle strength. Similarly, the club's Pilates class works the core while also focusing on flexibility and stability of the joints. An additional Strength & Stretch class can also help those looking to tone and strengthen.

While stretching and winding

completed on the fitness center's stationary bikes, and a boxing class that combines hits and kicks with self-defense skills.

One other specialty class, known simply as S.O.S., is designed for senior guests looking to combine strength building and cardiovascular exercise in one workout. An acronym for Seniors on Strength, this course includes a variety of conditioning techniques for active older adults that are demonstrated through basic, repetitive choreographed sequences.

to skin care facials to body treatments, you're bound to experience relaxing, rejuvenating effects.

The massages at Newport Beach Country Club range from 50 to 80 minutes, with each targeted treatment intended to ease tension and muscle tightness. The Golfer's Retreat is the perfect choice for those who have spent their day on the course, meant to reinvigorate weary feet and legs before soothing the back, neck and shoulders.

The Sea Stone Massage and the Tension Tamer are two other full-body treatments that are designed to ease tension and aching. Both massages incorporate the use of heated volcanic stones and aromatherapy oils in addition to calming massage techniques. With a focus on deep muscle penetration in the back and shoulders, either of these massages can be enjoyed as a sore muscle treatment or simply a relaxing experience.

For a more customized massage, try the Recovery Shot, where the guest reveals their needs and the massage therapist blends massage techniques and essential oils to personalize the experience.

If the face is your main concern—especially after a day spent out in the sunshine—consider booking a skin care treatment. Men can enjoy the Men's Personalized Facial, which includes use of a

WHILE STRETCHING AND WINDING DOWN AFTER A GAME OF GOLF IS IDEAL FOR SOME, OTHERS ARE LOOKING FOR A LITTLE MORE ACTION. THE CLUB OFFERS A VARIETY OF CARDIOVASCULAR WORKSHOPS AS WELL, INCLUDING A SPECIAL SUMMERTIME BEACH BODY CLASS.

down after a game of golf is ideal for some, others are looking for a little more action. The club offers a variety of cardiovascular workshops as well, including a special summertime Beach Body class. This circuit workout aims to help guests get in shape and reach any body goals before the summer season. More traditional cardio options include a spin class,

Aside from the Golf Stretch and Core Conditioning classes, all fitness offerings are complimentary to members and all levels of skill are welcomed with open arms.

SPA INDULGENCE

Unwind after your workout by following it up with a soothing spa treatment. With a spa menu that features everything from massages



The club's fitness center boasts plenty of equipment as well as trainers (pictured below) that can tailor workouts to each member.

POOLSIDE TREATMENTS

THESE LUXURY, WARM-WEATHER TREATMENTS ENSURE YOUR TRIP TO THE POOL IS AS RELAXING AS CAN BE.

As you head to the pool this summer, let Newport Beach Country Club rejuvenate your skin with one of its summertime poolside treatments. With options for both the face and body, these invigorating remedies feature products from local skin care brand Kerstin Florian, whose founder happens to be a member of the club. "The renowned Kerstin Florian line brings together the best of natural ingredients, advanced technology and global spa traditions to create modern wellness experiences to remember," Recreation Manager Natalie Bernal says.

Sunshine Starter (25 minutes):

Combine pampering and protection with this relaxing face and body massage, which features long-lasting SPF formulas to keep skin safe from sun damage.

Cooling Face & Eye Rescue

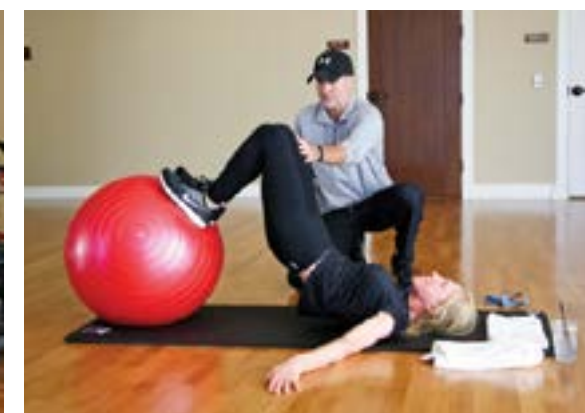
Treatment (15 minutes): Watch wrinkles and puffiness disappear as under eye treatment pads and Kerstin Florian's Rehydrating Neroli Water soothe the skin and increase circulation.

Cooling Hand & Foot Treatment

(15 minutes): Hydrate your skin and restore muscles with this massage treatment that features organic aloe vera and eucalyptus.

Head, Neck & Shoulder Relief

(15 minutes): Experience pressure point therapy at its finest with this massage, which features the Kerstin Florian Fuß Balm. Tension and fatigue will melt away as the aromatic essences of rosemary, menthol and lavender energize your senses.



cleanser, exfoliator and mask chosen specifically to benefit males. A similar treatment for ladies, the Collection Facial includes a personalized consultation to choose the best cleanser, exfoliator and mask for your skin type.

For a more advanced facial, consider the Optimal Skin Profacial. Available in either 50- or 80-minute increments, the advanced formulas used are ideal for those suffering from dry or sensitive skin. Moisture-rich products are also used to help rebalance and hydrate. This treatment is also recommended for those looking to delay

early signs of aging.

You can also indulge in a full-body treatment for softer skin and improved circulation. The Bayside Body Smoother incorporates techniques such as skin brushing and exfoliation to rehydrate skin. It also includes an algae and body oil wrap to help remove toxins.

The other body treatment option on the spa's menu, known as the Pacific Coast Cooler, provides softer skin through the use of spearmint and apricot seeds. A firming body cream is also used to condition the skin during a relaxing deep massage.

While this range of treatments offers something for everyone, Newport Beach Country Club's spa also boasts add-ons that can be incorporated into any of the 50- or 80-minute sessions. These include a cooling eye treatment, the Skin Smoother softening treatment, the Sole Reviver foot massage and the Back to Your Best scalp massage. Guests may also choose to add express versions of the Collection Facial or the Tension Tamer to their spa experience.

But, no matter what you choose, expect a resort-quality spa or fitness experience—all within your favorite clubhouse.