



Ask the expert  
**Deepak Chopra**

The philosopher and physician shares ways to live well and find New Year's inspiration in **West Hollywood**

**What are your favorite spots for reflection in the West?** I like to go to Palm Desert (see page 32), Yellowstone National Park, and Sedona, Arizona. Sedona is a very sacred place, and I feel a close connection to spirit there. Whenever I'm close to a desert, mountain, or ocean, I feel closer to the mystery of creation. I feel more in flow, and I feel renewed. I also love Sausalito, where the ocean, sky, and mountains all meet together.

**What are your tips for starting the new year?** Make gradual and subtle changes that will get rid of toxins in your life, emotions, relationships, and work environments. Be aware and pay attention to your body. Your body has all kinds of sensations from pleasure to exhilaration and ecstasy, and if you can, eavesdrop on that sensation, then do everything you can to maximize that sensation, whether it's eating, breathing, or movement.

**For feeding body and mind, what are your favorite restaurants and bookstores?** I like George's at the Cove (\$\$\$; 858/454-4244) in La Jolla. For Italian, Piatti (\$\$\$; 858/454-1589). For specialty books, I like Bodhi Tree (310/659-1733) in West Hollywood. I go there frequently.

**Where do you stay when you're in town?** I like the Mondrian (from \$445; [mondrianhotel.com](http://mondrianhotel.com)) in West Hollywood. It's cool, it's hip, and it delights the senses. I also like the Four Seasons in Santa Barbara (from \$550; [fourseasons.com/santabarbara](http://fourseasons.com/santabarbara)) because it's right by the ocean.

**INFO** Chopra's latest book, *Reinventing the Body, Resurrecting the Soul, How to Create a New You* (Random House; \$25), will be released in April. Go to [deepakchopra.com](http://deepakchopra.com) to find out more about the meditation, yoga, and other spiritual classes at the Chopra Center at La Costa Resort and Spa in Carlsbad. —JENNIE NUNN

 FOR A HANDY LIST OF CHOPRA'S TIPS, GO TO [sunset.com/weekend](http://sunset.com/weekend)

**Editor's picks**

**Corona**

**On our radar:** Glen Ivy Hot Springs Spa  
**What we think:** It's our favorite place to escape holiday madness on the cheap. For the general-admission price (\$35 Fri, \$48 Sat–Sun), you can spend the day soaking in the mineral baths, using the pools, painting yourself with red mud (don't bring your best bathing suit), and then baking in the sun. For a worthwhile splurge, descend into the Grotto cave for a steamy aloe and kelp treatment (\$25). 25000 Glen Ivy Rd.; [glenivy.com](http://glenivy.com) —SHARON COHOON

**Los Angeles**

**On our radar:** Seven Grand Whiskey Bar  
**What we think:** We love the tartan carpets, leather sofas, antlers on the wall, and 150-year-old pool table. The black walnut bar stocks a whopping 240 types of whiskey, Bourbon, and Scotch, and the bartenders whip up all sorts of old-school cocktails that feel just like winter. Saturday nights can get crowded. 515 W. Seventh St., second floor; [sevengrand.la](http://sevengrand.la) —TIFFANY HAWK

**Palm Springs**

**On our radar:** Desert modernism on a map  
**What we think:** We enjoy an architectural treasure hunt, and *A Map of Modern Palm Springs* points out all the coolest modernism must-sees, such as Frank Sinatra's pad, the Elvis Honeymoon Hideaway, and Richard Neutra's Kaufmann House. Map \$5 at Palm Springs Visitors Center, 2901 N. Palm Canyon Dr.; 760/778-8418. —S.C.

**Pasadena**

**On our radar:** Gold Bug shop  
**What we think:** It's like you've stumbled into the attic of your eccentric English great-aunt who had a fetish for insects, birds, and Victoriana fantasy. Unusual chandeliers made from seashells, cinnamon, and emu eggs hang from the ceiling. Purchase gifts like silver lotus-pod earrings, colorful gem necklaces, or vintage doll taxidermy art. During giving season, the inventory of smaller objects priced from \$20 to \$100 is upped. 22 E. Union St.; [goldbugpasadena.com](http://goldbugpasadena.com) —CHRISTINE RICHARD