



# It Starts TODAY

Gunnar Peterson goes all "drill sergeant" on us because summer is just around the corner.

**SPRING IS IN THE AIR**, and as you peel off your winter coat it might feel like you're still wearing an extra layer. You probably are. From the week before Halloween until lunchtime today, you've eaten things *you know* you should have passed on—and you've eaten too much of those things. At the wrong time. Too often. So why can't you stop? Because it's snowballing. Yes, right here in sunny Southern California it's snowballing. *You* are snowballing, and eventually you'll just be... bawling. Now's the time to make a change. You have to pull yourself up by the high-tops and get it together. You need to feng shui your life. Feng shui literally means "wind water." It's an ancient Chinese practice that involves arranging a structure or site to achieve harmony with the environment (sort of like going to a marriage counselor, only it works...).

For many of us, it takes a specific event, or a special date, or a Monday following a particularly bad Sunday binge to begin this arranging, and I suggest you declare *today* that date. If you're having trouble dredging up the gumption (yeah, I said *gumption*), you need to sit down and have a "come to Jesus" talk with yourself. An honest *tête-à-tête avec vous-même*. A "look mother\*\*ker" talk with your troops, as it's sometimes termed in the army. This is no time for tip-toeing, this is the time for honesty. Time for being hard-core.

Here's how to get started: I want you to break down your schedule and draft a plan that you'll make work. Carve out a time for your



workouts. Plan ahead for your meals. Budget your sleep. There are people who are a lot busier than you who get it all done. Are they just more disciplined than you? Ouch, that hurts. Decide that you have the discipline and that you *will not be denied*. It really is that simple. Commit! Our country was founded by people who decided what they wanted their lives to be like and made it happen. Are you telling me you can't find the time to squeeze in a workout? Don't make our forefathers roll in their graves. You can do this. Now go work out!



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temporary, with top-notch the LeSpa experience is native.

Every day would begin with a foot massage. All it takes is an appointment at the Sofitel Hotel, where relaxation washes over you. Designed by Yabu Pushelberg, the soothing zebrawood walls with mauve and amber wood sculptures in the communal area. More than 5,000 square feet of space, the policy of booking only two guests per appointment ensures privacy and the uninterrupted enjoyment of such amenities as the steam room and rainfall showers with 20 multidirectional sprays. You'll never be this clean again!

After snuggling into LeSpa's black chenille robe (which is also a spa best seller at \$110), you can settle into the candlelit Serenity Lounge, where tea service and a customized heated-rock foot soak and foot massage await. Six treatment rooms and two VIP suites are available; the latter includes a chromacolor hydrotherapy tub with LED light therapy as well as a private changing area, vanity, rainfall shower, and treatment room.

LeSpa is the only Southern California spa that carries both the botanically charged Decléor aromatherapy products and the pre-eminent skincare line Carita. Just reading the menu of treatments will lull you into a state of bliss: The Summer package incorporates a lemon sugar scrub with a melting beeswax and rose bath (\$295), and the Pure Detox purifies, combats cellulite, relieves bloating, and eliminates toxins through the application of rare ghassoul clay, seaweed, and grapefruit essential oil (\$205). Not what you're looking for? Then indulge in the ultimate pampering: So You. This personalized block of time allows you mix 'n' match massage techniques for the best possible outcome (\$145 to \$195). *LeSpa at Sofitel, 8555 Beverly Boulevard, Los Angeles, 310-228-6777. ★ —LARA MORGENSON*

