

Los Angeles

Insider *Caren Motika*



Acupuncturist Caren Motika specialises in treatments that incorporate essential oils, flower essence therapy, mineral medicine and herbal remedies. In 2015, she founded Window of the Sky, supporting people in using ritual, adornment and art in their healing process.

Interviewed by Nina Glatzel from insiderei.com.

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What makes LA great?

The fact that you can go outside almost every single day of the year. The weather allows for morning hikes with friends, outdoor eating and day trips to amazing places like Joshua Tree National Park and the beautiful little valley town of Ojai. LA is a huge city made up of tiny towns. You can discover something new every day: different cultures, foods, people and art.

What do you recommend?

The Huntington Library and Botanical Gardens (1151 Oxford Road, San Marino), particularly for the desert garden, which is so beautiful and otherworldly. The Getty Villa (17985 Pacific Coast Highway) has views of the Pacific Ocean, formal gardens and the most amazing antiquities – all within a stunning replica of a first-century Roman villa. Lastly, schedule a walking tour via the Los Angeles Conservancy. It's a great way to get to know the city and see its incredible architecture.

The hottest galleries?

Regen Projects (6750 Santa Monica Boulevard) is a contemporary art gallery with a rich LA history, established in the city almost 30 years ago. The Landing Gallery (5118 West Jefferson Boulevard) showcases underappreciated California and LA-based

artists. I can also recommend The Underground Museum (3508 West Washington Boulevard). It's a great place to see art but also to hang out in the garden and explore the new galleries popping up in the neighbourhood.

Best eateries?

My favourite place to start the day is Little Ripper Coffee (4155 Verdugo Road) for a cappuccino with home-made almond milk infused with lavender or cocoa. Chateau Marmont (8221 Sunset Boulevard) is another place where I like to get breakfast because you can sit outside in the beautiful courtyard and get a sense of old Hollywood. As for a healthy lunch, Honey Hi (1620 Sunset Boulevard) is the perfect spot, with ethical produce and ethnic-inspired flavours. At Botanica (1620 Silver Lake Boulevard), you can order a myriad of small dishes, like braised vegetables or seared fish, while Sqirl (720 North Virgil Avenue) has the best rice bowls and brioche toast.

Top bars?

Go to Salazar (2490 Fletcher Drive) for a tequila cocktail on the outdoor patio, and then walk over to Zebulon (2478 Fletcher Drive) to see a live concert. Plus, enjoy a super view of LA while sipping a cool drink at the rooftop bar of Ace Hotel (929 South Broadway).

Where do you like to shop?

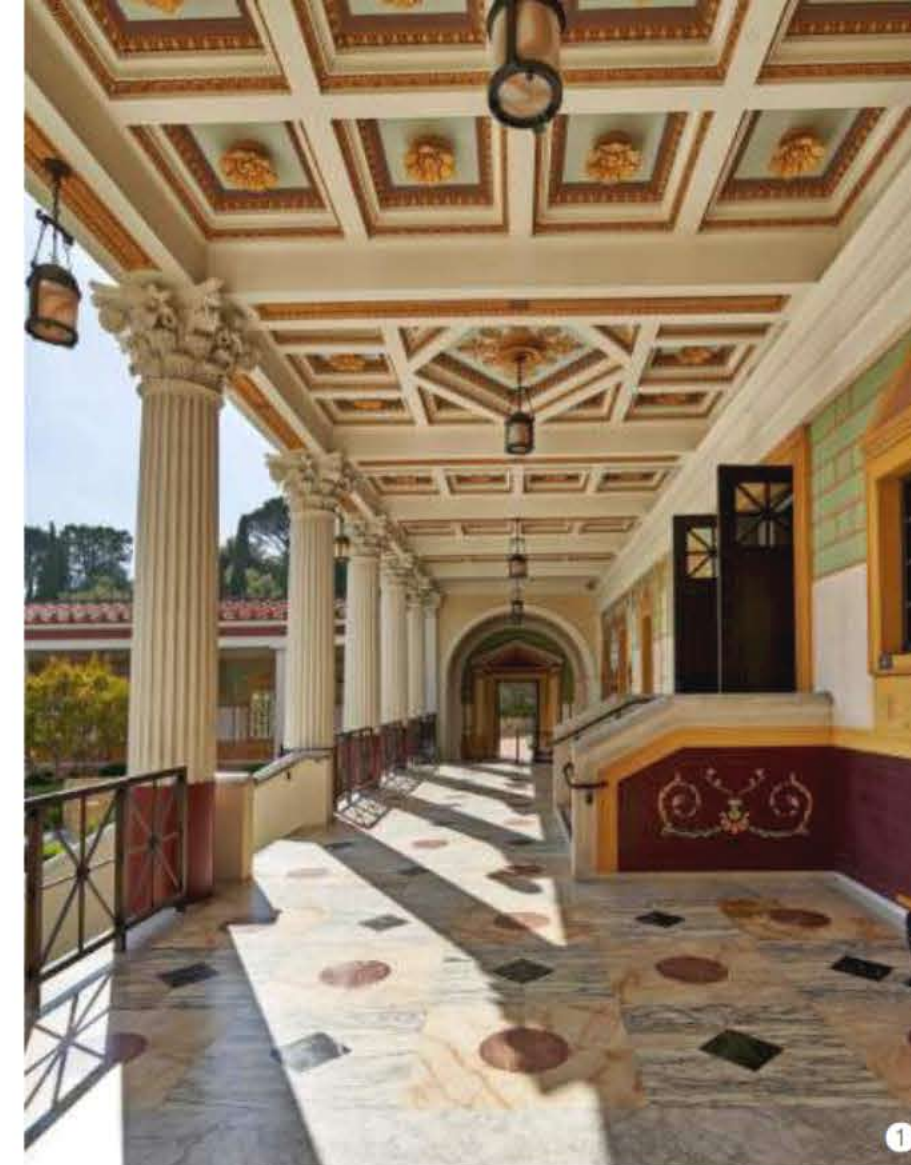
I am a huge lover of vintage clothing, and LA is a vintage Mecca. My favourite spots are Weepah Way (3303 Division Street), Avalon Vintage (106 North Avenue 56) and Sisterwife (4157 Verdugo Road). For new items, I go to Nonna (6187 North Figueroa Street) and Individual Medley (3176 Glendale Boulevard). Relax afterwards at Olympic Spa (3915 West Olympic Boulevard), with its pink Himalayan salt room, warm jade floor and soaking tubs.

Your favourite hotel?

The Sunset Tower Hotel (8358 Sunset Boulevard) in Hollywood is a true classic. Established in 1929, it has a great vintage LA aesthetic and fantastic rooftop views.

Best souvenirs?

The farmers' markets are truly one of the hidden gems of the city, offering fresh produce and local treasures all year round. My favourites are the South Pasadena, Hollywood and Santa Monica markets. There, you can pick up local honey, beeswax candles and handmade crafts that are lovely souvenirs. I also sell local items at my shop, Window of the Sky (4706 Eagle Rock Boulevard), like ceramics from Mt. Washington Pottery, Hiba-infused body products by Golda and olive oil from Wonder Valley.



“Every day, you can discover something new here”



Window of the Sky (portrait Caren Motika), Brian Forrest (2), Shutterstock (city view), Botanica (4), Alamy (5)