

BEAUTY > HEALTH & FITNESS

Meet the Next Wave of Chic L.A. Wellness Gurus

DECEMBER 2, 2016 3:30 AM
by EVIANA HARTMAN



6 / 7

**Caren Motika**

Though her presence in the Instasphere is relatively subdued (appropriate for a healer whose teachings revolve around the principle of living in the moment), the founder of chic Eagle Rock healing space and boutique Window of the Sky has amassed a following among east side fashion types (Sophie Buhai is a longtime friend and fan) for her one-on-one wellness work, which includes acupuncture, herbs, nutritional counseling, and all-around coaching in the art of self-care.

Photo: Courtesy of Caren Motika / @window_of_the_sky

It's hard to believe that only a few years ago, the word *juice* called to mind OJ at hangover brunch rather than cold-pressed green elixir, or that the only crystals the fashion world cared about were from Swarovski. But thanks to enthusiasts like Gwyneth Paltrow and Moon Juice's Amanda Chantal Bacon—and the amplifying power of social media—preaching and teaching wellness, whether of the body, mind, or spirit (most practitioners believe they're one and the same) has come to seem as chic a career path as, say, acting or designing (which, not coincidentally, many such gurus did before making the switch).

That's especially true in L.A., where a balmy climate, abundance of fresh produce, and body-conscious culture conspire to make self-care as routine as hygiene. Lately, a new crop of organic chefs, herbalists, healers, and fitness proponents are following the Bacon blueprint, broadcasting their missions with a distinct sense of style (and killer Instagram accounts).

Above, seven wellness warriors worth emulating—or, at the very least, adding to your feed for #fitspo.