

LA Unscripted | October 14th, 2022

From hot spots and hidden gems to lots of local flavor It's your guide to L A the wellness way from the valley's new healthy oasis Looking for one place to get all your wellness on right here And so what we found it Hello everyone and welcome to All Scripted I'm Devin And today we are coming to you from the gorgeous shop that Sportsman's Lodge The hot new spot to have an entire day of healthy living Sportsman's lodge has been in the valley the heart of the valley since the twenties So during the silver screen era and old Hollywood glam it was a rustic escape where stars and their friends could go and they could fish they could hike they could do picnics with their friends It was really a gathering spot And so now the remake of Sportsman's Lodge So many years later we're here at the corner of Ventura and Cold Water Canyon Like the heart of the valley is really trying to keep some of that spirit alive you'll see behind us There are big redwoods that tower Those are original We have a stream running through the shops and Sportsman watch to keep that feeling that a redwood deck here and you can come relax and enjoy the wellness offerings the shopping the dining et cetera you've got next health which will take you everywhere from IV hydration and different types of boosts through COVID testing as needed And the same thing with Mayo detox which focuses on physical therapy and chiropractic We've got free people movement which is everyone loves free people But the movement aspect of free people movement is really unique in that they have all this great active wear that you can wear And it's at voi uh it's it's another kind of up and comer It started in SOCAL um down in San Diego and it's really a blending of high performance active wear that blends surf coastal vibe sports and even art Iwan is a really wonderful boutique grocer you know grocery store It's unlike anything you've ever seen If you thought whole foods was amazing you got to go to Iwan and their mission is to have people eat better eat healthier and live longer And we can all obviously get behind that A lot of indoor malls have gone out of vogue people don't want to shop that way They want to be more connected to their community and their environment and in places like California to the weather right We've got this amazing temperate climate So it makes all the sense in the world for a place like the shops at Sportsman's Lodge to be outdoors And that was what makes the shops at Sportsman's Lodge really great for anybody It's for families it's for young professionals it's for studio executives We see a lot of celebrities here We get a lot of visitors here too from out of the area Uh And you know

this was kind of a little bit of a like a mall or a shopping center desert here for a while This is what the community wants This is in line with their interests and how they want to eat and how they want to shop and how they wanna move And Olivia they were to decided to check out a really cool spot here Icy cool In fact thanks to a small chamber and a little liquid nitrogen No really It's good for you Your extremities will be getting a little bit cold Oh gosh All right let's do it I'm ready You look ready Next Health is a health optimization and Longevity center As you mentioned earlier it's like a one stop shop for everything beauty health and longevity related We have services that range from cryotherapy to IV therapy all the way down the line to advanced medical services like ozone N ad hormone replacement programs Basically everything in regards to health and wellness We really want to change how people interact with their health ordinarily we wait till we're sick to really address our health concerns but we want to be preventative We want to be proactive and set people up for long term success This is a really cool area So this is where you do all the IV stuff Right Absolutely Yeah So we have all of our custom formulations Um our ivs have a Meyers cocktail base which is like your full spectrum liquid multivitamin but there's a ton of different use cases for IVS can be for gut health it can be for skin it can be for energy So we want to make it as unique to you as possible When I see this I think the fancy tanning bed but that's totally not what this is right No you're not gonna get tan from this This is an infrared led bed So it uses positive light exposure only It creates energy within the cells which helps reduce inflammation Red light is also great for collagen boosting So a phenomenon for skin cryotherapy is an advanced cold therapy I'm sure most people are familiar with like ice baths or cold showers Basically you're introducing your body to a positive stress that enables you to reduce inflammation throughout your system Helps out with alleviating things like joint pain joint stiffness You also get this euphoric high because all those happy chemicals are just rushing through your system proper protective equipment while your blood is being pulled inward to protect your vital organs you're officially a cryo ninja that wasn't as bad as I thought Do I have frozen eyebrows Yes You do Ok Um also song choice is very important You need like a pump you up It was not bad at all I feel frozen but that's ok So much more from the shops here Sportsman's lodge A little food a little fun and a lot more hot spots for health will be right back Hey unscripted I'm young an instructor with Equinox And today I'm going to give you a few tips on how to build lean muscle sculpting the entire body We're going to start

with a few moves from the Equinox signature program Coral Sculpt Now I love this format because it goes to the music So maybe find your favorite thing on a playlist and let's get started We're going to keep the toes parallel and just slightly shift your weight over to the left foot We're gonna bring the arms and the leg away from the center of the body Nice and easy Now balance is really important in fitness So you wanna take your time keep that core engaged and just lift and lower Now if you're feeling spicy you can take that leg behind you at the curtsy lunge and come right back up This way we target the glutes hamstrings and that entire lower body while working the shoulders All you have to do is repeat that on the other side you can use equipment or not It's totally up to you Keep moving a unscripted Welcome back everyone to a unscripted from the shop that Sportsman's Lodge I'm de and you know something else you can do right here on this Redwood deck Take a class right after you shop for the perfect workout out Free People is a clothing brand known for its bohemian aesthetic And since then we have grown so much into a few movements Free people movement started because it felt like our next step for our shopper It started with a woman who had their background in dance yoga surfing and it since has grown from there Stephanie Come on OK Look at how cute this is here She is and her hot shot one I love it Everyone wants to get their hands on I'm so cozy but I feel like this isn't really like a workout This is more of like a post workout that is the beauty of FP movement You know of course we have our performance pieces that are staples However we also cater to that girl who just wants to be comfy cozy to and from the gym or maybe she's not even going to the gym and she just wants to put her onesie on and call it a day There is something for everyone at FP movement whether they're just looking for something to be comfortable like that ath leisure style or they want that true performance We have a whole performance wall our best sets our workout onesies we're known for our workout onesies currently wearing one today So there is something for everyone here in this everyone is so active here They leave such active lifestyles whether it be just wanting to be outside biking rollerblading enjoying this beautiful weather we're so spoiled with or the endless classes there are to take here free people movement We are not only a clothing store but we also offer monthly fitness classes Um whether we partner with a studio or we host them ourselves We do a hike day every month a run day every month and then we'll also partner with studios and we do both fitness and wellness events Now I'm ready to work out She's ready for some yoga but this is also fabric is phenomenal It's like so so it feels like

butter on so soft second skin feel This is the Good Karma Collection It comes in so many different colors online One of our staples in our performance wall SPF 30 in the fabrication SPF 30 So you can literally go outside and like lay in the sun and you'll be protected and you will be good Should we go do some yoga Let's head outside Let's go All right So Stephanie we are out on the deck now Is this where you do your classes Yes we offer a wide range of classes held right here on the deck every single month So be sure to check out our calendar Forehead on the mat Forehead Got it Remember to breathe and sink your hips towards your heels Ok Ok Back with much more from the shops at Sportsman's Lodge Don't go anywhere We'll be right back We just did some yoga But if you really want to get your wellness on and your fitness on here at the shop at Sportsman Lodge we have Greg with Equinox Greg Tell me about equinox So Equinox is basically a center for high performance lifestyle Our members it's not just about fitness it's about nutrition recovery You name it We have a class called Tabata Max In our main studio We're not doing it on the deck but since we're not using any equipment it's fine here So basically the way it works is you're going to work for 20 seconds at a time you'll get 10 seconds off So we're going to do an a exercise with the band on which is a squat Ok And then we're going to do a B exercise which is a jumping jack with the band on as well for another 20 seconds Ok Let's do it We do it eight times total Ok We thanks Greg I appreciate it Welcome back to L A Scripted Everyone I'm Devin from the shop at Sportsman's Lodge A place where even the food has a focus on your fitness is a modern Mexican restaurant We offer bowls salads quesadillas really a range of things We were really born from a mission of eating better Even though we're vegan first we offer vegetarian pescatarian keto really whatever your dietary preference is Are we've got you covered What is the name to me So my name is Britney If your name is Britney then you would be my namesake Oh so I'd be here to Yes I like that Really excited to be here We're glad that you all were able to stop in and you try some of the food that we have to offer So we launched the toad which you'll see here This is a a non vegan to start and then a vegan to that So the vegan one is made with my ho mushrooms and the non vegan one is made with shrimp and ma ma OK So this is the start Oh my God this is so good Yes Yeah Can we be honest that OK this is the city right here that I while we were waiting how much should I eat They had to be because it was so good and I'm so embarrassed and it made her so uncomfortable It was half full to refill it because I've already eat It's delicious I'm just saying yes you guys

this is delicious If you love to be you found your heaven We have Taco Tuesday We offer \$2 tacos all day in happy hour all day So with that it's \$5 margaritas \$6 wine and \$3 service What is this OK I love b so this is the Dre and this is made with chicken And so with this b we have beans we have rice we have bell peppers PICO and then we have guacamole as well We have to talk about street I love a Lotte street corn Anything Tell me about this So this street corn is made with hot cheese and chipotle powder You all know I know margaritas All right So this is the Passion Fruit one Yes it is Passion OK I already tried already actually had a paloma It was delicious This is a spicy margarita which is excellent Super spicy And then this is the Passion Fruit Yes that is Passion Fruit Wow that's good So what what are these are the Agua Frescoes Yes A fresco So we have three flavors So we have strawberry basil We have pineapple and we have cucumber That is what we pride ourselves on We use on healthier eating making great choice and we really like that You can also really pick whatever you want So we'll start with the bowl and then you get to take like your protein You get that cheese You guys if you haven't tried to you have to try it It is so good And literally everyone can eat here Like you said vegans pescatarian You have gluten free vegetarian vegetarian keto Anyone can eat here If it's wild unconventional and unusual you can just bet you'll find it here in our sunny state Here's another hot spot for health and wellness So your city has been around for thousands of years and they've used it for everything from pain to sleep issues digestive issues addiction I'm Mona Dan founder of the healing and Dana Today I dare you to try the healing You see we specialize in Chinese medicine here at the healing Um so we can do everything from ear seating to acupuncture massage um gua sha cupping it's like the secrets of the world are all held within Chinese medicine How we affect the world how the world affects us I have been dared to try ear seating which I've never heard of before So ear seeing is the process of placing 24 carat gold plated magnets on the pressure points of the ears the pressure points send signals to the reflex centers of the brain to kind of regulate the body And I'm looking at this chart here and it says I mean stress anxiety pain insomnia insomnia is a big one I also see you can give a shout out to my liver here which is definitely suffered over the pandemic It's a way to get the nervous system stimulated because we're in this fight flight mode and magnets in our body have a really beautiful relationship to balance out the nervous system It's like you know when you go to a massage and like they start touching your ears and all of a sudden you're like oh right It feels like a glass of wine like

everything just chills out Same This is this is a heart area organ area This is a hormone area So she was working in the hormone area and I'm getting like a hot flash I'm like sweating all of a sudden Isn't that weird Like I'm actually sweating It's you're nervous I do I feel it since we created in coins of the 24 karat gold ear seating people come weekly for 24 karat gold ear seating that they book on class pass Um We have insurance patients that just added on to their services Ear seating session on its own is \$40 as an add on to any service it's just \$15 and then a kit is \$34 So we have a happy a detox a calm and a relief that took seven minutes five minutes It would be so great to come after a workout and do this right before you go to bed or before you're like a on your days off When you really want to relax the ear seeds last on your ear for 3 to 5 days You should feel it pretty immediately 24 carat solid gold That heels I'm in I'm I'm subscribed I love it Ok I just woke up It's 6 45 in the morning on my day off I never sleep this late I didn't wake up once last night Um I slept like a baby I I have to say it was amazing Right now Ear seeds work We may have over 13,000 gyms in the US but health is more than just lifting weights Check out this last place we uncovered to help you keep up on your wellness journey The theme or the motifs that we have here are air fire and water And we're using these three elements naturally to help the body heal So they work synergistically So they amplify each other's effects or spa is it's a place that you go for healing and it could be healing from surgery which is our main intent here but also to heal from anything So the idea is to naturally boost that rather than to give you medications and supplements and things like that that you have to take Oh my God I feel like I just stumbled onto the set of like Star Trek or something What what in the world First of all the coolest color so well I'm into cars So we had these wrapped cars Hyperbaric oxygen therapy has been used year after year for burn victims It's really helping these people with poor tissues heal Why don't we use it somewhere else where the tissue is insulted like face lifting We found out that more oxygen gets into your body more oxygen goes around and can help kill the bad things and heal the good things that need Help the producers love when I have something to muscle Yeah this will this will keep you quiet for a couple of minutes The coolest part is even if you're not hurt you come out with oxygen euphoria which means you just feel amazing because you just got energized If you traveled and you have jet lag you go into this thing If you got a hangover you can go into this thing All right we are all done Oh wow That was I wasn't finished with my show That's OK We have another room for you Oh my God I feel like I died and and just woke

up in the wrong place This is the energy bed looks like a bunch of solar panels As you see it's the reverse So it puts the energy into your bodies We combine the treatments of the light stem bed with the hyperbaric oxygen to help potentiate the effects of both the light stem bed Interestingly we've used it for people with anxiety high blood pressure trouble sleeping and they come in and do it about once a week And we see that without taking medication there are some patients that their blood pressure slowly lowers So it increases blood flow decreases inflammation decreases pain So we know it does these things You do feel like you're melting in like a really good way Like I'm surprised I'm seriously not a puddle there It was pretty awesome pretty relaxing We just want to put your body into the right direction And that's the idea here is that you come in we help you heal and help you make uh help make you feel better the better you feel the less anxiety you have during healing the better you do your body functions much much better Am I glowing And that is all the time we have for tonight Thank you so much to the gorgeous shops at Sportsman's Lodge It really is quite the wellness oasis We'll see you next time Good night everyone