

## LA Unscripted | May 4th, 2022

From hot spots and hidden gems to lots of local flavor It's your guide to L A The unscripted way from the beautiful Omni La Costa Resort and Spa in Carlsbad California Hello everyone and welcome to L A unscripted I'm David Devin And here at the Omni La Costa Resort and Spa there are countless stunning spaces to sit Enjoy the view maybe even have a nice glass of wine right now Jasmine Simpkins is doing that very thing in a different location in a very different way What's up L A unscripted It's your boy Jermaine show Tom Stone A K A to work with wine Well with an intro like that clearly you know a thing or two about wine I actually just tripped into wine You know I grew up in the Bronx So I was entrenched in hip hop growing up I actually assumed I was gonna get a record deal and be a huge hip hop star When I got into college I needed a job to help pay the bills I started working for a wine auction house and it just showed me all the different possibilities of wine You sent me some that you curated obviously And these will pair you feel kind of nicely with certain hip hop tracks So I'm gay Let's start First one is the Zaret Prosecco from Italy Here you got bright elegant refined bubbles you know aromas of white flower little citrus some stone fruit so light and refreshing And for this one I gotta go with I got Love by N Dog Hashtag California Love I love it Next up we have the PGA sauvignon blanc from New Zealand Zesty vibrant aroma on the nose You got your ripe citrus tropical fruit on the palate extremely refreshing This wine is from the mall region of New Zealand It's the largest and most famous wine producing area in the country So I went with the largest and most famous producer that I could think of in LA I gotta go with my man Dr Dre Well last but not least you've also got a red here A Shiraz So this one is the Yalumba Y series Shiraz Vie And this is from Australia It's a part of a collection of their super approachable wines in both style and price Very fruit forward Oh my goodness This is very very good It is KTL A and I I could not talk to you without celebrating one of my favorite West Coast artists My man Ice Cube Well Ice Cube was dropping a bunch of artists and he had a little series He had the Lynch Mob but he also had yo yo the y in his series of approachable artists And I love that you're showing some ladies some love because a lot of times people forget about some of our hip hop greats are female hip hop greats Cheers to you and all these great wines I'm gonna keep sipping But you guys check Jermaine out That was so much fun And so was this head to Echo Park and take a ride on the Swan James Yep That's the name of the

pedal boat on a lake that's steeped in history We're the number one thing to do in L A on tripadvisor right now So whether you're a local out of state out of the country even people from internationally have this on their agenda to do Can you tell me a little bit about Echo Park Lake in 18 90 This was a man made reservoir slightly after that They decided to build a boat house here you know back in the 19 hundreds this was kind of where L A somewhat started Charlie Chaplin had his first movie in this area in the 19 tens The boat house was pleaded and that's when the population started changing and that's when Echo Park started becoming what it is today And the reason Echo Park got its name is the city councilman who was conducting construction here could actually hear his echoes from the park against the mountains and the foothills Back in 2017 we reintroduced the swan boats to the location which were here 100 years ago And since then over the past three years we've been serving over 150,000 customers every single year Kids families couples coming out for date nights just kind of a day out of the house here at Echo Park Lake we take safety very seriously So you've already signed your waiver Let's go ahead and get your life jacket on and buckle and do these swans have names These swans have whatever you want to name it You can name it Some of the staff name them Lewan Jane I want to ride in Le Swan J doing it Me and lean J to me This seems like something really safe that people can do during the pandemic We require you to come with your same household You have to have a mask on while you're in line But once you're out there you can take your mask off and enjoy an hour on the water at night It's wonderful Each swan boat has an led light on it and it illuminates the water while you're pedaling You get to see all the downtown L A skyline You see the fountain You guys this is so much fun It's so peaceful and it's so great to be outdoors But more than that it's actually a really great workout and I'm talking for this Come out here and meet Lajuan James You're gonna love it And from boat rides to bike rides that and so much more coming up from the La Costa Hotel and spa don't let high gas prices ruin your spring break road trip an app called IXIT can help We've seen a huge surge in usage downloads centered totally around gas prices over the last month The free app for IOS and Android lets you see restaurants hotels and gas stations up ahead Lots of apps out there will tell you where businesses are in a circle around you We are one of the few that will actually tell you where places are on an interstate directly ahead of you by exit Find the restaurant chain you're craving and the cheapest gas The app highlights the exits ahead with the best prices Most of the time about 95% of our prices

are accurate at any given point Even in this environment roadside America dot com can help you find unique attractions along the way sort by theme like classic or haunted narrow by filters like the best worth a detour or worth a stop The website is free but the \$3 iphone app lets you sort by distance and you're out for audio entertainment along the way Check out here here you will see the iconic landmark of the Capitol Records Tower The app features 3 to 5 minute professionally crafted audio stories based on your location Over half of our 9000 stories are about history And then we also have stories about culture natural wonders local insights music sports special places of interest You might even hear some familiar voices Kevin Costner is a co founder You get a lot more joy out of your travel When you come back knowing about the places you went through come back feel a little smarter a little more connected to those places Welcome back to L A unscripted from the Omni La Costa Resort and Spa in Carlsbad California Now if you didn't already think our Olivia is the coolest chick on the planet you will after this Can you smell the leather It's biker babe Deb Bartoli riding into the newest celebrity owned hot spot There's a fun new restaurant in downtown L A but it's more than just a restaurant It's more of an experience and I'm taking my bike to get there Well if you go back to the essence of it motorcycles are cool and they've been cool for a very long time which is why they're in films and adverts and pop videos and motorcycle culture is a thing that a lot of people relate to even if they don't ride and it has a community and that community isn't always very well served it you know quite often motorcycle venues are spit and sawdust and you don't get a great experience And so they're not really attracted to people that think bikes are cool but don't ride So we wanted to create a space that celebrated motor culture and motor people The bike shed is a home for people that love bikes and the people that love the people that love bikes to come and meet other like minded people in a beautiful setting a restaurant a barbershop a tattoo studio retail and um just frankly a really great space to to come and hang L A really feels like a bit of a melting pot just like London And we felt that you know we know that there are more bikers riders in L A than there is anywhere and it was just a natural fit for us But we love the idea of there is it's so dark and especially here in the arts district in downtown Literally it's like we've taken to our Shoreditch venue in London and literally put it here and it just feels exactly the same L A is arguably the natural cultural home for motorcycle culture You are going to take us on quite the tour I'm very excited Where are we going to start We're gonna start right here at the ball It's the best place to start Lovely bar

No TV S and then follow me around here lovely lounge Our sofas are all brought from London We've got a three chair tattoo studio four chair barbershop so you can come and get in get a trim hang out I love that It's all open Everyone can just hang out and then kind of see in it's it's great It's very like inclusive I absolutely And that's what it's about for us It's about the art And you mentioned that this wasn't just for bakers it was for anybody Right Exactly Exactly And you can see the gear that's around Literally anyone can buy this stuff Great hoodies great T shirts great caps trousers I'm literally art You can even buy art here So we're going to go and check out the secret space at the at this I know the wine very important I see that my bike is parked here which is great Tell me about your bike parking So literally the whole place is for bike parking So we're going to have valet for cars but I love the fact that you can rock up park your bike sit here have food have a drink and just see everybody come rolling in And obviously this is Dutch and my husband and I ride in from London to Hollywood biking is just kind of cool So I think it's just relatable It stands for something and and we just want to be the natural home of that and also we want to preserve motorcycle culture for the future She's such a bad ok we'll be right back with some trends with benefits and I am trying a new workout that's electrifying Literally welcome back to L A unscripted from the magical Omni La Costa Resort and spa now Are you on the hunt for the perfect Mother's Day gift for that lady in your life How about some nice studs No I'm not talking about men I'm talking earrings Get your head out of the gutter and go get pierced I think people who as they get older they want to find an environment where they can both get pierced with a needle and one that feels fun and accessible to them Hi I'm Anna Harmon I'm the CEO and co founder of Stud Suds is an ear piercing and earrings destination where you can get healthy and safe needle piercings for your ears and then buy affordably priced and on trend jewelry So a few years ago I went to go get a second piercing and I ended up going to a tattoo parlor and while the piercing experience was great I was very personally out of place there and I didn't love the jewelry and I felt like there was really an opportunity to combine healthy and safe needle piercings with a place that you could shop for fun jewelry Lisa actually came up with the name She's my co founder in our CMO We focused on a few different iterations of names but really honestly studs rang the truest for us And so we went with it we launched Studs November 2019 in Nolita in Downtown New York And then we also launched studs dot com at that time And then we launched Hudson yards February 2020 And then recently we just launched

Austin on South Congress We launched Boston in the seaport and now Melrose Place designing these stores is my favorite thing to do and we use a lot of neon We also play on the shape of the ear So this is the ear bar and it is actually in the shape of an ear and there's a lot of curvature and sort of organic ear shapes in the space We are ears only So we are all about ears here So we only do ear piercings and we only sell earrings We invented the term escaping and escape to really talk about creating a design that means something to you And our piercers will look at your ear anatomy and help you choose piercings that are really specific to your ear at the ear bar We have hundreds of options for healed holes So we carry piercing jewelry for piercings and then we also just carry earrings for ears capping And so we've got hoops Huggies studs dangles What I also love is that the pricing is affordable like someone does not have to break the bank to come and get escapes Studs is very excessively priced We sell in singles so you can mix and match and create an escape That's uniquely you And each single earring ranges between 14 \$70 for piercing a service is \$35 plus the cost of jewelry All right Lau it's time for a whole new me Let's go Lisa I love it Seriously I'm so excited It looks amazing Thank you Let's do more What should I do Well let's escape you studs is all about using your ear for self expression and using your escape to say something about who you are We've got the large crescent hoop our new L A stud in the second hole and our pave hinge cuff where you can sort of fake a third conch piercing which I love And it looks amazing with your new pave lightning bolt Helix piercing I really do feel like a whole new me Seriously This is like amazing guys Do you see this Oh my gosh Life chang Thank you Jasmine Now this is the kind of place you'd want to wake up and have a nice cup of coffee from your stunning villa But if you're back in L A check out this totally cool coffee shop coffee It's in every culture it's in every city it's everywhere and it really brings people together from all over the world Hi I'm Chantel for Sandi the owner of blonde More I'm here to reveal A's new unforgettable coffee shop What does mean means bolt like a lightning bolt And it's called Bon More It's bolt of love When I think of coffee I think of energy I think of lightning I think of like a little zap We are in the West Adams mid city Area in Los Angeles California I went to culinary school I have a culinary background This just kind of fell into place And I just wanted to open a place where I felt at home a place where I can literally see my friends come hang out have a drink How has social media helped you Social media is like a big part of what we do and we're very grateful for it because what made us people come in and

they're like I saw you on Tik Tok All of our drinks were photo worthy and delicious And don't forget to try the Cheeto cream cheese bagel So we have three signature drinks We have the main girl which is a spicy pink chai And then we have the money maker which is gonna be our vanilla rose macha Oh And then lastly we have the gold digger We have a hot Cheeto bagel It's an everything bagel with cream cheese and then we hit it with some hot Cheetos It's something I used to do in middle school when I had a bagel here for some reason I was like I need to put hot Cheetos on this with a rose OK You guys Chantelle I know that boon means like bolt We have been struck by Bo oh my God I mean cheers Thank you so much Thank you for coming So if there's one thing you can say about So we are always ahead of the exercise game and we have the latest ways to get fit This next place is proof and I found it pretty shocking in a good way Good to hear Beeping in 321 Don't be surprised Lightning fit uses electro muscle stimulation on a suit on the outside of your body while you do functional fitness to amplify your muscular recruitment during your workout So you get a little bit more bang for your buck foodies coming up Tell me when Wow in terms of what electro muscle stimulation is for normal humans the best way to describe it is what naturally happens inside of your body So your brain signals your muscles to fire during a workout Basically by putting a suit on on the outside We're magnifying that the outside in we're going to give you an unders it's just a full cotton outfit top and bottom The unders suit is made out of a material that helps to make the simulation as efficient as possible Getting to those muscle fibers to fire them So in the suit we have electrodes on nine major muscle groups Next exercise you're gonna punch across you're gonna dip punch dip punch dip punch There you go Good OK Now I'm gonna take up your abs and your chest pads So just keep moving Oh I feel the abs here come the abs It's like um how can I it's like electrical current running through your app So one thing that I do love to tell people about working out in the suit Is that any move that you think is really simple in real life is harder in the suit What are all the things you get from a workout at lightning Number one efficiency Number two fun But then also I actually had a baby about 10 months ago So when coming back from having a baby and injury anything like that you can gain muscle you can build good muscle tone you can gain strength give it a boost and feel it out How's that The thigh muscles are like jumping off the bone My butt feels like it's like doing its own kind of unique dance Um We don't really have large pieces of equipment because we don't need them by wearing the suit We're magnifying that effort level without

putting excess stress on your joints you can burn roughly up to 700 calories in a workout So it can be equal to about a two hour long training session in terms of a traditional training session But you get that done in about 20 minutes Do you feel like it's a lot harder to do the movie You feel a little Yeah the experience is different for each person So that's the beauty of what we do at Lightning Fit Our clients range from busy executives to moms to you know self employed people I have to say that was the most unique workout I've ever done And I'm not just saying that and now I know why they call it lightning fit because it feels like you were struck by a bolt of lightning And that is all the time we have for tonight Thank you so much to the Omni La Costa Hotel and resort here in Carlsbad California It's beautiful Come check it out Good night everyone We'll see you next time