

Hotel Canary

A Great Escape in America's Riviera

When you walk into the Canary Hotel in Santa Barbara (a sister property to Santa Monica's infamous Shutters on the Beach), Spanish architecture, classic décor, and a rooftop pool with 360-degree views of the mountains and the sea make you feel like you're in a private Mediterranean oasis miles away from a city. Still need help relaxing? Use the hotel's eco-friendly yoga mats for a self-paced meditation or take advantage of their in-room spa service, featuring a menu of aloebased treatments. Therapists arrive at your door equipped with soothing music, aromatherapy,

massage tables, and expert hands. And don't miss the Canary's Good to Be Bad Mini Bar, the perfect solution for those of us who are apt to rip into the hotel stash of processed chocolate when our blood sugar levels start plummeting. Each product in their guilt-free mini bar is a functional food (boasting a performance or health benefit), contains organic ingredients, or has a philanthropic story. For example, the KIND Almond Apricot Fruit and Nut Bar donates a portion of its proceeds to PeaceWorks Foundation, while the Jelly Belly Sport Beans are chock-full of electrolytes. The Canary also boasts a street-level restaurant called Coast, which features comfort fare sourced from local farms and wharfs. House specialties range from crab cakes and grilled red snapper tacos to Mac & Cheese and butterscotch pudding. Can't bear to leave your beloved beagle at home? Check out the "Club Canario" dog program where your favorite pup can also enjoy the royal treatment. For more information call (877) 468-3515 or visit www.canarysantabarbara.com.

—Amy Paturel

Flower Power

When it comes to emotional eating, triggers vary from person to person. Whether the root cause is fatigue, depression, stress, or another strong emotion, the end result is usually the same: eating too much of what's nearly always the wrong thing. "We may start out feeling a bit hungry, but when our eating is emotionally driven, we soon become robotic. Mindless eating ensues as we scan our kitchen. We are on a mission, and anything digestible is fair game," says Denise Lamothe, PhD and author of *The Taming of the Chew* (Penguin, 2002). "Fortunately, we can regain control of our need to mindlessly devour what our bodies don't really need." Enter Bach Flower Essences, developed seventy-five years ago by British physician Dr. Edward Bach. The completely natural remedies, acquired from flowering botanicals, are one possible method of achieving that control. The new Bach Emotional Eating Support Kit contains three separate remedies that target the emotions that commonly lead to overeating. Free of side effects, these particular essences—Cherry Plum, Crab Apple, and Chestnut Bud—address specific issues, including control, self-image, and negative behavior patterns. The remedies can be diluted in a glass of water and sipped, or rubbed onto the ears, temples, and wrists. The kit is widely available at natural foods stores, or by ordering online. For more information, visit www.bachremedies.com

—Debra Bokur

