

## ALCHEME

## REBELLIOUS HEALTH FOR VIBRANT LIVING

A MODERN MEDICAL + WELLNESS

SPACE FEATURING

IV THERAPY +

**VITAMIN SHOTS +** 

LASER SKINCARE +

BOTOX +

FILLERS +

ORGANIC SUPPLEMENTS +

**BODY CONTOURING** 

2308 Kettner Blvd Unit C San Diego, CA 92101 619.501.6523

alchemehealth.com / @alchemehealth

## LOCALE® **Editor's Note**



Fashion has always held a special place in my household. My dad, who has made a career in the industry, started the tradition off beautifully: by designing my mom's wedding dress. Many years of walking with my dad around Fashion Valley (his second home) while he was dressed in his usual cleanly-pressed suits and perfectly-polished Oxfords garnished many compliments: "Your dad is so stylish!" "He's such a fashionable man!" This led me to wonder something-what's the difference between 'stylish' and 'fashionable?'

Well, a quick Google search would tell you that the difference between the two terms is that being fashionable is having a knowledge of trends while being stylish is having elegance and class. But I thought it would be more fun to show the difference with an entire magazine.

No matter what definition you prefer-being on-trend, being effortless or even a mix of the twothis magazine was created with you in mind. We'll be introducing you to some local Shoppe Experts (pg. 53) who are making names for themselves with their incredible, handcrafted goods. And, in our Humanitarian Profile (pg. 92), you'll also get to meet an amazing nonprofit that's providing school uniforms to kids in developing

countries in exchange for their used and tattered clothing. Then we'll be taking you for a tour of some of our favorite places to shop in OC, SD, LA and Greater Palm Springs in our Shoppe Guide (pg. 71).

From there, we're fueling up with Cafe Gratitude's spin on a macrobiotic bowl in Meals Deconstructed (pg. 110) and taking a first look (and bite) at the incredible Louisiana Purchase (pg. 108). We'll then meet up with larger-than-life muralist Delilah Strukel (pg. 130) and take a look under the hood of KARMA Automotives' Revero (pg. 120). But, if that wasn't enough of an adventure/for you, we've rounded up some Sin City locals to give you all their tips and tricks for getting the most out of Las Vegas (pg. 142).

To top it all off, three-time Olympic gold medalist, Kerri Walsh Jennings, is gracing our cover! The beach volleyball star shares with us her winning mentality, her work with p1440 and her ongoing journey to the 2020 Olympics in Tokyo. When it comes to encapsulating hard work, dedication and the summery, breezy beauty of San Diego, Jennings aced it (as usual)!

As always, thank you, San Diego! I hope you enjoy exploring this issue's pages as much as I enjoyed helping to create them.



