

AN INSIDE LOOK AT 9 Ways to Spend the Day in Jewel City | The Picnic of Your Dreams | Seafood Pairings That'll Get You Hooked

LOCALE

#111



Shoppe Edition

26

LETTERS OF RECOMMENDATION

Our A-Z Guide of Shopping Through Southern California

CLIVE STANDEN

MAN OF THE HOUR

SHAKING THINGS UP

How an Award-Winning Podcast Captures the Spirit of Craft Cocktails

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Look Good, Feel Good— This Is the Only San Diego Shoppe Guide You'll Ever Need

IN THE NAME OF LOVE

> There's something so exhilarating about embarking on a shopping spree. Whether you're "just browsing" or on a mission to find the perfect gift or gadget, there is an abundance of creatives, collectors and stylists that are eager to make your outing an amazing adventure. But before you whip out your credit card and head to the nearest shopping mall, thumb through our A-Z Shoppe Guide, featuring everything from the best of beauty and custom ceramics to spring swimwear and today's top tech.

H OLISTIC

Saffron & Sage Is the Holistic Health Club You've Been Searching For

WRITTEN BY: **KERI BRIDGWATER**
PHOTOGRAPHED BY: **YOLANDA DIAZ**



SAFFRON & SAGE
2555 State St
San Diego, CA 92101
619.933.2340
www.saffronliving.com

> Saffron & Sage is a one-of-a-kind holistic health club, clean beauty boutique and pharmacy rolled into one. Peaceful energy radiates throughout the space where members and visitors can shop a range of gifts and goodies for home and body; in addition, you can try reiki, a moon circle or sound bath, among many other modalities.



MISSION

> Saffron & Sage helps people restore wellness of the mind, body and spirit through integrated and holistic resources—from homeopathically prepared remedies and plant-based prescriptions to complimentary skincare consultations.

WHAT YOU'LL FIND

> Alongside best-selling custom blend Flower Essences, the vegan and cruelty-free Saffron & Sage Skincare Line is new for 2020 and a must-try. Check out their Leef CBD balm, Sun

Potion supplements and all-natural beauty products.

PRICE POINT

> The skincare line runs from \$38 to \$150. Spela Liquid Lipsticks are \$18, Gua Sha Stones are \$25 and BKIND Bath Mix is \$35.

WHY

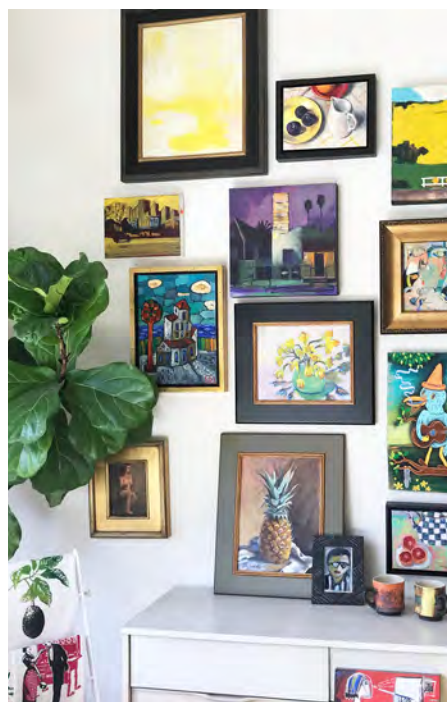
> Stock up on a range of non-competing brands thoughtfully selected by owner and founder Cristin Smith and her team—it's everything you need to integrate wellness and beauty regimens at home.



INSIDE

L'Atelier Offers Creative, Custom Art Pieces

WRITTEN BY: **ALYSSA BURLINGAME**
PHOTOGRAPHY PROVIDED BY: **VALENTINE VIANNAY**



L'ATELIER
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www.lateliersd.com



> Located in the business district of Mission Hills, L'Atelier is an art studio and gallery. Walking in, you can expect to be greeted by original fine art in all mediums. With a Parisian aesthetic, this intimate shop provides space for people to connect through art.

MISSION

> Valentine Viannay opened the shop after working in-home for 15 years. She decided it was time to go public with her work, providing a space for other San Diego artists to showcase their work as well.

WHAT YOU'LL FIND

> You can expect to find traditional wall finishes, T-shirts, scarves, totes, jewelry, ceramics and traditional paintings—all made by Viannay and other local artists.

PRICE POINT

> Art at L'Atelier starts at \$5 and ranges up to \$5,000, depending on the product or art piece.

WHY

> "I think the experience of interacting with any artist inspires and excites people," says Viannay. "To come to a place that is in constant flow and growth and see an item you might buy being made right here—it's something you cannot buy on the internet."