

Dazzling Mother's Day Gift Ideas

Sure, mom enjoys chocolates, flowers, and thoughtful cards — but why not go the extra mile this year with a creative experience or heartfelt token of your love? Here's some inspiration.

Healthy Retreat

There's nothing like a luxe getaway to give mom a healthy new lease on life. The *Forbes* five-star rated Resort at Pelican Hill in Newport Coast is offering a

the Coliseum Pool. Charming executive chef Jean-Pierre Dubray demonstrates healthy cooking, and best of all, guests can then sample his delicious spa cuisine. Price is \$2,800 including a luxurious bungalow guestroom, meals, spa treatments, and activities. (800/820-6800, www.pelicanhill.com)

The Art Of Living Well

May 21-23, Estancia La Jolla

a 50-minute spa treatment, two morning yoga classes, programs, and more. Price is \$895 for single occupancy and \$695 for double. (858/550-1000, www.estancialajolla.com)

In The Bag

She's finally bagged that Birkin. Now how to protect the investment? If your mom loves pricey designer handbags, then Pursendipity is the "purfect" way to keep them scrunch- and wrinkle-free. Christine Emerick created the product using an advance memory technology that actually molds to the shape of the bag. It comes in three sizes and colors: leopard print, orange, and hot pink. At \$33-\$37, Pursendipity is a small price to pay to preserve bags that cost a bundle. Part of the swag bags at the Oscars, Pursendipity is available at Plume in Rancho Santa Fe and online. (www.pursendipity.net)

A Charmed Life

Personal trainer Liz Lieberman's mantra is to "live fashionably healthy," improving the quality of your health and life one charm at a time. Her H3Jewelry — happy, healthy, healing — provides motivation to do just that. A sterling silver necklace, handcrafted in San Diego, comes with ten charms, one for each health and wellness goal, such as keeping a positive attitude, drinking enough water, and getting seven to eight hours of sleep each night. An instruction guide provides tips on exercise, weight control, nutrition, and stress management, as well as space to log your progress. After you complete each goal, add a charm to your chain, a



Estancia La Jolla Hotel & Spa

monthly three-day, three-night Balanced Wellness retreat in partnership with LA fitness expert Ashley Borden, who has worked with Christina Aguilera, Natasha Bedingfield, and Mandy Moore. The retreat focuses on health, fitness, nutrition, and spa treatments, with guided fitness walks in nearby Crystal Cove State Park, "rolling out" classes to take the kinks out of tired muscles, and sun salutations by

Hotel & Spa is welcoming women for a weekend retreat of invigorating fun, self-discovery, and indulgence. The relaxing weekend includes inspiring sessions on fitness, stress reduction, and nutrition; spa treatments; light cuisine; and sunrise yoga. The Women's Wellness Weekend package includes two nights luxury room accommodations, wine receptions, five meals,