

# Cultural Daily

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## The Springs Opens in DTLA

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The Springs, a unique, first-of-its-kind community wellness center, featuring an in-house juice bar, raw vegan restaurant, holistic treatments, and yoga studio, opens on Saturday in LA's Downtown Arts District. Co-founders Jared Stein and Kimberly Helms describe The Springs as an urban oasis that offers a multifaceted range of services unlike any other in the country.

"We moved here from New York and couldn't believe that nothing like The Springs existed. We just wanted a well-designed oasis for urbanites that combined all of the elements we live by in our health-conscious lifestyle," said Helms. Added Stein, "You can be vegan and have a lifestyle centered around health, without being a hippie or elitist. Our goal is to create a place accessible to everyone."

The 100% organic juice bar will bottle cold-pressed juice made for easy grab-and-go. The house-made and proprietary juices will feature new flavor profiles and unique combinations of fruits and vegetables not commonly found in the juicing industry. Stein and Helms describe it as "a speakeasy for juices." Additionally, the juice bar will offer a unique recycling program for its glass bottles. If a customer chooses to return the glass, he or she will get a small credit toward the next juice purchased. Quick on-the-go meals and made-to-order smoothies will also be available.

Chef Ian Martin (Planet Raw, M.A.K.E.) will spearhead the raw vegan restaurant, which seats 92 and will include table service. Martin will focus on using 100% organic, seasonal produce and the ever-changing menu will reflect currently available foods. Organic beer and keg wine will be served as well.

The yoga studio will offer a variety of different yoga styles throughout the day, under the direction of Gloria Baraquio. There will also be retail and space for special events, meditation workshops, and guest speakers. The wellness center includes various holistic treatments, including colon hydrotherapy, infrared sauna, massages, and energy sessions. Different treatments for body work, healing, and detox will be offered.

The 13,800 square foot urban oasis is designed by Design, Bitches (The Oinkster, Rag & Bone, Tonx). The Springs is open at 608 Mateo St., Los Angeles CA 90021, and will be open from 7:00AM – midnight daily with 26 parking spaces. For more information: [www.thespringsla.com](http://www.thespringsla.com)

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