

The Catalysts

A mutually desired change in locale drew Mary and Lucy Firestone to our shores. Ready to leave the chill of the Northeast and the grind of the Left Coast respectively, the Firestone siblings (yes, they are cousins to the wine-making tire scions in the valley) chose the 805 to set down roots and further expand their mindful, restorative lifestyle brand **WILD PRECIOUS LIFE**. "Moving to Santa Barbara was an intentional life change for us both. We love having more time to spend with our families outside—at the beach and in the mountains—and also appreciate the nurturing yet vibrant small-town feel," say the Firestones, whose blogosphere includes motivational and uplifting messages, exclusively curated empowering retreats, and a one-of-kind organic fragrance, *The First*, created to embody the positive vibe that the sisters live by. "There is a sense of connection here, which we deeply appreciate as we discover new things almost daily and expand our community." G.T.

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Top to bottom:
MARY AND LUCY FIRESTONE
at East Beach;
The Firestones' premiere fragrance, **THE FIRST** (\$165); Firestones' next lifestyle retreat will be at Napa's Carneros Inn.

Mary + Lucy's HEALTHY MUST DOS

Massages at the spa at **BELMOND EL ENCANTO**, 805-845-5800, belmond.com/el-encanto-santa-barbara.

Prenatal yoga with Siddhi Ellinghoven at **SANTA BARBARA YOGA CENTER**, 805-965-6045, santabarbarayogacenter.com.
What a wise woman!

Acupuncture with **MINKA ROBINSON STEVENS**, 805-708-8779, minkarobinson.com.

Avocado toast and the Gold Rush nut milk with turmeric at **JUICE RANCH**, 805-845-4657, juiceranch.com.

Sweating it out with **JENNY SCHATZLE**, 805-845-6700, jennyschatzle.com.



SANTA BARBARA