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By EVIANA HARTMAN



Photo: Courtesy of Window of the Sky

New Age health clinics may be as common a sight in Los Angeles as gas stations these days, but the vast majority of them are a lot less easy on the eyes than they are on the body. Now, a new healing center and boutique opened by a fashion-world veteran turned acupuncturist is allowing visitors to leave looking as good as they feel. Housed in a tiny storefront on the eastern end of town in the creative-class enclave of Eagle Rock, Window of the Sky feels more like a chic Hamptons shop than a clinical practice. The whitewashed, barnlike space—whose design was inspired in part by the summers that owner Caren Motika spends in coastal Maine—espouses “a mission to help people find ways to be in the moment,” Motika says.

To this end, Motika offers not just reasonably priced treatments (acupuncture, massage, cupping, traditional Chinese mineral medicine, herbal and nutritional consultations), community events (mycology workshops, aura readings), and incredibly specific and sometimes esoteric products (hand-harvested herbal smokes, body oils infused with magic spells), but great—really great—things to wear. Alongside the herbal apothecary is an array of vintage and contemporary jewelry—including pieces by Motika’s childhood friend Sophie Buhai—and vintage dresses and lingerie curated by the Echo Park boutique Collection, a favorite haunt of designers and stylists.



Photo: Courtesy of Window of the Sky

As Motika explains, style and mindfulness have more in common than one might think. The name of the space refers to the acupuncture points located where jewelry is worn, which “connect individuals to their spiritual purpose and true calling,” she explains. “Adorning oneself involves the process of slowing down and admiring the object one is about to wear. We learn to appreciate the hand of the maker who created it.”

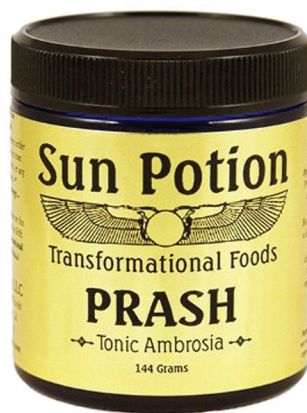
Here, she names five of her favorite products in the shop and discusses how they benefit the body and spirit.



"Hydrosols are aromatic plant waters produced through distillation. These are handcrafted by the owners in Ojai, California. I love the gentleness of this lavender for face, body, or as a relaxing room spray."

Wildcare Purple Majesty Lavender Hydrosol, \$18, hellowildcare.com

Photo: Courtesy of hellowildcar.com



“We love giving Sun Potion’s transformational herbs to our patients, but are particularly fond of the Prash. The Prash is a way to build immunity and support vitality—a delicious mixture of adaptogenic herbs, wild honey, and ghee. We like to mix this tonifying formula with hot water as a warming beverage, or just take it by the spoonful.”

Sun Potion Prash Tonic Ambrosia, \$37, sunpotion.com

Photo: Courtesy of sunpotion.com



"Persephenie's expertise on the subject of incense and aroma leads to beautiful handmade aromatic products. Her 'Santos' cone incense is lovely to give as a gift. It's made with the resin from the holy wood Palo Santo, which is traditionally used for energetic cleansing and healing."

Persephenie Santos Cone Incense, \$24, persephenie.com

Photo: Courtesy of persephenie.com



"Made with essential oils such as jatamansi and patchouli, this blend is a useful tool in accessing dream time. With the convenient roller bottle, you can anoint rest-inducing points such as the wrists and soles of the feet."

Floracopeia Dream Essential Oil Blend, \$30, loracopeia.com

Photo: Courtesy of persephenie.com



"I love the ritual of putting on one of [Sophie's] pieces of jewelry at the beginning of the day and having a moment of admiration for the beauty and timeless quality of the piece. Those present moments continue throughout the day as I feel the kinetic movement of the earrings, and again when I remove them at day's end."

Sophie Buhai Suzanne earrings, \$375, sophiebuhai.com

Photo: Courtesy of floracopeia.com