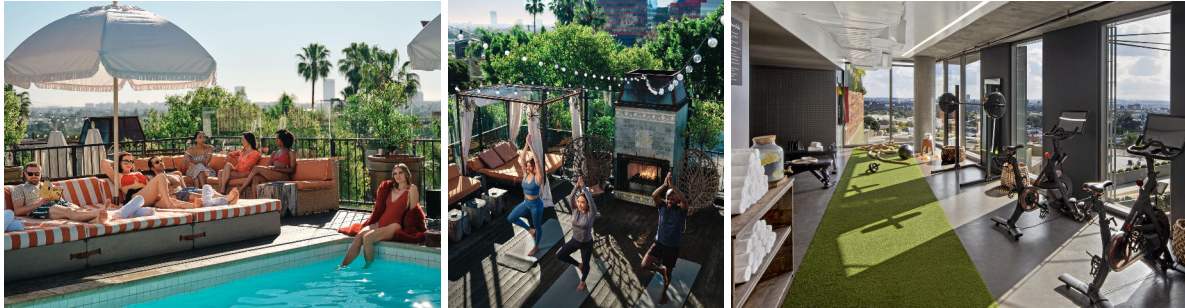


West Hollywood: A Guide to The West Coast Capital of Wellness



From the [world's first celebrity facialist](#) at Ole Henriksen to the birthplace of Barry's (the original HIIT workout), West Hollywood has long been ahead of the wellness curve. Today, that legacy continues with next-generation recovery, celebrity-loved gyms including DOGPOUND and Julianne Hough's KINRGY flagship studio. September puts the spotlight on West Hollywood wellness, with World Wellness Weekend taking place from 18–20 September 2026. Discover the hotels, treatments, workouts and nourishing eats that make compact, walkable West Hollywood the perfect place for a wellness escape.

Base Your Stay At

The West Hollywood EDITION

For a luxurious wellness escape in the heart of LA, [The West Hollywood EDITION](#) makes a stylish base on the iconic Sunset Boulevard, putting guests at the centre of West Hollywood's buzzing culinary scene, with acclaimed restaurants, boutique shopping and world-class fitness studios close by. The hotel is home to the only [Five Star Spa](#) in the global EDITION hotel portfolio, offering technology-led treatments, recovery therapies and restorative rituals, alongside a 24-hour fitness centre. Head upstairs for some downtime by the rooftop pool before settling in at [The Roof](#), the hotel's rooftop restaurant, where fresh, seasonal Mexican-inspired dishes are paired with tropical and Latin-inspired cocktails against panoramic views across Los Angeles.

1 Hotel West Hollywood

A nature-inspired sanctuary on the Sunset Strip, [1 Hotel West Hollywood](#) combines sustainable design with sweeping LA views, a rooftop pool and a strong focus on mindful living. For travellers looking to keep up their wellness routine while away, [The Field House Gym](#) at 1 Hotel West Hollywood is open 24/7, with state-of-the-art cardio and strength equipment alongside personal training. Hotel guests can also join complimentary group fitness and wellness classes powered by [Alo Wellness Club](#), with programming spanning a run club, Pilates, HIIT and strength training, while one-to-one sessions can include boxing and strength and conditioning.

The Sun Rose West Hollywood

For Sunset Strip glamour with a contemporary wellness edge, [The Sun Rose West Hollywood](#) pairs stylish rooms and suites with an impressive rooftop, dining and live-music scene. The hotel's wider wellness offering includes a luxurious spa and [24/7 private fitness centre](#), with facilities available to hotel guests throughout their stay. The rooftop pool deck also occasionally transforms into an open-air setting for wellness classes such as yoga, offering another way to unwind beneath the LA sunshine. Food is another highlight, from the newly opened rooftop [Oleander](#) to the intimate 12-seat [Yuhi](#) omakase experience, making The Sun Rose an ideal base for a wellness-focused West Hollywood escape.

Luxurious Treatments: Glow, Reset & Recover

The Spa at The West Hollywood EDITION – Five-Star Wellness

For the ultimate indulgence, stay close to home with a treatment at the hotel's [Five-Star spa](#). Try the Glow Facial, using non-invasive JetPeel technology to refresh and rejuvenate the complexion, or unwind with the CBD Sticks + Stones Massage, using CBD oil, natural bamboo sticks and warm stones to ease muscle tension and encourage deep relaxation. With a serene spa lounge, steam room and sauna, it's the perfect place to reset during a West Hollywood wellness break.

The Spa by Joanna Vargas – Celebrity-Loved Skincare

For a celebrity-worthy glow, head to [The Spa by Joanna Vargas](#), known for its results-driven treatments and A-list clientele. Book the signature [Triple Crown Classic](#), the facial celebrities turn to red-carpet appearances, combining diamond-tip microdermabrasion, microcurrent and an oxygen infusion to sculpt, de-puff and leave skin looking refreshed and radiant. Alternatively, the [Oxygen Purifying Facial](#) offers a deep cleanse and complexion refresh, perfect for adding a little awards-season preparation to the wellness break.

Ole Henriksen Face/Body Spa - Celebrity-Loved Skincare

For a celebrity-worthy glow, head to [Ole Henriksen Face/Body Spa](#) at Sunset Plaza, the first West Hollywood beauty destination. Its signature VSOTO Oxygen Facial uses specialised oxygen infusion and targeted serums to hydrate, plump and revitalise the complexion, making it an ideal post-flight pick-me-up. The spa has long attracted an A-list clientele, with names including Vanessa Hudgens, Kris Jenner and Katy Perry among its celebrity fans, and also offers LED therapy, massages, body treatments and bath rituals for a full day of pampering.

Remedy Place – Pioneering Longevity in West Hollywood

A pioneer of the modern wellness-club movement, [Remedy Place's](#) original location launched as the world's first Social Wellness Club, creating a blueprint for a new generation of longevity and wellness spaces that combine self-care, technology and social connection. Try one of its [60-minute vitamin IV drips](#), tailored to different wellness goals and enjoyed in sleek private suites, including the Hydration Drip for replenishment and recovery, and the popular Remedy Drip to support mental clarity, immunity and detoxification. The wellness space also offers hyperbaric oxygen therapy and infrared saunas, making it an ideal stop for visitors looking to experience the more innovative side of West Hollywood's wellness culture.

Next Health - Wellness Meets Innovation

Founded in 2016, [Next Health](#) opened its very first location in West Hollywood, introducing a proactive, data-driven approach to health optimisation and longevity that has since expanded to locations across the US and internationally in Dubai and beyond. Its Sunset Boulevard centre offers everything from cryotherapy and infrared LED therapy to hyperbaric oxygen therapy, IV drips, biomarker testing and hormone optimisation. For a standout treatment, try [NAD+ IV Therapy](#), delivered in its dedicated IV lounge, or Hyperbaric Oxygen Therapy, which uses a pressurised chamber and concentrated oxygen and is offered as a recovery and wellness treatment.

Work It Out: Move the WeHo Way

DOGPOUND WEHO – Train Like an A-Lister

For a high-energy workout, head to [DOGPOUND WEHO](#) in West Hollywood's Design District, an exclusive personal training members' club known for its one-on-one approach and influential inner circle spanning fashion, business and entertainment. Its expert training team delivers highly personalised sessions within the private West Hollywood space, which has been part of the neighbourhood since 2019. With Taylor Swift and Hugh Jackman among the high-profile names publicly associated with DOGPOUND, it offers a glimpse into one of West Hollywood's most exclusive training destinations.

Barry's 2.0 - Where the Burn Began

For a more intense session, book a workout at [Barry's 2.0](#) in West Hollywood, the next-generation studio just down the street from the original location where the global fitness phenomenon began in 1998. Book a [three-class pack or seven-day membership](#), and step inside the signature Red Room for RUN x LIFT, combining treadmill intervals with strength training, or try RIDE x LIFT, which pairs low-impact indoor cycling with weights. Known for its celebrity following, Barry's has attracted famous fans including Kim Kardashian, Harry Styles and Jake Gyllenhaal, making it a quintessentially West Hollywood way to work up a sweat.

KINRGY - Move, Breathe & Reconnect

Created by Emmy Award-winning dancer Julianne Hough, [KINRGY's](#) West Hollywood flagship is the only physical studio, taking a holistic approach to movement, blending fitness with dance, breathwork and mindfulness. Try [KINRGY Programs](#) including KINRGY X, its signature full-body class combining dance, meditation, breathwork and strength training, or KINRGY Rhythm for an uplifting dance-cardio session.

Dress the Part: Shop the WeHo Look

Sporty & Rich – Fashion Meets Fitness

New to West Hollywood in 2026, [Sporty & Rich](#) brings founder Emily Oberg's signature wellness-inspired lifestyle to its LA flagship on Melrose Avenue. Alongside the brand's fashion offering and collaborations, the space features an expanded café serving matcha, smoothies and organic cold-pressed juices, plus a private Pilates studio for bespoke classes, blurring the lines between shopping, fitness and wellness.

Aimé Leon Dore - Effortless Style Comes to WeHo

Also new for 2026, [Aimé Leon Dore](#) has brought its distinctive New York aesthetic to West Hollywood with a Los Angeles flagship on Melrose Avenue. Mediterranean influences and the brand's signature nostalgic style run throughout the space, which combines its fashion collections with a leafy outdoor courtyard and Greek-inspired café.

Madhappy - Feel-Good Fashion

Born in Los Angeles, [Madhappy](#) brings its optimistic approach to fashion and wellbeing to its West Hollywood store on Melrose Avenue. Known for relaxed, elevated staples and its wider focus on mental health, the brand is a natural fit for West Hollywood's wellness-minded lifestyle and an easy stop for laid-back pieces to take home.

Kith - Where Streetwear Meets Wellness

Over on Sunset Boulevard, [Kith West Hollywood](#) has unveiled a newly redesigned multi-level flagship bringing together fashion, footwear and lifestyle. Browse Kith's men's, women's and kids' collections before discovering its wellness-focused Apothecary and dedicated Footwear Gallery. Downstairs, a newly opened permanent New Balance space showcases more than 200 pairs of lifestyle and performance sneakers, while [Ronnie's Pronto](#) offers a convenient stop for salads, bowls and other grab-and-go bites.

Images available [HERE](#)

- Ends -

About Visit West Hollywood

Visit West Hollywood is the official marketing organisation that invites visitors to West Hollywood, California, a walkable, 1.9-square mile (4.9 square kilometers) city in the heart of Los Angeles. Located at the base of the Hollywood Hills and adjacent to Beverly Hills, West Hollywood is a creative and progressive city that embodies the quintessential L.A. lifestyle. West Hollywood is home to 21 hotels and comprises four main districts: the world-famous Sunset Strip with unparalleled nightlife; Santa Monica Boulevard, part of historic Route 66 and a vibrant, eclectic corridor; the Rainbow District, a global epicenter of LGBTQ+ culture and nightlife; and the Design District, known for its sought-after shopping and dining. West Hollywood enjoys a year-round moderate climate and thanks to its prime location and hip atmosphere, West Hollywood serves as home and playground to many celebrities.

For more information on West Hollywood, please go to: [VisitWestHollywood.com](https://www.VisitWestHollywood.com). Follow Visit West Hollywood on Facebook ([westhollywood](#)), Instagram ([@visitweho](#)), TikTok ([@visitweho](#)), and YouTube ([@VisitWestHollywood](#)). Additional press images can be found [HERE](#).

For further press information, please contact Black Diamond:

- PR Account Executive: Kinza Chaudry kinza@blackdiamond.co.uk
- Senior PR Account Manager: Ilse Henderson ilse@blackdiamond.co.uk