

## Healing Wisdom

Nataly Pluta, owner/founder of Pluta Movement Therapeutics, has moved to a larger facility to accommodate her growing list of clients.

The new Solana Beach suite provides private treatment rooms, a larger yoga studio, and the daily availability of massage therapists and a Reiki practitioner. Expanded services include new state-of-the-art laser treatment for immediate pain relief of chronic conditions such as plantar fasciitis,



osteoarthritis, lumbar spasms, migraines, and other chronic issues. Pluta has made sure the new space addresses all of the senses with aromatherapy, the healing and

spiritual color of purple, a shoeless environment, one on one hands-on healing, soothing acoustic music, and last but not never least, dark chocolate treats. “Besides addressing all of our senses, we also address the whole person, not just the body part they are complaining of,” says Pluta. “Most often the area of pain is not the true cause, so we address the entire person’s

body and mind.” Pluta also incorporates the healing wisdom of yoga to reduce stress, release tension, and align the body. (619/787-2729, [www.plutatherapy.com](http://www.plutatherapy.com))



## Get Fit

The brand new Fit Athletic club opened last month downtown in the DiamondView Tower, which overlooks Petco Park. Touted as a “gym meets country club meets nightclub” atmosphere for the hot and hip in San Diego, the high-end club features a members-only lounge with computers, cardio equipment with individual plasma TVs, eucalyptus steam rooms, dry saunas, the Zen Den featuring a yoga and Pilates studio (the Seventh Inning Stretch Yoga classes will take place on the deck overlooking the ballpark during games), self defense classes, Japanese meditation garden and koi pond, and an outdoor lounge pool with cabanas and fire pit — all with a vista view of the city skyline. (619/764-5348, [www.fitathletic.com](http://www.fitathletic.com)) — Alicia Garcia



## Well-Heeled Health

“He’s a well-heeled man.” That phrase was common in Europe during the 19th century. People judged a man’s position in life by what shoes he wore, and most noticeably by whether or not he replaced worn-out heels. Essentially, a well-manicured man turned heads. Today it’s no different, save for the fact that many men are too busy to keep up with proper daily grooming regimens. Which is where Well-Heeled Spa comes in. The downtown rejuvenation spa offers the latest in style and color treatments for hair as well as rooms for facials, body de-stressing, whole body muscle massage therapies, and manicure/pedicure regimens — all to get the hurried businessman back at the top of his game. And don’t let the etymology of the name confuse you, the spa has just as many treatments for women. This summer, be sure to get in on their Makeover Mondays at the Minus 1 Lounge at the Keating Hotel — only \$18 for a cocktail and your choice of manicure or massage. (619/338-8385, [www.wellheeledsalonspa.com](http://www.wellheeledsalonspa.com)) — Alicia Garcia