

LA Unscripted | May 10th, 2023

Hot spots and hidden gems to lots of local flavor It's your guide to L A
The unscripted Way from the beautiful the La Costa Resort and spa in
Carlsbad California Hello everyone and welcome to L A unscripted I'm
Devin And here at the La Costa Resort and spa there are countless stunning
spaces to sit enjoy the view maybe even have a nice glass of wine right now
Jasmine Simpkins is doing that very thing in a different location in a very
different way Hi I'm Terence Stevenson I'm Khalil Kinsey and we are the
owners of offhand wine bar All Fan wine bar is a wine bar that has a heavy
focus on West Coast natural winemakers Offhand is an extension of our crew
West Side Winos and our uh kind of unconventional casual approach to wine
This is West Side Winos good soup good soup Wine is often uh treated as a
very serious kind of thing and we wanna bring a little fun to it So off hand is
the way that we introduce ourselves To be honest the reason we picked Santa
Monica is because Santa Monica picked us We're West Side as we know
born and raised here in Los Angeles Our other partner is also a California
native as well He found the space and he knew the concept that we had and
he was like hey I I got a good space for you guys Would you like to take it
And we were like absolutely How did you learn how to swirl so good Just
years of practice of practice It's all in the wrist This is actually two
operations in one by day it's please enjoy coffee bar and by night it's offhand
Please enjoy The coffee side is open from 7 to 4 p.m. and then offhand opens
at five to midnight It really does transform the lights get dimmer Uh The
music gets louder the volume overall right from the people to to everything
gets gets a little turned up and then the wine starts flowing We offer uh
weekly wine flights uh selected by our partner Justin and we offer education
as well So every Friday we call it flight school because we love to give
knowledge to everybody We only pick four wines at a time So you won't get
over overload of information I see what you did there So it changes every
Friday and then it's available every day Look at the wrist There you go I
smell it You gotta teach me that Um What what do you Yes the aeration Yeah
I've gotta learn how to do that Ok Wait I like this one There's definitely food
here So and and it's like Khalil likes to say enough to keep you here We have
some great small bites Charcuterie board cheese plates marinated olives A
few other things We are very well known for our grilled cheese sandwich
here Would you say that Like you guys get people who come in all day long
come for coffee and come back again at night Oh yeah Some people just

close down the cafe and stick around to the wine There's such a rich history of black community and black business here in Santa Monica in many ways us being here is you know carrying on tradition That was so much fun And so was this head to Echo Park and take a ride on the Swan James Yep That's the name of the pedal boat on a lake that's steeped in history We're the number one thing to do in L A on Tripadvisor right now So whether you're a local out of state out of the country even people from internationally have this on their agenda to do Can you tell me a little bit about Echo Park Lake in 18 90 This was a man made reservoir slightly after that They decided to build a boat house here you know back in the 19 hundreds this was kind of where L A somewhat started Charlie Chaplin had his first movie in this area in the 1910 The boat house was completed and that's when the population started changing and that's when Echo Park started becoming what it is today And the reason Echo Park got its name is the city councilman who was conducting construction here could actually hear his echoes from the park against the mountains and the foothills Back in 2017 we reintroduced the swan boats to the location which were here 100 years ago And since then over the past three years we've been serving over 150,000 customers every single year kids families couples coming out for date nights just kind of a day out of the house here at Echo Park Lake we take safety very seriously So you've already signed your waiver Let's go ahead and get your life jacket on and buckle and do these Swans have names These Swans have whatever you want to name it You can name it Some of the staff name them Lewan James I want to ride in Le Swan James I'm doing it Me and Lasan J To me this seems like something really safe that people can do during the pandemic We require you to come with your same household You have to have a mask on while you're in line But once you're out there you can take your mask off and enjoy an hour on the water at night It's wonderful Each swan boat has an led light on it and it illuminates the water while you're pedaling you get to see the all the downtown L A skyline You see the fountain You guys this is so much fun It's so peaceful and it's so great to be outdoors But more than that it's actually a really great workout And I'm talking for this Come out here and meet Las Juan James You're gonna love it Welcome back to L A unscripted from the LA Costa Resort and Spa in Carlsbad California Now if you didn't already think our Olivia is the coolest chick on the planet you will after this Can you smell the leather It's Biker Babe Day or to riding into the newest celebrity owned hot spot There's a fun new restaurant in downtown L A but it's more than just a restaurant It's more of an experience I'm taking my

bike to get there Well if you go back to the essence of it motorcycles are cool and they've been cool for a very long time which is why they're in films and adverts and pop videos and motorcycle culture is a thing that a lot of people relate to even if they don't ride And it has a community and that community isn't always very well served It you know quite often motorcycle venues are spit and sawdust and you don't get a great experience And so they're not really attracted to people that think bikes are cool but don't ride So we wanted to create a space that celebrated motor culture and motor people The bike shed is a home for people that love bikes and the people that love the people that love bikes to come and meet other like minded people in a beautiful setting a restaurant a barbershop a tattoo studio retail and um just frankly a really great space to to come and hang L A really feels like a bit of a melting pot just like London And we felt that you know we know that there are more bikers riders in L A than there is anywhere and it was just a natural fit for us But we love the idea of there is it's so di and especially here in the arts district in downtown Literally it's like we've taken our Shoreditch venue in London and literally put it here and it just feels exactly the same L A is arguably the natural cultural home for motorcycle culture You are gonna take us on quite the tour I'm very excited Where are we gonna start We're gonna start right here at the bar That's the best place to start Lovely bar No TV S and then follow me around here lovely lounge Our sofas are all brought from London We've got a three chair tattoo studio four chair barbershop So you can come and get in get a trim hang out I love that It's all open Everyone can just hang out and then kind of see in It's great It's very like inclusive Absolutely And that's what it's about for us It's about the art And you mentioned that this wasn't just for bikers It was for anybody Right Exactly Exactly And you can see the the gear that's around Literally anyone can buy this stuff Great hoodies great T shirts great caps trousers I I'm literally art You can even buy art here So we're gonna go and check out the secret space at the Don't look at this I know the wine cellar Very important Biking's just kind of cool So I think it's just relatable It stands for something and and we just want to be the natural home of that And also we want to preserve motorcycle culture for the future from biker Bad to body blush Don't forget Mother's Day is just around the corner So let's get style smart and add some sparkle to the special occasion And if you can't get to the spa think big shop small and get the spa treatment at home with skins shine beauty body blush Oh You guys I love this stuff so much I've been using this for years I love it First of all it's it's so clean it's so beautiful It makes your skin look so glowy

So it kind of gives you like a blush to your skin So like if you don't necessarily want to use self tanner or like say you're going somewhere and your arms are really pale you just do it plus it makes you look really toned believe it or not And it feels so great I feel that sometimes you want a little shimmer and shine and you need a little color 100 plus You know now we're in spring coming out of winter So sometimes we want that little blush and if you put it like kind of on your clavicle and its like so pretty right next to your face and it comes in two different scents Ladies I love it because it's made with golden hohoba oil and other natural essential oils So it's great for the body all over the whole family can use this Love this for Mother's Day 100% every mom You know if you don't know someone's size you don't know their preferences Here we go B was one of my favorites Welcome back to L A and scripted from the Magical on the La Costa Resort and spa Now are you in the hunt for the perfect Mother's Day gift for that lady in your life There is such a special occasion coming up and to celebrate We brought in our sponsor and BFF Sima Cohen Hi S so good to see you Thank you for having me Mother's Day is quickly approaching and I'm so excited to share my topics and gift ideas for all the moms in our life That's so good I haven't done any shopping yet So you're saving my life Thank you I am as always What's the first thing All one thing every mother needs to get to her day is the proper nourishment and nutrition That's why sushi organic crops juices and shots with daily wellness and nutrition in mus this one it has strawberry raspberry lemon honey I know amazing blended with organic fruits veggies and function and ingredients Sushi organic empowers you with the essential needed to take charge of your day Mus love the nutrition but I feel like they need a little pampering too That's right Are you ready to rose all day Always always the perfect way to wrap up a gift for mu This Mother's Day because it's with a bottle of Martini and Rossi Sparkling Rose inspired by the famous Piedmont region This finely balanced P Mane uses notes of oranges that create a delightfully crisp and easy beverage to sip and enjoy Martini And Rossi believes that time is best shared together So there is nothing like bringing loved ones together This Mother's Day over a glass of Martini and Rossi Sparkling Rose I'm a dog Mom Does it work to meet you Oh absolutely Of course Of course I'll just take Yes I'm just kidding I'll save some for everyone I guess Um See I see bread Yes Not just any bread This one is my cup pick for a quick snack Brazy bite makes a delicious grain free version of Brazilian cheese bread that uses wholesome ingredients to make the perfect snack all meal for the whole family I can't wait any longer owned by a busy mother

This compact and easy to make snacks are perfect for all mums on the go just mini in the oven or air fryer and they come out crispy on the outside and fluffy inside and we'll give you an absolutely delicious Mother's Day bite All right So I've had my fill of bread What's next for mum All mums always worry right here is one way to eliminate worry from all of our mum's life Did you know your electronic devices produce harmful EMF and RF radiation safe sleeve cell phone and laptop cases use shielding technology to protect again 99.9% of harmful EMF radiation So it goes right over the like a regular case Exactly And moms are always giving their kids like Lats ipads This is perfect for that Exactly In addition to the cases they also release an RF blocking blanket which will leave you and your family feeling protected and cozy Now I have ideas for my mom So thank you But you have one more Right I have one more now that mom is taken care of How about a special treat That's not only nutritious but also delicious Cocoa is a non dairy all natural and sugar free coconut yogurt that uses only four ingredients to create a delicious treat What I love about that If you can see here she actually listed another mom owns Um She lists her ingredients right at the front She has absolutely nothing to hide I love that Coconut yogurt is all the craze right now Everybody loves it And apparently it's delicious I haven't tried this one yet Cocoa's Yogurt is exclusively available at everyone's stores across Los Angeles or on the website at cocoa yogurt dot com Cheers Cheers Happy Mother's Day Now this is the kind of place you'd want to wake up and have a nice cup of coffee from your stunning villa But if you're back in L A check out this totally cool coffee shop for decades The park has been the hub of the African American community right here in Los Angeles with a host of amazing businesses like her coffee right here on Dean Boulevard Let's sip and see more My own coffee is a community hub a coffee shop and a art space in Los Angeles The coffee shop uh opened here in the Mur Park 2018 My parents uh my father in particular was involved in the restaurant business Um I never really saw myself getting into it because I took so much time and um you know I was making a decent living working in the music industry but I saw this as an opportunity to do something in the community The Mert Park is uh historically the social political center for all Black life in Los Angeles Uh between here and Watts in particular this space here that you're in uh was once owned by uh Dale Davis and his brother who had something called the Brockman Gallery Um It's been Papa West There was a place called um Elephant Walk at one point as well Over here on Degnan it's affectionately known as or technically known as La Mer Park Village So

you'll see the type of activities that you that are kind of synonymous with the village every day or at least Saturday and Sundays We have an open air market where vendors come out here We have a drum circle that is you know world where now um it used to be on Sundays but pretty much every weekend Now you get a large gathering of people that uh get gather around to play the gym day in Congo Yeah So a lot of that hustle and bustle I can assume trickles into the coffee shop This is a a coffee company a coffee shop but we also sell tea So we have great macha Um We have great chai tea wild Villager people really like our smoothies We have the food truck which is uh which is a dual concept Um uh Between me and my cousin Donnie Woods It's a um community kitchen is what we call it in the morning We have a a breakfast sandwich we have vegan French toast We have uh a breakfast plate that includes pancakes um potatoes and your choice of uh turkey bacon or vegan sausage show But well congrats to you because now this business has allowed you to open a second location in downtown L A How does that feel It feels amazing Um Yeah I mean the the the goal for us is to continue opening them up in places that have communities downtown is a little bit smaller than this It's more of a New York style grab and go uh coffee experience with us right in the Diamond district And we get so much foot traffic down there already So we're we're really excited about you know the promise of what that could become So if there's one thing you can say about social we are always ahead of the exercise game and we have the latest ways to get fit This next place is proof and I found it pretty shocking in a good way Good to hear Beeping in 321 Don't be surprised what Lightning Fit uses electro muscle stimulation on a suit on the outside of your body while you do functional fitness to amplify your muscular recruitment during your workout So you get a little bit more bang for your buck food is coming up Tell me when wow in terms of what electro muscle stimulation is for normal humans the best way to describe it is what naturally happens inside of your body So your brain signals your muscles to fire during a workout Basically by putting a suit on on the outside we're magnifying that the outside in we're going to give you an under it's just a full cotton outfit Top and bottom The unders suit is made out of a material that helps to make the simulation as efficient as possible Getting to those muscle fibers to fire them So in the suit we have electrodes on nine major muscle groups Next exercise you're gonna punch across you're gonna dip punch dip punch dip punch There you go Good Ok now I'm gonna take up your abs and your chest pads So just keep moving Oh I feel the abs and here come the abs Let's give it a boost and feel it out How's

that The thigh muscles are like jumping off the bone My butt feels like it's like doing its own kind of unique dance We don't really have large pieces of equipment because we don't need them by wearing the suit We're magnifying that effort level without putting excess stress on your joints You can burn roughly up to 700 calories in a workout So it can be equal to about a two hour long training session in terms of a traditional training session But you get that done in about 20 minutes Do you feel like it's a lot harder to the movie Yeah The experience is different for each person So that's the beauty of what we do at lightning Our clients range from busy executives to mom and that is all the time we have for tonight Thank you so much to the cost of hotel and resort here in cars that California It's beautiful Come check it out Good night everyone We'll see you next time