



North County Resources

Places to rest, move, eat, and restore in North County San Diego.

HEALING PRACTITIONERS

Coastal Lymphatic & Massage Therapy (Wendy Sallin)

Lymphatic drainage, lymphedema therapy, and therapeutic massage from a certified lymphedema therapist.

Carlsbad Village; in-home visits case by case
(760) 310-9326 | coastallymphaticmassage.com

Stay in the Flow (Elizabeth Alvillar)

Sound baths: a monthly full moon group session, plus private and on-location sessions.

Carlsbad; on-location available
stayintheflowwellness.com

Group sound bath \$30; private sessions from \$95

YOGA STUDIOS

Soul of Yoga

Daily yoga classes, in studio and online.

627 Encinitas Blvd, Encinitas
(760) 943-7685 | soulofyoga.com

Yoga on State

Yoga classes in Carlsbad Village.

2697 State St, Carlsbad
(760) 994-0600 | yogaonstate.com

STORES

Earth's Elements

Crystals, candles, handmade jewelry, and gifts.

300 Carlsbad Village Dr, #106B, Carlsbad
(760) 637-5287 | earthselements.com

Village Rock Shop

Crystals, rocks, and minerals.

2815 Roosevelt St, Carlsbad
(760) 626-8520 | villagerockshop.com

WALKING & HIKING

SRF Meditation Gardens

Quiet gardens with koi ponds, meditation nooks, and ocean views.

215 W K St, Encinitas
(760) 753-2888 | encinitastemple.org

Tue to Sat 9 to 5, Sun 11 to 5. Closed Mondays and in rainy weather.

Torrey Pines State Natural Reserve

Coastal bluff trails above the ocean.

12600 N Torrey Pines Rd, San Diego
(858) 755-2063 | parks.ca.gov/torreypines

Trails closed for construction until about March 2027.

The beach is open.

RESTAURANTS

Birdseye Kitchen

Vietnamese.

540 N Coast Hwy 101, Leucadia (Encinitas)

birdseyekitchen.com

The Camp Store

Casual food and pizza at South Carlsbad State Beach.

7201 Carlsbad Blvd, Carlsbad

thecampstore.com

Nectarine Grove

Healthy, farm to table.

948 N Coast Hwy 101, Encinitas

nectarinegrove.com

Board & Brew

Sandwiches.

201 Oak Ave, Carlsbad

boardandbrew.com

Jalisco Cantina

Mexican.

2961 State St, Carlsbad

(760) 841-8404 | thejaliscocantina.com

COFFEE SHOPS

Carlsbad Village Books

Independent bookstore and café.

640 Grand Ave, Suite A, Carlsbad

[Instagram](#)

French Corner

French café, bakery, and crêperie.

2744 Carlsbad Blvd, Carlsbad

frenchcorner.com

Vigilante Coffee

Coffee.

1575 S Coast Hwy, Oceanside

vigilantecoffee.com

Heart Alchemy Institute | heartalchemyinstitute.org | savannah@heartalchemyinstitute.org

Last updated September 2026. This list is for information only and is not an endorsement.