

INSIDE NBC'S  
STUDIO SHAKE-UP

MALL WARS! L.A.'S NEW  
RETAIL SHOWDOWN

'GAY CHEERS':  
THE ABBEY TURNS 25

# THE Hollywood REPORTER

JUNE 17, 2016



For the first time, **BILL SIMMONS** reveals plans for his new HBO talk show — but not before he relives the exquisite agony of his bitter ESPN breakup: “Ask yourself this: ‘Who would work there that you respect right now?’”

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**12** O'Reilly was photographed May 23 in his Manhattan office.



**50**

Gifts for Dad: Tom Ford striped shirt; \$475, [reporter.com](http://reporter.com); Burberry two-toned dotted silk tie; \$190, [saks.com](http://saks.com)



**56**

A treatment room at Faena Hotel Miami Beach's Tierra Santa Healing House, where every therapy includes what's known as a "sound bath."

## DEPARTMENTS

**THE REPORT**

**Inside NBC's Studio Struggles** ..... **21**  
As chief Bela Bajaria exits, Universal TV focuses on building broader hits for the network.

**Emmys: If Don Draper Wins, My Show Should, Too** ..... **28**  
ABC's *Fresh Off the Boat* showrunner argues that comedies should get the same awards love as dramas set decades ago. **By Nahatchka Khan**

**7 Days of Deals** ..... **30**

**ABOUT TOWN**

**The Red Carpet** ..... **34**  
At Yad Vashem's Salute to Hollywood gala and Hillary Clinton's She's With Us fundraiser concert.

**Rambling Reporter** ..... **38**

**Hitched, Hatched, Hired** ..... **40**

**THE BUSINESS**

**Executive Suite: Bill O'Reilly** ..... **42**  
The Fox News firebrand on his private calls with Trump, Megyn Kelly, the summer's convention "cage match" and coming around on Sean Penn.

**Want the Good or Bad News About China First?** ..... **46**  
The country's movie industry is set to grow 19 percent a year, says PwC's new annual report, but Hollywood's share of that box office is slipping.

**STYLE**

**Top of the Pops** ..... **50**  
11 very L.A. ways (dogs! golf! cars!) to celebrate Father's Day.

**Mall Wars! L.A.'s New Battleground** ..... **54**  
The battle for Mario Batali's Eataly is just the beginning as shopping centers race to complete nine-figure reboots to lure big spenders back from online.

**Sorry, You Can't Reach Me. I'm Busy Floating** ..... **56**  
The town's newest getaways are purely mental as saltwater tanks, "sound baths" and escape-room games become the new stany antidotes to anxiety.

**REVIEWS**

**Film** ..... **85**

**12 Shore Things to Read This Summer** ..... **87**  
Books to bring to the beach, from Amy Schumer's memoir to a hot debut about the Manson murders.

**BACKLOT**

**A Royal Goodbye to Blue Skies** ..... **90**  
USA's quirky medical drama *Royal Pains* reaches a milestone as it signs off.

**Anneecy: 'It's a Mecca for Animation'** ..... **94**  
The sleepy French village plays host to high-profile previews, charming shorts and geek royalty.

**These 3 Directors Love John Williams** ..... **96**  
Steven Spielberg, Chris Columbus and Richard Donner laud the *AH Life* Achievement honoree.



## SORRY, YOU CAN'T REACH ME. I'M BUSY FLOATING

The town's newest getaways are purely mental as saltwater tanks, 'sound baths' and escape-room games become the new starchy antidotes to anxiety *By Bee Shapiro*

**W**HEREAS ONCE on-call private masseurs did the trick, with today's 24/7 connected culture and top TV and media executive shake-ups, who could blame Hollywood for seeking out more novel escapes? "Tuning out the whole world," says *Orange Is the New Black* actress **Jessica Pimentel**, can be a blissful side effect of the following new therapies.

**Flotation Therapy**  
Back in vogue, flotation therapy — which involves floating on one's back in an enclosed pod or pool filled with buoyant saltwater — spiked in popularity in the early '80s before unfounded AIDS fears took hold; now new centers are cropping up on both coasts. Spurred by Ultimate Fighting Championship commentator **Joe Rogan**, who advocates on his podcast the mind-clearing benefits of floating, Pimentel has been heading to Brooklyn's **Lift Floats** (**Keri Russell** is also a fan) for 60 minutes of isolated "me" time (\$99). Relaxation stems from being submerged in water, coupled with sensory deprivation, with nothing to distract you save for the ceiling of the pod, says co-owner **David Leventhal**. "The environment makes it easier to meditate." Adds Pimentel: "It's like resting

on a cloud, [with] a good hour to yourself where you can indulge in a weightless, beautiful environment." According to a recent study from Karlstad University in Sweden, "restricted environmental stimulation technique (REST) in a flotation tank can generate a multitude of beneficial effects like pain reduction and stress reduction." In fact, **Jim Hefner**, CEO of **Just Float** in Pasadena (\$60 for 60 minutes), says his facility particularly appeals to creative types because "by removing outside stimulation, it frees up resources in the brain to solve problems like writer's block."

**Sound Baths**  
Originally founded in Tibet or Nepal, this trendy new healing modality — featuring the playing of metal bowls to create vibrations that induce relaxation — has been taking luxury hotel spas by storm. At **Faena Hotel Miami Beach** (frequented by **FKA Twigs**,

**John Legend** and **Chrissy Teigen**), a 10-minute sound-bowl segment is incorporated into all bodywork treatments (\$185 for 60 minutes). Vibrations from the bowls (which sound like otherworldly humming) tap "immediately into the theta waves, which are part of your sleep pattern, in the brain," says wellness director **Vivianne Garcia-Tunon**. "People who don't sleep enough at night don't get those theta waves." **Nina Dobrev** had a massage that started and ended with sound bowls at **The Mulia** in Bali, which she called "rest and relaxation at its finest." Meditation centers around Los Angeles offer group sessions: **Unplug** in Brentwood features a Saturday night 75-minute sound-bath special session for \$20. **Charlize Theron** and **Robert Downey Jr.** have made the pilgrimage to the **Integratron**, near Joshua Tree, Calif., which claims to be an acoustically perfect space. With sound-bath sessions starting at \$25 for 60 minutes (25 minutes of live playing followed by recorded music for the rest of the session), the desert setting is a popular stop for Palm Springs regulars.

**Escape Rooms**  
In Hollywood, the mingling of off-duty fun with networking has migrated from after-work drinks to group spin classes to, now, staff outings at escape rooms. The venues — where about 10 people voluntarily lock themselves in rooms as

small as 20 feet by 40 feet and have 60 minutes to solve puzzles and logic games to find an exit — have started sprouting up around L.A. and attracting stars to boot. (If you want out, there's an emergency exit button, an unlocked door or a staff member present to end the session early.) Downtown's **Escape Room LA**, which has been around for 12 years but lately has seen a surge in popularity, has hosted teams from DreamWorks, CAA and Sony Pictures. "Perhaps it's because of the entertainment connection in L.A., but people here like things that allow them to escape from their regular lives," says **John Hennessy**, founder of Escape Room LA, where the toughest room has a completion rate of only 9 percent. (Tickets cost \$30-\$35 per person.) "Team-building is such a cheesy word," says **Edd Adamko**, executive producer of ABC7, "but you can bond with work friends, and you'll see them in a different way." Opened in DTLA in June, **EscapeIQ** (\$32 per person) is where **Dax Shepard** recently celebrated his birthday with wife **Kristen Bell** and friends; it has a new room debuting later this summer.

**Forest Bathing**  
Don't think hot-tubbing among redwoods: With roots in Japan (where it's called *shinrin-yoku*), forest bathing includes immersion exercises paired with a nature walk.



At **L'Auberge de Sedona**, Ariz., where **Jake Gyllenhaal** recently stayed, forest bathing (\$150 for one hour for up to four people) involves a leisurely stroll in the woods plus "a series of invitations like, 'I invite you to close your eyes now and listen to the sound of the creek,'" or communion with a "celebration tree," says **Catherine Powers**, the spa director. Tree-bonding might sound hokey, but it sure beats car honking on the 405. Says Powers: "It can be magical for people from urban environments." **ETW**



Theron



Gyllenhaal

