

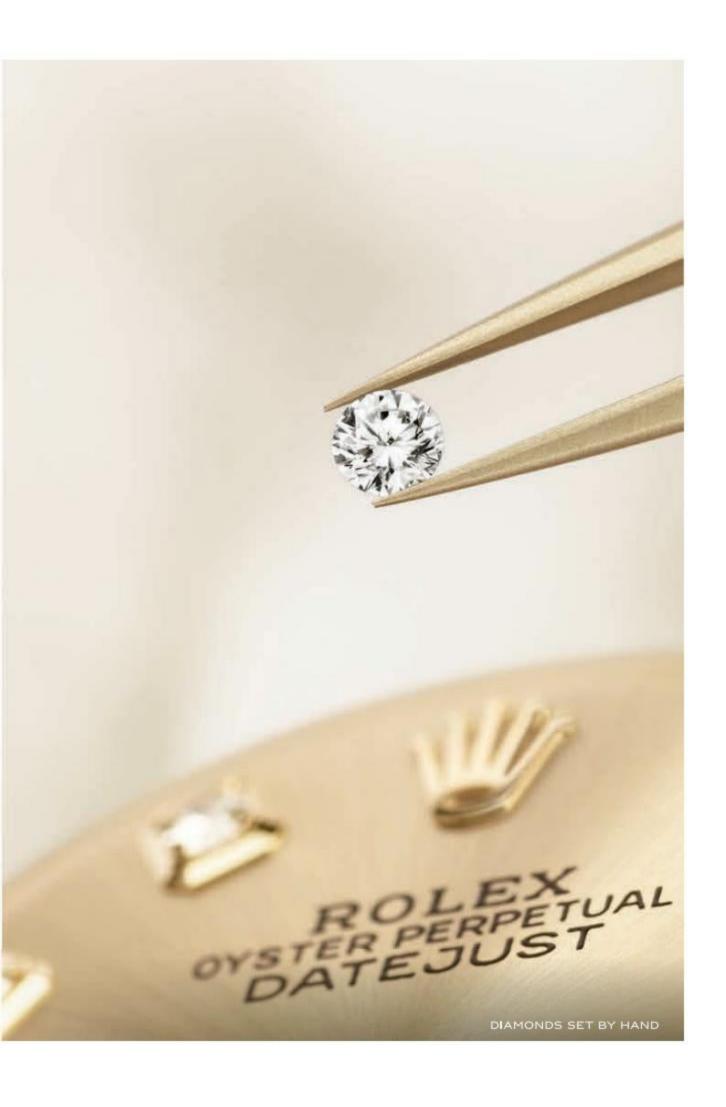
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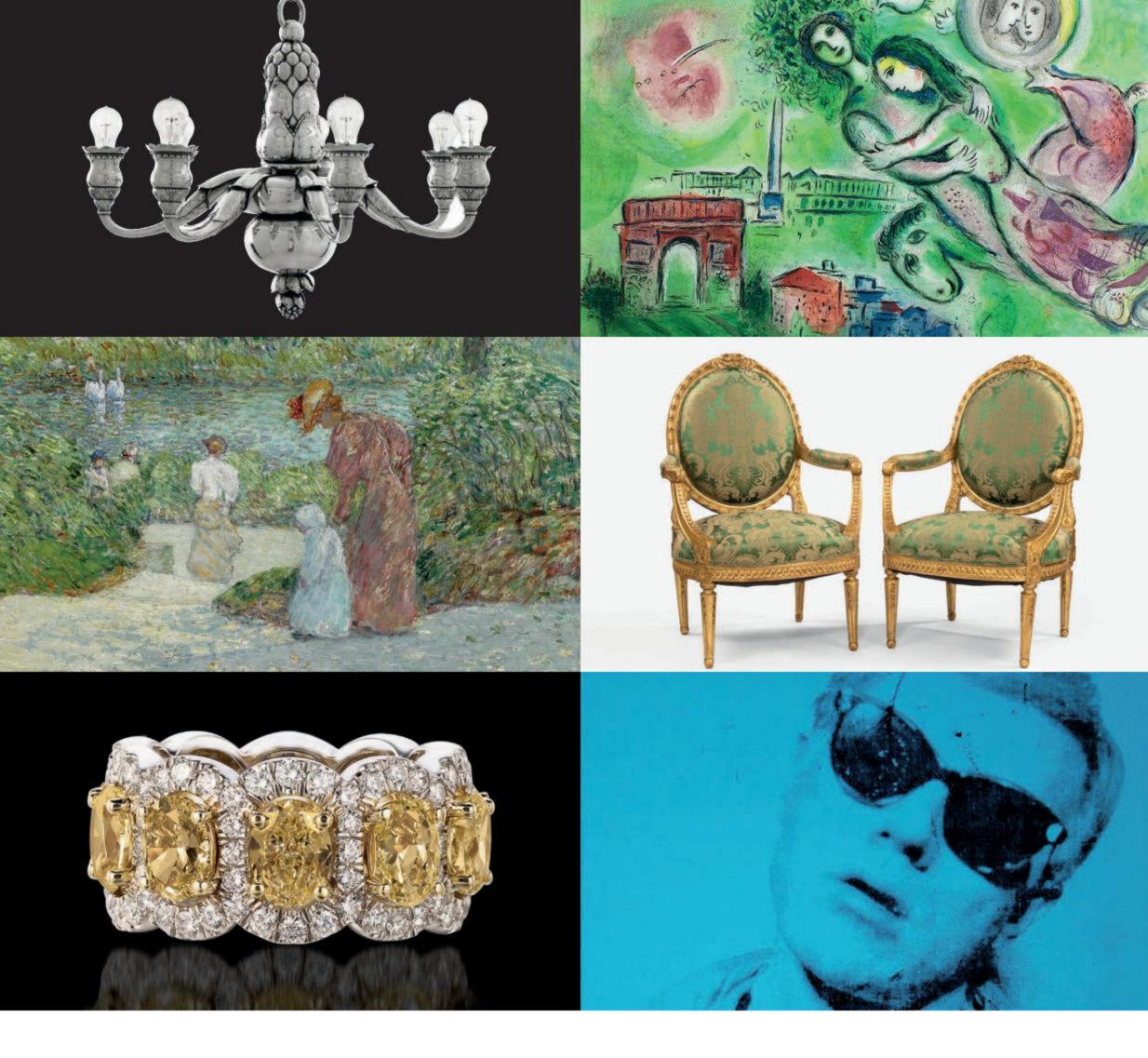


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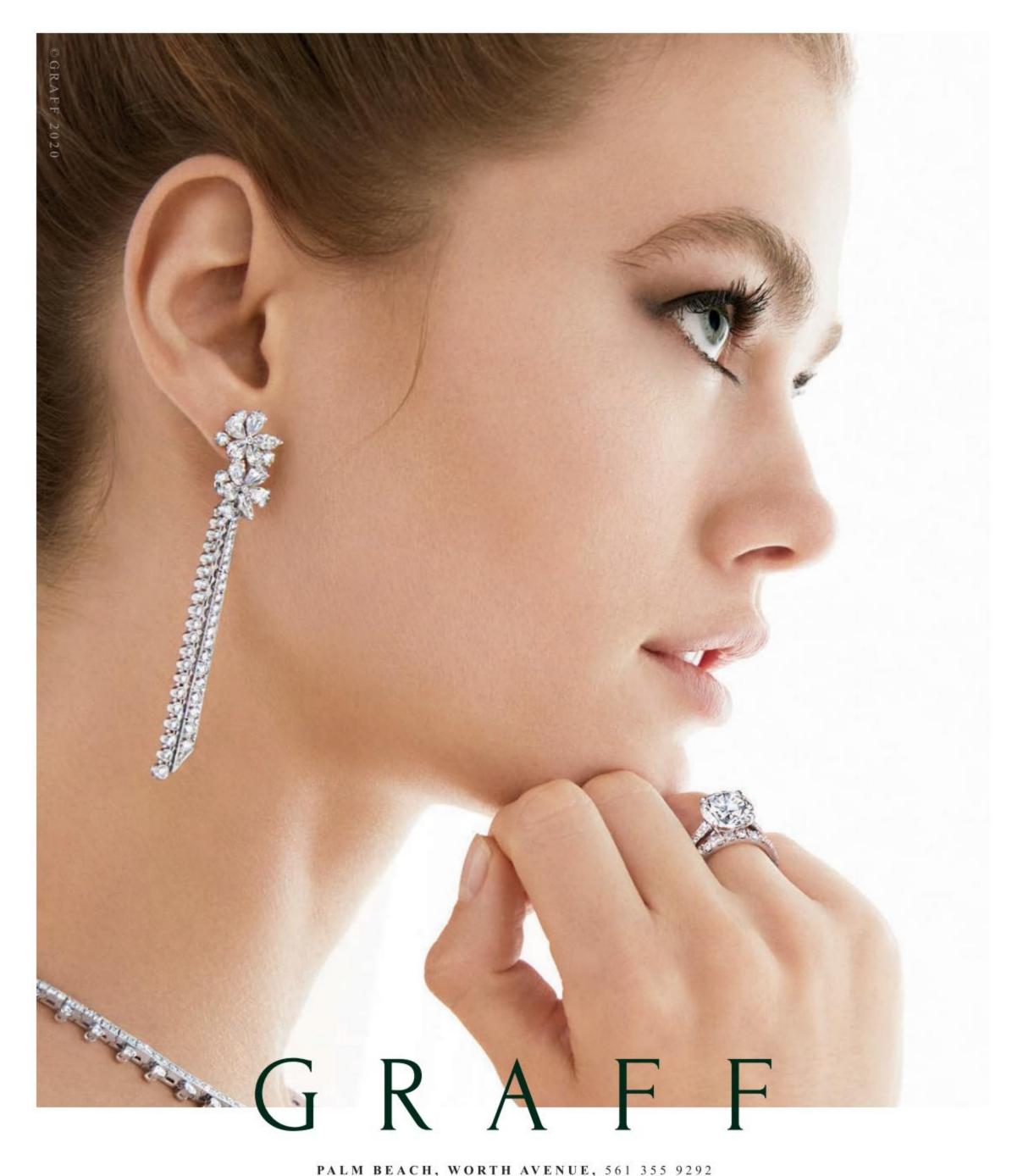
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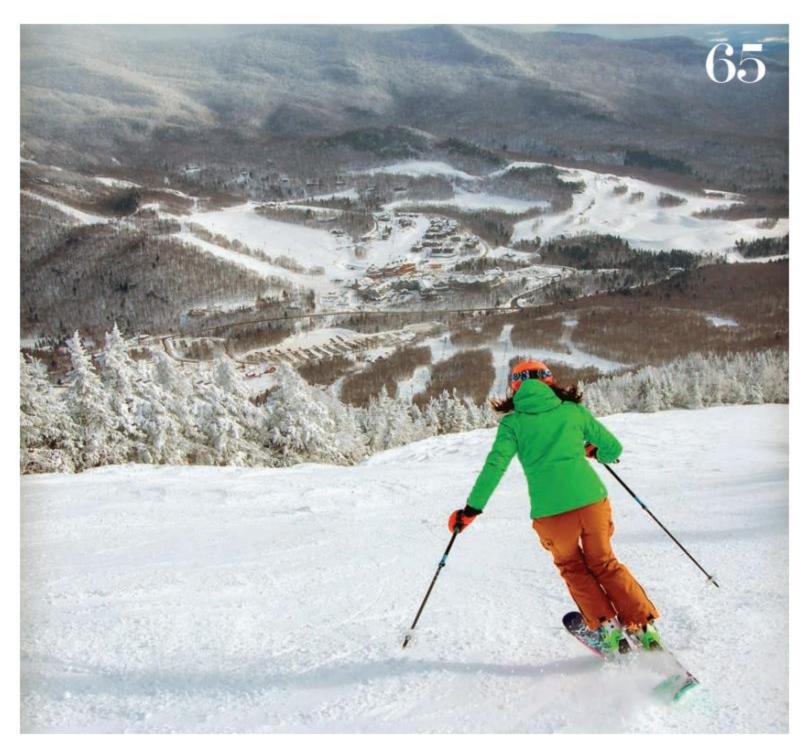
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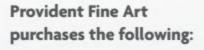


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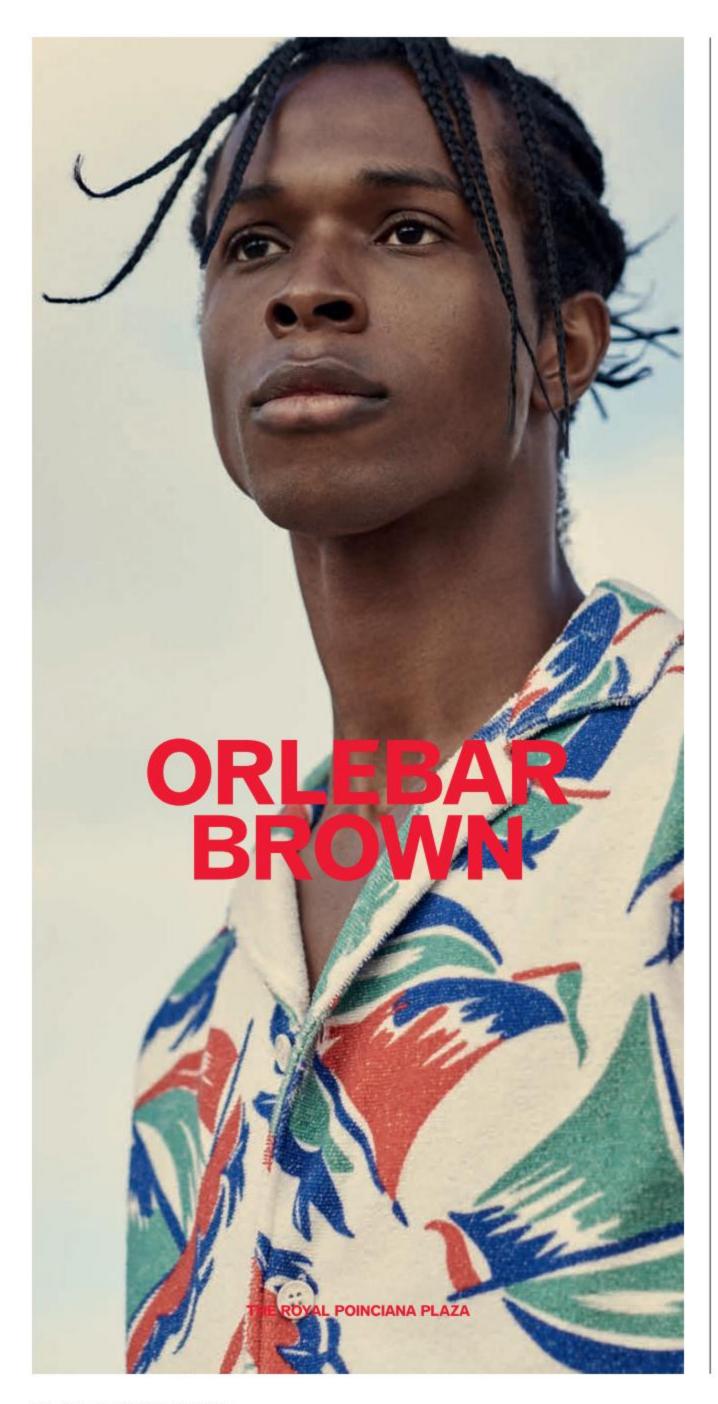
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#### FROM THE EDITOR

## Feeling MERRY

After such a roller-coaster year, settling into the holidays with your tribe feels like wrapping yourself in cashmere on a blustery day: warm, comforting, familiar. This year more than any other in recent memory, celebrating the holidays is all about tradition, time-honored and new. In our house, we're incorporating a little of both. We've always upheld the Greek custom of feasting with extended family on Christmas Eve, then exchanging presents on New Year's Eve, which is the night Santa Claus (Saint Basil for us) visits. But since Florida is home and our 11-year-old twins were born here, we embrace American traditions equally. This, of course, means an entire month's worth of gatherings and gift exchanges, movies and hot chocolate by the fireplace (yes, even in 80 degrees), and multiculti cookie baking—all of which makes us feel extra merry.

Traditions extend to the workplace, too. Our *Palm Beach Illustrated* family gathers on a December afternoon for a cookout and croquet at the National Croquet Center, and it couldn't be more perfect. Not all of us are champion players (ahem), but winning comes courtesy of the laughter and camaraderie we share. If you haven't tried croquet, I recommend it heartily, during the holidays or otherwise.

One of my favorite traditions, though, has to do with the magazine itself. Every year we approach one family and ask them to host a holiday celebration at home—decorations, festive food, presents, the works—that we can cover for the December issue. In order to make deadline, of course, this needs to happen sometime in September. This year's "lucky" subjects were David Sabin and Lindsay Autry, who also roped in some of their best friends. Did I mention those friends happen to be among the area's top chefs? Lindsay, who helms the kitchen at The Regional, kicked it up a notch by asking the others to prepare childhood-favorite holiday recipes, making the feast—and I do mean feast—all the more special. See the results in "Cooking Up Christmas Cheer" on page 82. Warning: May induce hunger pangs.

Enjoy the issue and cherish your holiday traditions, whatever they may be. Here's to a bright 2021!



Danh

Daphne Nikolopoulos daphne@palmbeachillustrated.com

### December #Goals



HEAD TO WIDE OPEN SPACES Vermont is one of my favorite places, summer or winter. This year it's had the added benefit of being virtually virus-free. A trip to the Green Mountain State is long overdue for me. Page 65.

#### **GETTING ORGANIZED**

Admittedly, my shelves are a disaster—too many books, not enough space—so I plan to heed Krista Watterworth Alterman's advice on shelfstyling. Page 126.







Our family wishes a happy & healthy holiday season to you and yours.

The Murphys



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#### FROM THE PUBLISHER

# Ready for 2021

I arrived in Florida back in 1992, just in time for Hurricane Andrew. I endured that storm in Miami under a sturdy dining room table with my future wife, mother-in-law, and grandmother-in-law. The storm and its aftermath quickly taught me the value of preparation and the need for both a plan and the support of those around you.

2020 brought a storm unlike any I have experienced. COVID-19 has reshaped the way we conduct business, attend events, and interact with one another. I have hosted and been a part of dozens of video meetings since March and they appear to be a permanent fixture on my calendar. Many rote daily activities are indeed very different, but some things remain the same.

Our reliance on and support for one another is one such constant. I am pleased to report that our growing organization continued to produce excellent work from dining rooms, living rooms, and home offices across Florida. Our team remained healthy and safe while providing ongoing updates and information to an ever-expanding audience of print and digital readers.

Palm Beach County has fared better during COVID than other areas of Florida and the United States. We must, however, remain vigilant and follow the guidance of health professionals and leaders in the medical community. We are grateful for their service and their tireless support and care for those in need.

As this year comes to an end, many bid good riddance to a very difficult period. I look back and am thankful for the wonderful team we have assembled and the support they showed each other every day. We look forward to 2021 and all the opportunities the New Year may bring.



Terry Duffy Publisher, Palm Beach Illustrated Group Publisher, Palm Beach Media Group



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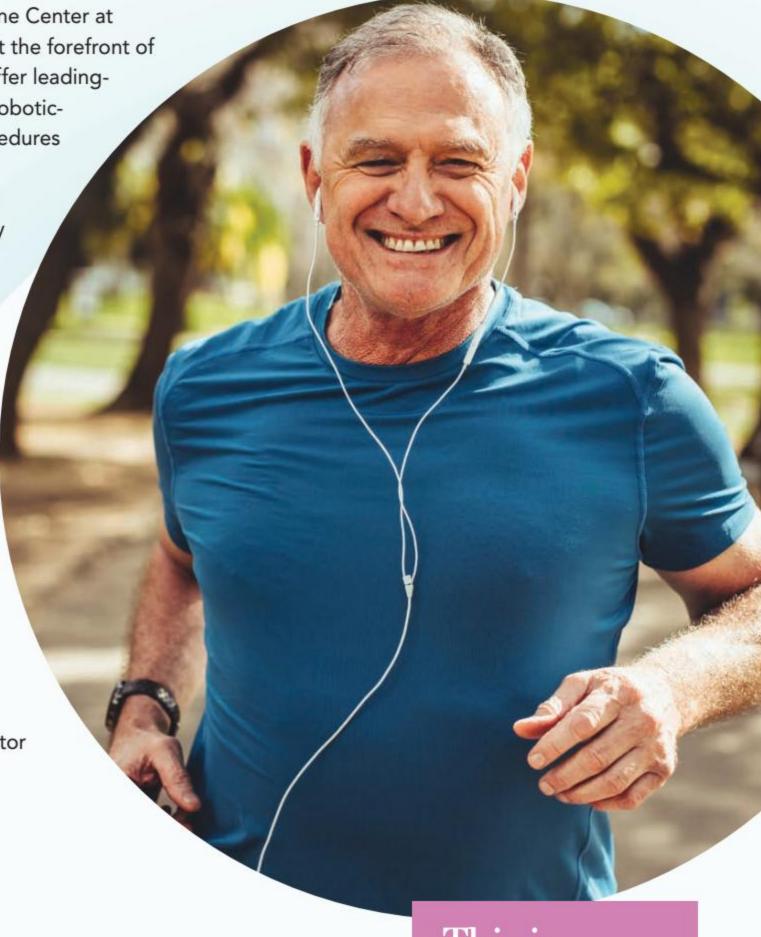


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## INSIDER

By Skye Sherman



**NEW & NOW** 

## WARM Welcome

In refreshing the lobby of the storied Colony Hotel, owners Andrew and Sarah Wetenhall wanted to fashion a gathering place for the whole island to enjoy rather than a transactional lobby suited mainly to hotel guests. As guardians of a Palm Beach icon, the Wetenhalls strive to honor The Colony's legacy while ensuring continued relevance. And given the property's landmark status, they approached the renovations with the utmost thought and care.

Sarah enlisted longtime design partner Kemble Interiors to resurrect the black terrazzo floors and pods of conversational furniture from the original 1947 lobby design, converting the space into "the Living Room," a glamorous two-story jungle furnished with touches of pink, lacquered peacock chairs, Jansen-inspired brass palm tables, and a soaring, hand-carved, chinoiserie mantel. She also teamed up with renowned hand-painted wallpaper designers de Gournay on a bespoke, Palm Beach-themed pattern featuring local flora and fauna.



"We created an 18-foot love letter to Palm Beach and The Colony Hotel," she says. "Walking into the Living Room now is like stepping into a Palm Beach fable." (thecolonypalmbeach.com)

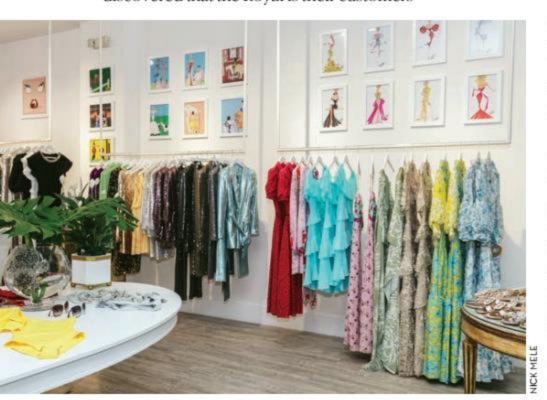
#### **INSIDER**

#### **RETAIL THERAPY**

### Style ARRIVAL Badgley Mischka is now open in Palm Beach

Much to local fashionistas' delight,
Mark Badgley and James Mischka's recent
relocation to Palm Beach ushered the arrival
of a new **Badgley Mischka** store at The
Royal Poinciana Plaza. The design duo have
been part-time residents for 30 years, and
Palm Beach has long inspired their line's
wearable-luxury aesthetic. "James and I have
always had a huge affinity for Palm Beach,"
says Badgley.

They once kept an apartment near the Brazilian Court Hotel and a store on Worth Avenue but, as horse lovers, mostly gravitated toward Wellington. Upon deciding to make Palm Beach their full-time home, they wanted to reopen a local store and discovered that the Royal is their customers'







preferred place to shop. "It's so fresh there," Badgley says. "James and I ride our bikes over almost every morning to get coffee at Sant Ambroeus."

In a modern space complemented by antique furnishings, shoppers can peruse the brand's signature evening wear, cocktail, daytime, and shoe collections as well as handbags and home goods designed exclusively for the Palm Beach store. "We collected some beautiful antiques from around the Palm Beach area that we decorated



the store with," adds Badgley. The boutique also features artisanal pottery and other items hand-selected by Badgley and Mischka on their travels.

As a sign of the times, Badgley and Mischka are incorporating more casual items in 2021, a look they're calling "luxe lounge," comprising pieces you can dress up or down. "We're doing a lot more loungewear, athome kind of clothes for the store," Mischka says. "Kaftans, pajama pants, beautiful blouses you can wear for Zoom meetings. It's part of our spring collection, but we're ramping it up and getting it in early to the Palm Beach store."

This month, stop in to browse the 133 social collection, featuring short, sparkly New Year's Eve dresses ideal for holiday-season partywear. (badgleymischka.com)



### ROSEMARY WRAP

This year, wrap your season's greetings where nature meets art. At gift-wrapping stations around **Rose-mary Square** in West Palm Beach, you can package presents in festive paper designed by local artist Sarah LaPierre, featuring a green rosemary-branch motif. All proceeds from this service (\$5 per gift) will be donated to United Way. Gift-wrapping stations will be available from 4 to 6 p.m. on December 4, 5, 11, 12, 18, and 19. (rosemarysquarewpb.com)



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1. Phoenix High Net Worth Market Insights, August 2010

#### **INSIDER**

**ENTREPRENEURS** 

### FASHION WITH HEART

FOLLOWING A HEALTH SCARE, DESIGNER KATRINA STONEKING FOUND PAS-SION AND PURPOSE IN A NEW BUSINESS VENTURE



elray Beacher Katrina Stoneking grew up around fashion—her mom worked for Saks Fifth Avenue and, along with Katrina's grandmother, taught her how to sew—but it wasn't until tragedy struck in 2017 that Stoneking discovered how fashion intertwined with her calling.

At the age of 32, Stoneking suffered three heart attacks. She was eventually diagnosed with Spontaneous Coronary Artery Dissection (SCAD) and emerged from the nightmare with a new lease on life. In 2019, together with her husband, Matt, she opened **Bitsy Stoneking**, a boutique and online store featuring slow fashion from around the globe. For Stoneking, the new business has become both a creative outlet and a way to express her gratitude for the gift of life.

"When I opened my boutique, I felt it was



important to give back to the doctors, researchers, and staff that saved my life at the Mayo Clinic and made this next chapter possible," she explains. They donate 10 percent of sales to support the efforts of SCADresearch.org.

Stoneking had owned a store once before—a collegiate apparel boutique she ran with her sister during a stint in Los Angeles—but for Bitsy Stoneking's vibe, she wanted to return to her roots in high-end fashion. "It has always been a passion of mine," she explains. "I enjoy helping people find exquisite pieces to bring into their wardrobe. I don't enjoy wearing items that a lot of people have, so I want to create an experience like that for other women like me."

Stoneking sources pieces through extensive research and her own personal travels, importing women's clothing and accessories from all over the globe. Her loyal fan base has seen garments from France, Spain, Italy, Greece, Australia, New Zealand, Haiti, and beyond.

"Whenever I travel, whether domestic or internationally, I make sure to explore the culture and make connections to the clothing," she says. "I want to know where it's coming from, what it's made of, and why. I like to learn the story behind the designer and how that comes through into their pieces."

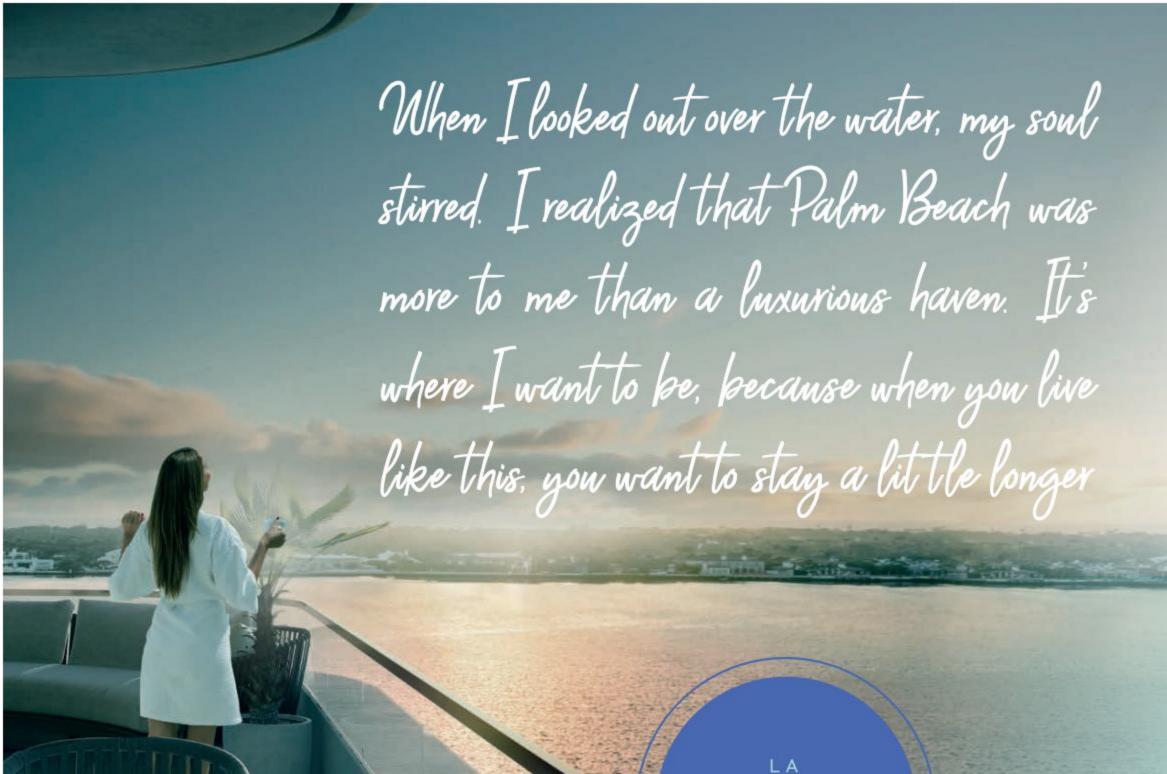
So, why "Bitsy"? As Stoneking and her husband debated names for their daughter, she decided that whatever they didn't choose would go to her clothing company. Their daughter became



Annabelle and their store Bitsy Stoneking.

Next on the horizon for Bitsy Stoneking is a fashion line, beginning with a collection created in collaboration with local *Project Runway* alumna Amanda Perna. Bitsy Stoneking X Amanda Perna, which debuted this fall, features ready-to-wear dresses and separates in brocades, embellished mesh, and bright colors that capture Perna and Stoneking's zest for life. (bitsystonekingshop.com)







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#### INSIDER

#### **EVER AFTER**

### WEDDING WINNERS

Coronavirus setbacks give way to fairy-tale nuptials for one Florida couple

When engineer Damian Jackson proposed to his girlfriend, physical therapist Melanie Marriott, on December 15, 2019, he hoped to wed her on the twentieth Saturday of 2020 for the numerical pleasure of the mid-June date. Unfortunately, Jackson—like all of us—had no idea the plot twists 2020 had in store.

The Tamarac-based couple enlisted a wedding planner, booked their venue, and Marriott said yes to the dress. Then, one week after receiving their invitations from the printer, Florida entered lockdown and their nuptials had to be postponed.



The bad news kept coming when, a month later, Jackson was laid off. But then Marriott came across something promising: Rosemary Square, Hilton West Palm Beach, and Cleveland Clinic—her employer—had joined forces to offer an all-expenses-paid dream wedding to a Cleveland Clinic frontline worker forced to delay wedding plans due to the pandemic.

Among other perks, the winning couple would receive a ceremony under the glowing





Wishing Tree at Rosemary Square; a dinner reception, bridal suite, and four guest rooms at Hilton West Palm Beach; and a photographer and videographer to capture it all.

With her expectations low but fingers crossed, Marriott entered the Wishful Wedding Come True giveaway—and won. "I never win anything and to finally win something on this scale was absolutely

amazing," she says. Through disbelief and excitement, their plans progressed. And then came another blow: The couple was diagnosed with COVID-19 just weeks before their gifted wedding. Their celebration was, again, postponed.

After healing from the virus and learning a whole new understanding of the word "patience," Jackson and Marriott finally tied the knot on September 12, in an intimate ceremony with 30 loved ones in attendance. "I was just so happy that we finally got married and that we were with all the important people in our lives," Marriott says. Her favorite parts of the experience were their skillful wedding-planning team and their reception at Galley restaurant at the Hilton. Jackson's most memorable moment was the heartwarming sight of his bride walking down the

aisle toward him.

"This special wedding experience started our marriage off with a dose of good luck after our string of bad luck and provided happiness and certainty at a time when there was not a lot of that due to the pandemic," Marriott says. "Every anniversary we're going to make the drive and have dinner at Galley—we promised the staff we would!"



VAN RICHA

INTRODUCING

## FORTE



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Overlooking Palm Beach from an idyllic waterfront setting on South Flagler Drive, these 41 residences enjoy sweeping views of Worth Avenue, the Intracoastal Waterway and the Atlantic Ocean. Four- and five-bedroom plans, from 4,200 to 8,400 square feet, feature continuous walls of glass that frame unobstructed city and ocean views. Deep wraparound balconies provide over 1,000 square feet of additional outdoor living space.

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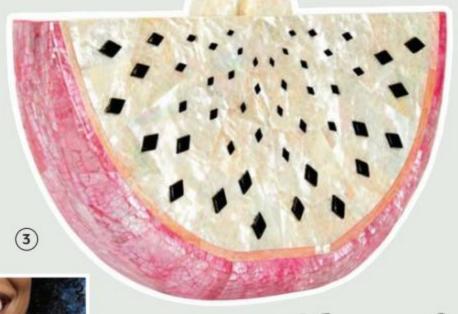
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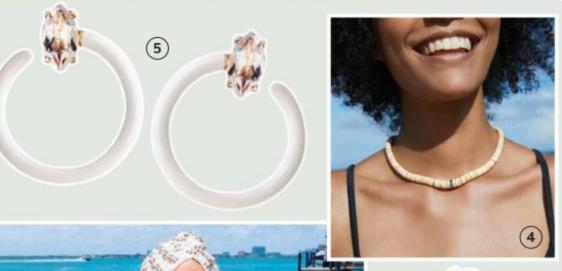


## STYLE









## Slice of PARADISE

This holiday season, shop small brands, boutiques, and designers

#### By Katherine Lande

1. Natural rattan tall pagodas (\$399 each),
Amanda Lindroth, amandalindroth.com | 2.
Seeing Double cocktail napkins (\$160 for set of four), Flocktails cocktail napkins (\$160 for set of four), August Morgan, Pioneer Linens, West Palm Beach, pioneerlinens.com | 3. Mother-of-pearl dragon fruit clutch (\$888), Michelle Farmer Collaborate, Palm Beach, michellefarmer.com | 4.
Shell Heishi necklace with baguette-cut diamond bead set in silver (\$420), Yenden, yenden.com |
5. Small tendril white enamel hoops in rose gold (\$850), Bea Bongiasca, Marissa Collections, marissacollections.com | 6. Hand-embroidered pearl and rhinestone front-knot patterned turban (\$450), Maryjane Claverol, maryjaneclaverol.com

#### **STYLE**



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Le Paradis | oil on canvas | 28 3/4 x 36 1/4 in.



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#### **STYLE**



#### **DINNER IS SERVED**

Engraved "Gucci" and "Love" silver-plated brass cloche with hare (\$1,100), Gucci, Palm Beach, gucci.com

TIFFANY

TEA

#### **GLASS OF SUNSHINE**

Dolce & Gabbana citrus juicer (\$650), Smeg, Williams Sonoma, multiple locations, williams-sonoma.com



#### **THE GOODS**

## Fashionable Foodie

PLEASE POSH PALATES WITH HAUTE COOKING ACCESSORIES AND TASTY TREATS

By Katherine Lande



Bellocq custom looseleaf tea blend in a Tiffany Blue-labeled tin can (\$150), Tiffany & Co., multiple locations, tiffany.com



#### **MORNING JOE**

Ralph's coffee beverage server (\$65), Ralph's roast coffee (\$17), Ralph Lauren, Palm Beach, ralphlauren.com





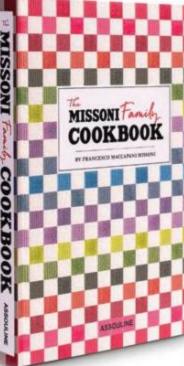
Salt Trio with spicy salt, universal salt, and curry salt (\$30), Jennifer Fisher, jenniferfisher.com



#### HAPPY HOUR

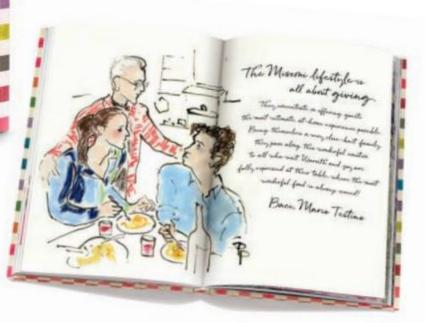
SGU Vin de France 2019 natural orange wine (\$32), Vivanterre,

founded by Max and Rosie Assoulin, vivanterre.com

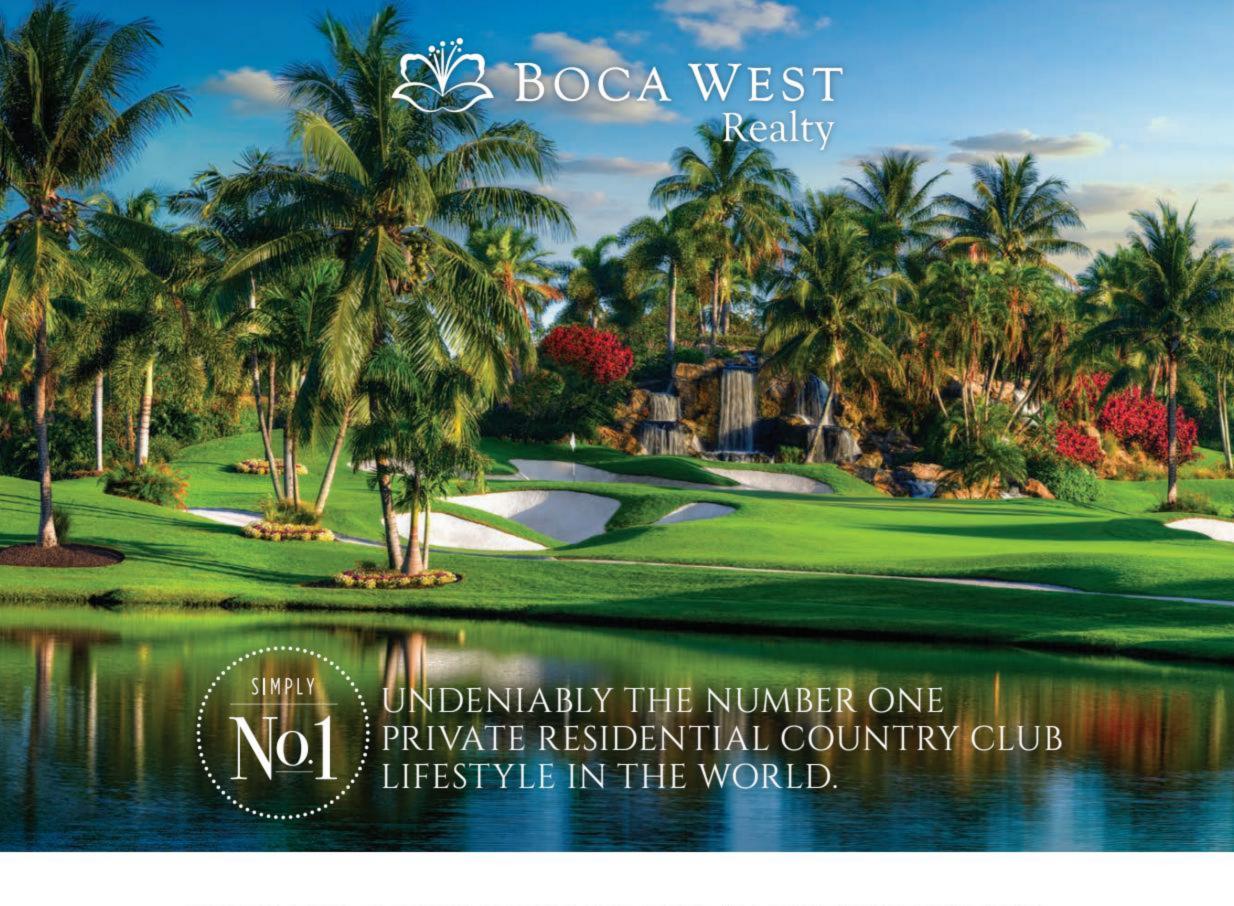


#### LET'S EAT

The Missoni Family Cookbook (\$50), Assouline, Palm Beach, assouline.com







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#### STYLE



#### **TRENDSETTERS**

### Divine DESIGN

After studying fashion merchandising and design at The Art Institute of Atlanta, fashion and jewelry designer Harrison Morgan launched his eponymous label. Within six years, he had opened his own Manhattan showroom, sold to every major department store, and seen his creations worn by A-listers. Though he was born in Miami, raised in Atlanta, and lived in Manhattan for most of his life, Morgan also has deep ties to Palm Beach, having vacationed here for decades and sold his collection at local trunk shows. Five years ago, he made Palm Beach his primary residence at last and married interior designer Guy Clark. Together, they enjoy exploring Europe and visiting their lake house in upstate New York. Morgan serves on committees for the Cancer Alliance of Help and Hope, Center for Family Services of Palm Beach County, and 211 Helpline and supports the Compass Foundation and Darbster Foundation. -Skye Sherman



WHAT IS MORGAN'S NEXT GOAL?

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STYLE ICON Bill Blass, the master of American chic COLLECTS We own at least 60 paintings by artist Hunt Slonem.

SENTIMENTAL JEWELRY My diamond engagement ring designed by my husband.

WARDROBE ESSENTIALS Gucci or Hermès loafers. a sports jacket, and pocket squares. I enjoy working with Terry at Cremieux in The Royal Poinciana Plaza to select ensembles with a relaxed sophistication.

**BOOK HE WISHES HE'D WRITTEN** The Age of Innocence by Edith Wharton

**DISH WORTH EVERY CALORIE** Most definitely the ravioli Capresi in lemon sauce at Da Paolino in Capri under the lemon trees.

BELOVED BITE Veal Milanese from Café Sapori BEST GIFT HE'S RECEIVED My 18-karat gold Panthère de Cartier watch is great for day or evening. HIS HAPPY PLACE Hotel Villa Cimbrone, perched 1,200 feet above the Amalfi Coast in Ravello, Italy HIS IDEA OF R&R Each year we go to Mykonos, Greece, to lie on the beach and do nothing. SHOPS LOCAL AT J.McLaughlin always has timeless classics with a colorful twist.

IN HIS BEACH BAG An EltaMD broad-spectrum sunblock from Pure Skin Collagen Boutique in West Palm

TOP SONG FROM HIS TEEN YEARS "Could It Be Magic" by Donna Summer

**HISTORICAL FIGURE HE IDENTIFIES WITH Oscar** Wilde. His last name says it all.

LAST GREAT READ Dancing with the Devil: The Windsors and Jimmy Donahue by Christopher Wilson BEST ADVICE "Don't overthink it—just do it" has served me well in all my businesses.



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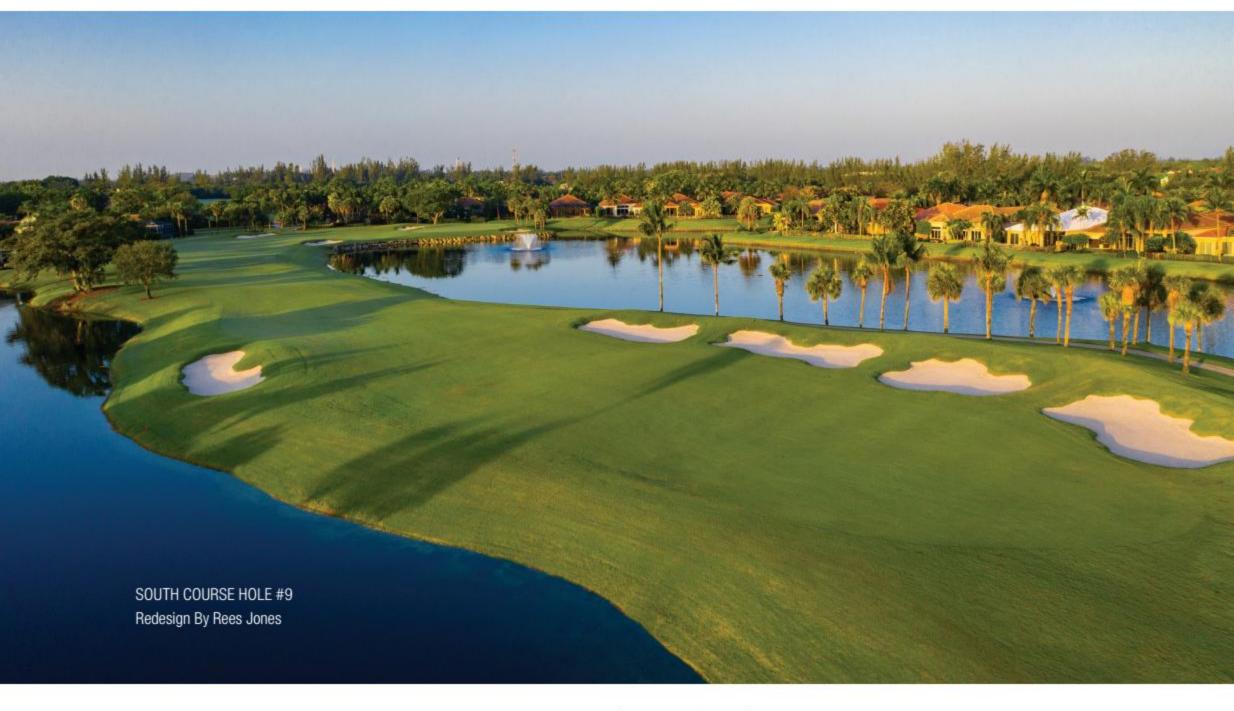


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#### **STYLE**







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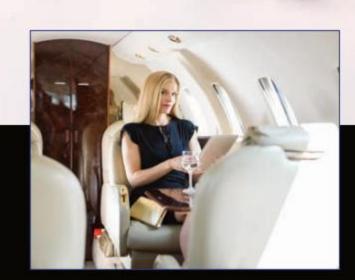


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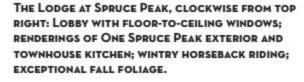




## ESCAPE







ermont is on the tip of everyone's tongue these days. True, natural splendor and minimal development have always been assets of the Green Mountain State. But the pandemic has cast a newfound spotlight on Vermont as America's next great vacation and second-home destination.

In a state where wilderness claims more than 76 percent of the land, the air is pure, the scenery is stunning, and the outdoor pursuits are endless. Nowhere is this more palpable than at The Lodge at Spruce Peak, a resort community underscored by a rusticchic, alpine lodge with simple rooms and suites, as well as more extravagant mountain cabins, private homes, and the in-progress One Spruce Peak, an exclusive collection of modernist townhomes and residences. Nestled between the base of skyscraping Spruce Peak and Vermont's highest summit, Mount Mansfield, the lodge and its excess of 2,000 protected acres are guided by the seasons, assuming new looks and personalities each quarter to showcase the best of Vermont's ever-changing outdoors.

In winter, snow-white Stowe glistens as "Ski Capital of the East," where The Lodge at Spruce Peak offers direct ski-in, ski-out access—catering to all levels, from bunny slopes to black-diamond runs—and plenty of après-ski fun in the heated swimming pool and duo of hot tubs. A massive ice-skating rink anchors a retail and dining village, dominating the social scene for tykes, tweens, and teens. Other activities abound, from ascending snow-blanketed trails on horseback to





cross-country skiing, dogsledding, ice climbing, and snowshoeing.

In addition to the action-packed offerings, leisure is also most welcome. You may want to stay put and just take in the wintry sights from your cozy room or suite, most with stone-framed fireplaces and all with balconies or terraces framing mountain views. Or you might want to recharge in the worldclass, 18-treatment-room spa, especially after a morning on the slopes.

Come spring and summer, lush greenery returns, and the lodge's designated nature trails and mountainside, 18-hole, par-72 golf course come into focus. Stowe's adventure course reopens (inclusive of hanging bridges and Spider-Man-style climbing nets) as does its adrenaline-inducing zip line course, which reaches speeds of up to 60 mph. Climbing, bouldering, canoeing, and kayaking become options for the daily agenda, as do mountain biking, cycling, hiking, and fishing. Fall excursions mirror those of summer vet the terrain explodes in the most dramatic colors-hedge your bets on the brightest of yellows, oranges, and reds come late September or early October.

No matter the season, the vistas astound, and the lodge surfaces as a special destination for families creating lasting memories and unplugging from modern entrapments. When on property, your biggest worry becomes what fabulous dish to order at flag-



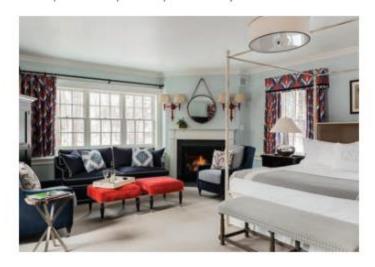
FAR LEFT: TAKE PART IN ZIP LINING AND OUT-DOOR MOVIES AT THE LODGE AT SPRUCE PEAK. CLOCKWISE FROM LEFT: THE INN AT HASTINGS PARK **HOUSES THE** TOWN MEETING BISTRO AND **LUXE ROOMS** SUCH AS THE BARN SUITE.

#### **NORTHERN FIX**

Vermont isn't the easiest destination for a short getaway, so those wanting to experience the seasons on a quick trip should look no further than Boston, New England's easiest access point from South Florida. Just beyond the city limits (some 20 minutes) lies the history-rich, forested town of Lexington, a destination both distant and charming enough to foster escapism while keeping optional city jaunts within reach. Here, next to the

Battle Green, site of the Revolutionary War's first battle circa 1775, stands The Inn at Hastings Park, a darling Relais & Châteaux collection of 22 rooms over three thoughtfully restored historic buildings that thoroughly embrace Americana, inside and out.

Though autumn is our favorite season in which to enjoy the inn in its full Technicolor splendor, there's never a bad time for appreciating the historic, natural environs. This includes the 11-mile Minuteman Bikeway (maintained even in winter) and Walden Pond. the beauty of which served as muse for famed poet and philosopher Henry David Thoreau.





Seasons do, however, dictate the menu at the inn's noteworthy Town Meeting Bistro restaurant. A highlight is the savory and crispy Judith Point hot calamari-trust us, it rivals the best in secret-recipe, fried-chicken excellence. There's also the Whispering Angel Culinary Garden, a lovely outdoor dining space bedazzled in rosé bottles, floral arrangements, and Baccarat crystal. Bonfires and space heaters keep the garden toasty, allowing guests to delight in signature four-course, wine-paired meals for lunch or dinner. Further upholding the robust food and wine reputation of the Relais & Châteaux brand, inn owner and culinary educator Trisha Pérez Kennealy hosts cooking classes structured around subjects such as crafting the ultimate potato side dishes or the secrets of roasting chicken.

Whether hunkering down in the lodge on a snowy morning or sipping rosé in the garden and exploring America's past and the great outdoors on a sun-kissed afternoon, The Inn at Hastings Park delivers New England enchantment year-round. (innathastingspark.com)

#### **ESCAPE**



THE LODGE AT SPRUCE PEAK IS VERY PET-FRIENDLY, WITH DOGS WELCOME AT ALFRESCO EVENTS SUCH AS EVENINGS ON THE GREEN. THE MENU AT THE LODGE'S SOLSTICE RESTAURANT CHANGES WITH THE SEASONS.

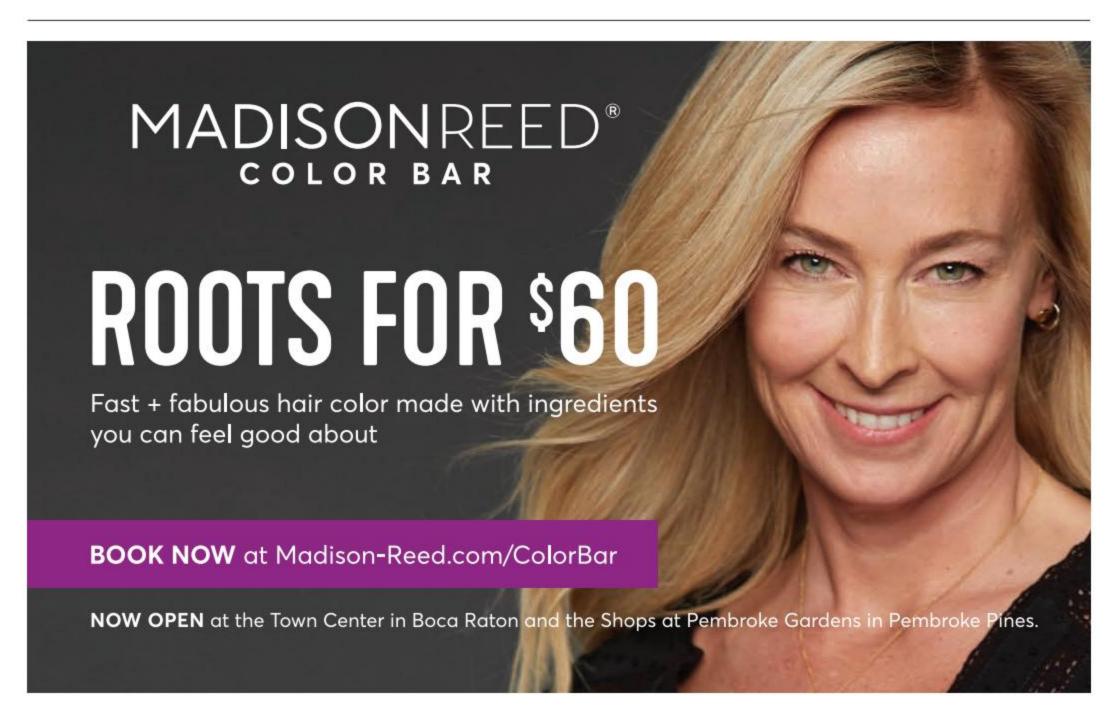
ship restaurant Solstice. (Is that side of smokysweet brussels sprouts really necessary given the richness of the mushroom-enrobed, homemade pappardelle? Um, yeah!) Even with its soaring crowned ceilings, the massive lobby begins to feel like your own living room. Soon, fellow guests are becoming new friends, as are the many dogs in residence; the lodge has such a cult following among pet

lovers that happy hour often channels West-

minster Kennel Club Dog Show vibes. The kids are no longer glued to their phones or the TV, nor do they want to be, lest they miss a minute of the next outdoor outing.

Given the lodge's connection with nature and family, it's no wonder everyone wants to move or, at least, vacation here. Life seems simpler and better at The Lodge at Spruce Peak. And indeed, it is. (sprucepeak.com; onespruce peak.com) 

(







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#### **ESCAPE**



CLOCKWISE FROM FAR LEFT: THE SEAGATE BEACH CLUB; HO-TEL LOBBY AND POOL; PARLOR SUITE; SPA SUITE.

#### **STAYCATIONS**

## SERENITY by the Sea Florida cool meets coastal elegance at THE SEAGATE Hotel & Spa

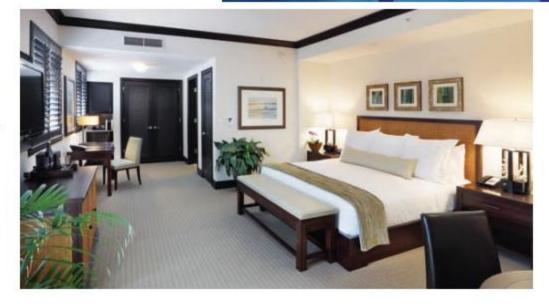
By Abigail Duffy

Even though it is nestled off bustling Atlantic Avenue, The Seagate Hotel & Spa in Delray Beach feels worlds away. The boutique property marries beachside sensibility with contemporary luxury, and it's all just steps from one of the Palm Beaches' most enchanting shores.

The 7,000- and 2,500-gallon exotic fish and shark tanks personify The Seagate's South Floridian magnetism as their marine inhabitants and ethereal indigo glow transfix guests who pass through the hotel's common areas. The coastal influence carries across breezy Bahamian accents and creamy colors, an aesthetic sure to lull guests into the relaxed state of mind that a weekend at The Seagate elicits.

The same Bahamian design elements are apparent in The Seagate's plush, sanctuary-like rooms. The 500-square-foot deluxe king and





queen rooms come with a choice of a walk-in shower or a bubble-jet tub (or both if you can't decide), plus Egyptian cotton sheets (imagine slipping into those after a long day at the beach). For guests celebrating momentous occasions-such as that first post-pandemic staycation-The Seagate offers welcome amenities, like Champagne and wine to toast to the deserved getaway. They are best enjoyed on a private balcony overlooking Atlantic Avenue, with glimpses of the ocean in the distance.

If a hedonistic day of pampering is in order, the 8,000-square-foot Seagate Spa boasts a refreshing menu, including custom massages (the Rain Massage will melt away any hint of stress), potent rejuvenating facials, and invigorating body treatments. Lounging poolside under a canopy of palm trees is the perfect follow-up activity.

Guests who want to explore the neighborhood need only climb aboard The Seagate's trolley that stands ready to whisk staycationers off to destinations within 3 miles, such as the Seagate Beach Club, Seagate Country Club, or anywhere along Atlantic Avenue. You can

also opt to ride in one of The Seagate's white Cadillac Escalades to and from the hotel.

Epicurean travelers will meet their match at The Atlantic Grille, which specializes in seaside fare for breakfast, brunch, lunch, and dinner. Guests can dine alfresco or alongside the resto's famous moon jellyfish floating inside a 450gallon aquarium, all while indulging in modern preparations of classic dishes and South Florida's freshest seafood. For those looking to fuel rounds of golf and afternoon swims with a quick bite, the hotel's Etc. Café stocks pastries, sandwiches, organic coffee, and more.

The Seagate Hotel & Spa achieves a resortmeets-retreat balance, complete with sumptuous accommodations, unforgettable dining, and fun-in-the-sun activities in a comfortable, per-





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#### TRAVEL JOURNAL

# City of STARS

Upon graduating from Florida State University, Lauren Czarniecki packed her bags and drove cross-country to work for interior design firm Kelly Wearstler in Los Angeles. She stayed four years before heading to South Florida. Today she's owner and principal interior designer of Czar Interiors and resides in West Palm Beach's SoSo neighborhood with her husband, Michael Lichko, and Luna, their Cavapoo puppy. On her regular jaunts to Los Angeles to shop for interior design projects and soak up inspiration, Czarniecki stays at Shutters on the Beach or the Maybourne Beverly Hills. "I love how L.A. feels so fresh," she says. "Every time I go there, I feel like I'm seeing the cutting edge of design, restaurants, and fashion. The city just has so much great energy." Fortunately, JetBlue's new direct service between PBI and LAX, which launched in November, makes visiting easier than ever. -Skye Sherman



**HOW TO START THE DAY With** a hike at Runyon Canyon or a yoga class, then a cappuccino and yogurt parfait from Urth Caffé (urthcaffe.com).

WHERE TO EAT Cecconi's West Hollywood (cecconiswest hollywood.com) for the best modern Italian food in the poshest setting. If you're looking to see celebrities, this is the low-key spot to enjoy a bowl of truffle pasta next to them.

**GUILTY PLEASURE** Drinks and apps at Chateau Marmont (chateaumarmont.com), which has great cocktails and even better people-watching.

WHEN TO GO Between March and May. It's a calm time when the weather isn't too hot, the summer tourists haven't arrived yet, and you can enjoy a beautiful day at the beach.

WHERE TO SHOP The Way We Wore (thewaywewore.com) is a great vintage shop with unique finds. All Things Fabulous (loveallthingsfabulous. com) has amazing comfy wear. Bazar in Venice has a mix of clothing and vintage furniture and home items.



**UNWRITTEN RULE THE LO-**CALS LIVE BY Don't take the 405 and don't geek out on the celebs-be cool!

**BEST SEAT IN TOWN High** Rooftop Lounge at the Hotel Erwin (hotelerwin.com) to enjoy a relaxing cocktail and see a beautiful sunset in a hip atmosphere.

**LOCAL DISHES TO DREAM ABOUT** Fish tacos at James' Beach (jamesbeach.com) and lemon-ricotta pancakes at Shutters on the Beach (shutters onthebeach.com)

AN ALFRESCO ACTIVITY Biking on the beach from Santa Monica to Venice Beach.

A MUST-DO EXPERIENCE Visit the Getty Villa (getty.edu). It's such a unique place with beautiful views of the water.

A CULTURAL OUTING Visit the Walt Disney Concert Hall (la phil.com), which features great architecture by Frank Gehry.

**HOMETOWN GOOD TO STOCKPILE** See's Candies (sees. com) is an L.A. staple to bring home to friends and family.

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### **ESCAPE**



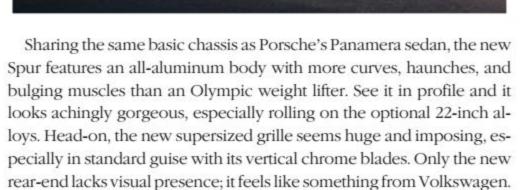
# Bentley's all-new FLYING SPUR combines grace with pace, and a whole lot of LUXURY

#### By Howard Walker

To drive or to be driven? That's the dilemma. Do you slide behind the wheel to pilot the world's fastest four-door sedan, clocking in at 207 mph flat out? Or luxuriate in the back, watching the world whoosh by, while massaging, reclining, heated-and-cooled seats do the pampering?

Either way you'll be overjoyed. This is the spectacular duality of Bentley's latest Flying Spur, arguably the world's grandest grand tourer.

The third-generation Spur (the first debuted back in 2005) has the distinction of being new from the hubcaps up. It's a tad longer than before, with 5 inches added to the wheelbase, giving it a sleeker, more elegant look. The headlights alone are worthy of accolades. These LED wonders feature a cut-crystal effect in a stunning saw-blade design that lets them sparkle, even when not lit. Now gaze in awe at that Flying B mascot standing proud atop the grille. The wings of the B illuminate at night and the whole thing can retreat into the bodywork at the touch of a button.



For the driver in you, this Flying Spur just might make you sprout a pair of horns. Under that mile-long hood sits Bentley's 6.0-liter twinturbocharged 12-cylinder, the same one used in the latest Continental GT two-door. With a massive 626 horsepower on tap, it can catapult the Spur from standstill to 60 mph in a crazy-fast 3.7 seconds.

This is one superb driver's car, with handling sharpened and honed by standard active all-wheel drive, rear-wheel steering, and the world's first 48-volt electric anti-roll system. Power it through the curves and this

#### **POWER FILE**

PRICE: FROM \$214,600 ENGINE: 6.O-LITER TWIN-TURBO W-12 POWER: 626 HP TORQUE: 664 **LB-FT TRANSMISSION: 8-SPEED AUTOMATIC 0-60: 3.7 SECONDS** TOP SPEED: 207 MPH LENGTH/ WIDTH: 209/78 INCHES WEIGHT: 5,370 POUNDS WHY WE LOVE IT: BECAUSE IT COMBINES THE HEIGHT OF LUXURY WITH THE ULTIMATE DRIVING PLEASURE.



FOLLOW HOWARD WALKER'S THE WHEEL WORLD BLOG ON PALMBEACHILLUSTRATED.COM

5,300-pound leviathan feels more like a sports coupe. Dial up Sport mode and the suspension firms, the throttle sharpens, and the transmission becomes even more eager to shift. And if you have to stop in a hurry, the car's massive rotors (16.5 inches at the front, 15 at the rear) halt forward progress as effectively as throwing out an anchor.

There are few more commanding, more cosseting driving positions than the pilot's seat of this Spur. Power adjustments seem endless, and it boasts an array of massaging options that wouldn't seem out of place in a spa. One true surprise-and-delight element is the three-sided fascia panel, which can morph from being a glass infotainment screen to displaying a trio of analog gauges to an elegant wood panel.

But if you want to leave the driving to others, the Flying Spur's rear seats are a sanctuary of silence and serenity. They offer 14 power

adjustments and five massaging modes. And with soft, squishy, pillowed headrests, taking a nap is inevitable.

The rear-facing glass screen on the center console is another treat. From here you can control everything, including the window shades, rear sunroof shade, temperature, and the optional 2,200-watt, 18-speaker Naim surround sound system. Add in amazing stretch-out legroom plus plentiful headroom and you may never want to leave.

The price of all this luxury kicks off at \$214,600, though start checking the options boxes-that Naim audio alone costs an eye-watering \$8,800-and it's easy to reach the \$286,000 of our tester. As for having a car that makes you want to drive and be driven in equal measure? That's priceless. ≪



### **ESCAPE**



Think of Hinckley's iconic Picnic Boats—celebrating 25 years in build—and it's hard to picture them without a pair of beefy diesels gushing out water, Hoover Dam–style, through Hamilton jet drives. But for the legendary Maine boatbuilder's gorgeous new Hinckley 35 model debuting this summer, those twin diesels and water jets are being jettisoned in favor of twin outboards.

It makes sense. Outboards are easier to maintain and are more efficient too. In the case of the supercharged, 300-horsepower Mercury Verado motors that'll come standard, they're also quieter and more refined.

For speed demons, outboard power will get the new 35 to that out-ofthe-way beach quicker than diesel. With optional twin 350-hp Verados, top speed should be around 42 knots, as opposed to 38 for the current Yanmar-powered 34 Picnic.

Then there's the small matter of cost. Compared to two big eight-cylinder inboard diesels and complex jet drives, outboard power should be less expensive. Right now, the base price of the new 35 comes in at \$825,000. All in all, that's a win-win-win situation.

But don't think of this 35 simply as a 34 Picnic with a couple of big outboards hanging off the transom. Hinckley called in designer Michael Peters—who has drawn all of its Picnic Boat hulls since 2008—to optimize the current 34 for outboard power. He's included slightly wider chines (they're the lower edges of the hull) and wider underwater strakes that run front to back. These changes will provide better lift and stability at higher speeds and offer superior control for the helmsperson. In Hinckley tradition, the hull is built using an inner layer of carbon fiber and outer layer of Kevlar infused with epoxy, then baked in a giant oven to deliver I-beam stiffness and rigidity.

More instantly recognizable are the design changes to the stern. Instead of a cut-off, more upright look, the sides of the hull have been stretched and rounded. To our eyes, it's even sleeker. Of course, there's always a trade-off. Here it's the lack of a full-width swim platform. Clambering back on the boat after a refreshing dip is going to be just a little

more awkward.

Everything else about this elegant 35-footer (overall length is actually closer to 39 feet) is pure down east Hinckley Picnic Boat. Buyers can expect the same acres of mirror-finished varnish, salty pilothouse and teak decks, and deep cockpit with comfy seating.

The one big exterior update, however, that will make Hinckley aficionados instantly recognize the new look is the pilothouse windshield. In place of the traditional split screen, the 35 gets a one-piece version that debuted on the company's Sport Boat 40x model last year. While the Picnic Boat's split screen hardly compromised forward visibility, this full-width windshield gives CinemaScope-like forward vision. It makes



everything from channel-marker hunting, to crab-pot avoidance, to pinch-tight docking a cinch.

The cockpit layout is quintessential Picnic Boat, with lovely U-shaped seating under the pilothouse hardtop, rear-facing side seating, and a three-quarter-width transom bench in the cockpit. The one big bonus of outboard power is that the cockpit boxes that would normally house honking diesels are now empty. Throw in a couple of mattresses and they could double as kids' quarters.

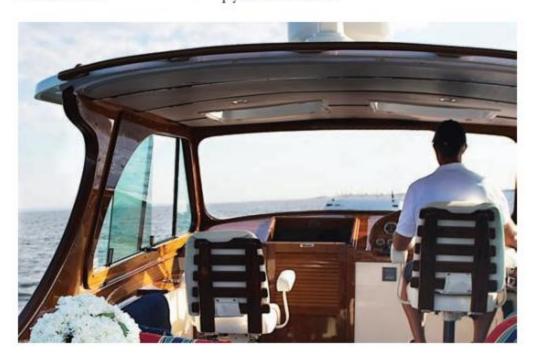
Down below it's business as usual, with a forward V-berth, spacious head to starboard, and a modestly equipped galley to port. Although far from cavernous, it's plenty big enough for an overnighter or weekend away. Up at the helm there's that Hinckley-trademark, near-hori-

**POWER FILE** 

PRICE: STARTING AT \$825,000
LENGTH: 38 FEET, 8 INCHES
BEAM: 11 FEET DRAFT: 2
FEET, 9 INCHES POWER: 2
X MERCURY VERADO 300
TOP SPEED: 42 KNOTS
RANGE: 300-PLUS MILES AT
35 MPH WHY WE LOVE IT:
BECAUSE WITH OUTBOARD
POWER, TIMELESS DOWN
EAST STYLE MEETS MODERN
PERFORMANCE.

zontal, varnished-wood wheel, as well as mirror-varnished timber, poweradjustable Stidd helm and co-pilot seats, and joystick control for the outboards for ease of docking.

Yet, while the Picnic Boat connection is there for all to see, according to Scott Bryant, Hinckley's vice president of sales and marketing, this new 35 is not a true Picnic Boat. "We're reserving the Picnic Boat moniker for our jet boats," he explains.







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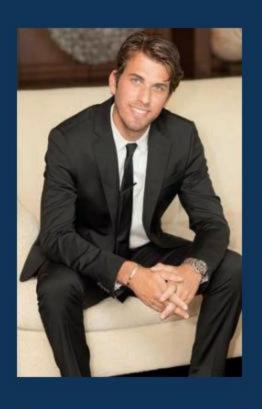


Frederick Appleyard (1874-1963) Sunny Afternoon



Frank Gehry Wiggle Stool c.1970

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TOP AREA CHEFS CLAY CONLEY, TIM LIPMAN, AND MICHAEL HACKMAN COME TOGETHER FOR A HOLIDAY-THEMED POTLUCK AT THE HOME OF LINDSAY AUTRY AND DAVID SABIN

BY LINDA MARX | PHOTOGRAPHY BY JERRY RABINOWIZ

For many of us, the holidays mark the best time of the year as we toast the season with family and friends. No matter what you celebrate, everyone can agree: Nothing brings people together like an amazing meal. So when West Palm Beach-based chef Lindsay Autry and her foodie husband, David Sabin, owner of Brickhouse Public Relations & Special Events, threw a potluck holiday party for their chef friends, the result was a feast for the eyes and the taste buds.







freeze, and can peaches, peas, okra, tomatoes, and squash. She also showed livestock at the 4-H fair.

At a young age, she started cooking and won her first competition at age 9 with a recipe for grilled turkey breast with a soy, garlic, vinegar, and olive oil marinade that she still uses today. At 10, she offered locals her own ice cream made using fresh peaches. "My mom was Martha Stewart with an herb garden," Autry says. "So it didn't take long until I fell in love with all kinds of cooking."

Autry studied culinary arts for two years at Johnson & Wales University in Charleston, South Carolina. After accepting an internship at The Breakers in Palm Beach in 2001, she transferred to the university's Miami campus, graduating as class valedictorian. Soon Michelle Bernstein, an award-winning, Miami-based chef, hired Autry to work at Azul in the Mandarin Oriental, then to open the restaurant MB at the Live Aqua Beach Resort in Cancun, Mexico, as chef de cuisine. "Mexico was an incredible experience," Autry says. "I grew up fast and loved it there."

For Autry, who celebrates Christmas, holiday food always meant Southern staples like corned ham, turkey, rib roast, sausage, boiled shrimp, and pecan pie. "I grew up with lots of holiday food, drink, and hospitality," says Autry, co-founder and partner of West Palm Beach's The Regional Kitchen & Public House, which opened in 2016 and was named "Best Restaurant in Palm Beach County" by the *Palm Beach Post*. "My mom was the local cake lady who baked six or seven desserts, and my grandfather was a butcher. As I got older, my grandmother, who did a lot of cooking, even let me prepare some of the Christmas food."

Fresh food—on holidays and every day—is a way of life for Autry. Raised on a 60-acre farm, she worked in her family's peach orchards and helped preserve,





After five years abroad, she returned stateside to become chef at The Lazy Goat, a Mediterranean-inspired restaurant in Greenville, South Carolina. In 2009, Bernstein lured Autry back to South Florida to prepare "fancy food" at the Omphoy in Palm Beach (now the Tideline Ocean Resort & Spa). In 2011, she was a finalist on Bravo's *Top Chef*, and she opened a series of culinary popups. In 2012, she took over the historic Sundy House in Delray Beach, renovating the kitchen and changing the menus. For the past three years, Autry has been nominated for a James Beard Award in the category of Best Chef: South, the first woman chef in Palm Beach County to receive this recognition.

Autry met Sabin in 2009 in his role as organizer of the Palm Beach Food and Wine Festival. Born in Miami and raised around the U.S. before settling in Aventura, Sabin says a staycation in Palm Beach changed his life. "I loved Palm Beach and decided to stay. I got involved with public relations and eventually opened Brickhouse as I began to organize the first Palm Beach Food and Wine Festival. I met Lindsay, and we worked together on various projects for a few years. I called her 'boss lady.'"

By 2013, they'd begun dating. The following year, during the Palm Beach Food and Wine Festival at The Breakers, Sabin proposed. They were married in 2016 at Cedar Room, an old cigar factory in Charleston, South Carolina.

"Our wedding and home parties are always celebrated with chef friends," Sabin says. "During the holidays we are all busy but like to find time for get-togethers with good food and conversation."

For this year's potluck Christmas party, the couple along with their 13-month-old son, Jack—opened their Palm Beach Gardens home to a group of the area's most celebrated chefs: Tim Lipman of Coolinary Café and The Parched Pig; Clay Conley of Buccan, Imoto, and Grato; and Michael Hackman of Aioli.

The theme, "how chefs spend the holidays," featured a night of feasting on one another's childhood family



favorite holiday dishes and enjoying the warmth of seasonal decor.

"Even though I am Jewish and celebrated Hanukkah as a child, I love Christmas festivities, especially with baby Jack in our family," says Sabin. "In 2013, I went to Lindsay's family Christmas in North Carolina and got the bug."

Autry and Sabin's guests surely felt the Christmas spirit as they entered their home through the blue front door decorated with an earthy wreath. The couple's Christmas tree was topped in holly, birch, and twigs, and decorated with ornaments made each year by Autry's mother, Pandora. "I have a 38-year ornament RENOWNED FOR HIS BAKING SKILLS, CHEF MICHAEL HACKMAN MADE A BACON AND GRUYERE SOURDOUGH BRIOCHE TO COMPLEMENT THE MEAL, WHICH GUESTS ENJOYED ON AUTRY AND SABIN'S SCREENED-IN POOL PATIO.

OPPOSITE PAGE: AUTRY AND SABIN OPEN PRESENTS WITH THEIR SON, JACK. MOST OF AUTRY'S ORNAMENTS HOLD SENTIMENTAL VALUE, INCLUDING MANY HANDMADE BY HER MOTHER.





collection all labeled in a book," says Autry. "I love Christmas trees: vintage, nostalgic, and modern."

Gathered around the kitchen with drinks in hand-Krug Grande Cuveé, small-batch rare whiskies, Miller High Life magnums, Havana Lager, and Perrier-the chefs set about putting the finishing touches on their dishes, placing them on the center island to be served buffet style.

First, there were the appetizers. Autry created an hors d'oeuvre called "Betty's Cheese Balls," which her grandmother always made and served with warm cider. For Conley's part, there were sweet potato samosas. Lipman prepared the charcuterie and garnishes, presented on a vintage magazine holder-turned-serving tray. "Growing up in Central Florida I disliked sweets," says Lipman. "So I got into salty pickles. My family always had pickles and olives with deli meats and ham. I brought that for an appetizer in honor of my childhood."

Conley was in charge of the first course: butternut squash soup with chanterelles, which was the only item not served as part of the buffet. "I do the soup at home vegan style, and we all love it," says Conley. "I use honey crisp apples with natural acidity, cinnamon, nutmeg, and coconut milk."





For the main course, Autry prepared a bone-in rib roast (compliments of Okeechobee Steakhouse's Okeechobee Prime Meat Market in West Palm Beach) with Florida tomato chimichurri, a Low Country shrimp boil, and roasted brussels sprouts and heirloom carrots with crushed chiles and pecorino. "My dishes are a combination of what my family likes for Christmas Eve and Christmas day," Autry says. Harking to his mother's recipe, Lipman prepared a side of baked mac and cheese.

Hackman's mouthwatering bacon and Gruyere sourdough brioche was served as table bread. "I love all of the food and family tradition here at Lindsay and David's," says Hackman. "It's fun to eat and talk shop."

On the screen-enclosed pool deck overlooking the duckfilled lake behind the house, Autry set up a long table for eight with Sequoia ladder-back chairs. Kerosene lamps and candles illuminated the scene. Overhead, she hung a mix of evergreen, spruce, magnolia, and eucalyptus boughs amid romantic mercury lights. Autry called on Kelly Murphy from



THE MEAL BEGAN WITH A CHARCUTERIE BOARD ORGANIZED BY TIM LIPMAN, AS WELL AS SWEET POTATO SAMOSAS AND A BUTTERNUT SQUASH SOUP WITH CHANTERELLES PREPARED BY CLAY CONLEY. AUTRY CONTRIBUTED A BONE-IN RIB ROAST AND A LOW COUNTRY SHRIMP BOIL, AMONG OTHER DISHES.









HOMEMADE MAC AND CHEESE AND FRESHLY BAKED PIES ADDED TO THE EVENING'S NOSTALGIC HOLIDAY FEEL.

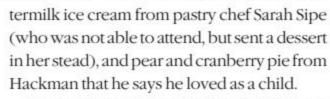
OPPOSITE PAGE: KELLY MURPHY USED BIRCHWOOD VASES, GREEN-ERY, AND CANDLES TO EYOKE A COUNTRY AESTHETIC, ALL OF WHICH WAS OFFSET BY CONTEMPORARY TABLEWARE WITH GOLD ACCENTS. Events on the Loose to design the tablescape, which presented guests with a multisensory experience of smells, textures, and tastes. "The theme is a Southern girl from a rustic, North Carolina farm meets modern living with a little gold and tradition," says Murphy. "The table runner is a mix of eucalyptus and other greenery for easy decorating."

Murphy's centerpieces of birchwood vases and a mashup of greenery and candles contrasted with the whimsical, gold-banded Duchess bone china dinnerware and the Joman bowls by Cookplay used for Conley's soup course. Beautiful Vivi flatware, featuring brushed gold on a chevron-inspired pattern, added a holiday vibe atop the beige, natural linen napkins with fringe. Monaco golden-covered plates by Pampa Bay blended with the gold-banded, stemless Riedel drinking vessels from Autry's aunt.

Other touches included a bar cart made of reclaimed wood and the rough-hewn Nagoya stoneware collection. "This stoneware looks like wood, and since Lindsay is a natural wood and earthy kind of girl, it was perfect for the party," says Murphy. "I love working with chefs to take what they create and use our pieces as a palette."

After the delicious meal, the guests returned to the kitchen island for dessert. In the hectic restaurant business, lots of meals are served standing up in the kitchen. Dessert at this holiday potluck was no exception. "Even for special occasions like this we like to hang out and talk in the kitchen," says Sabin.

After-dinner sweets included old-fashioned whiskey balls that Lipman made using his grandmother's recipe ("I always wanted to steal them," he confesses), housemade but-



"My husband makes my bread and pastry dreams come true," says Melanie Hackman, with a laugh. "He's good for everything except my waistline."

Guests enjoyed a variety of drinks with their yummy desserts and even helped do the dishes—truly a group effort. As the evening came to a close, the chefs waxed nostalgic.

"I love spending the holidays with these friends," says Conley. "We are all in an insane business, and it's fun to celebrate together."

























# Desert Bloom

Arid surroundings inspire fanciful florals and jewels















It's been a gradual process. But isn't the old saying that good things come to those who wait? That's the story of Cognac. Over the past century, Cognac—a specialty brandy distilled from white wine-has established its position as one of the world's leading luxury drinks. Because Cognac is a blend of spirits across vintage years, those blends became rich and complex as the producers grew older and acquired more reserve stocks.

Today the packaging and bottling of the top Cognacs is just as beautiful and compelling as the liquid contained inside. Some cost as much as an emerging artist's canvas. A hand-blown crystal decanter may not improve the taste of Cognac, but a beautiful bottle can be an enticement to indulge. Here, we take a look at some of the most memorable Cognacs on the market today.

## Rémy Martin

Louis XIII (\$4,000): It's appropriate to begin with the bottle that launched and defined the luxury Cognac category. In 1874, Paul-Emile Rémy Martin commemorated the 150th anniversary of the house by combining 1,200 of the finest eaux-de-vie from his Grande Champagne vineyards into a signature blend. Since then, every cellar master has done the same, using Cognac ranging in age from 40 to 100 years.

The decanter is patterned after a metal flask salvaged from the Battle of Jarnac in 1569 and is handmade by Baccarat, Saint-Louis, and Cristallerie de Sèvres. Distinctive and striking, it features 10 spikes on each side and a neck of 20-karat gold.

Louis XIII Black Pearl (\$30,000): To celebrate the 140th anniversary of the reign of France's King Louis XIII, Rémy Martin released a 750-ml limited edition from a single cask blended by former Cellar Master André Hériard Dubreuil. Only 786 bottles were produced, in a decanter layered with titanium, carbon, and gold. A smaller version (375 ml, \$13,000) was released five years later in an edition of 1,498 bottles in an equally impressive package, coated with palladium and featuring tiny pearl inlays on the medallions.





Frapin

Frapin Extra (\$675): The Frapin family began as winegrowers and accumulated 300 acres in France's Grande Champagne cru, which gave them a strong advantage when they shifted to Cognac production. Extra contains eaux-de-vie up to 40 and 50 years of age, bottled in a disc-shaped decanter with a gold cap. It's distinctly fruity on the palate, and recommended pairings include desserts such as crème brulée and tarte Tatin.

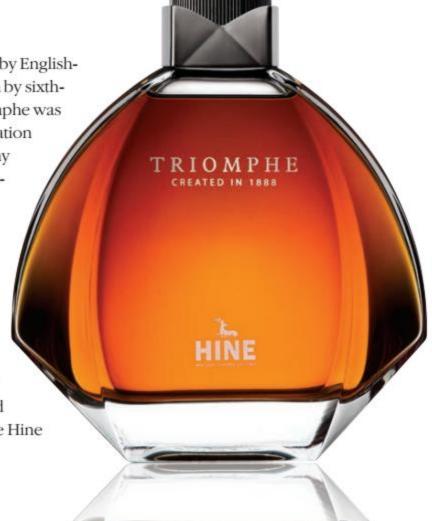
Plume Frapin (\$3,500): The apex of the Frapin range, Plume consists of some of the cellar's oldest Cognac blended to produce a rich texture with flavors of candied fruit, prunes, and figs. Released in a limited edition of 500 bottles, the crystal decanter is embossed with images of feathers and capped with an 18-karat rose gold stopper.

Hine

>>>>>>>>>>

Triomphe (\$850): Founded in 1763 by Englishman Thomas Hine, the house is now run by sixthgeneration director Bernard Hine. Triomphe was launched in 1888 to celebrate the eradication of phylloxera, a pest that decimated many European vineyards. Composed of eauxde-vie between 50 and 60 years old exclusively from Grande Champagne vineyards, it's presented in a sleek decanter with an Art Deco design.

Talent (\$10,000): A work of art in every way, Talent is also sourced from Grande Champagne Cognac at least 30 years old, with some dating back to the nineteenth century. The signed and arresting Baccarat decanter is decorated with grapevines, as well as the signature Hine stag emblem.





Paradis Impérial (\$3,000): Hennessy is the world's largest Cognac house, founded in 1765 and responsible for 40 percent of global Cognac consumption. Eight generations of the Fillioux family, who have served as master blenders since inception, maintain stylistic continuity. In the Cognac region, "paradis" is a colloquial term for a special private cellar, usually located in the back of the property with restricted access.

In 2011, master blender Yann Fillioux used more than 100 eaux-de-vie between 30 and 130 years old to create Paradis Impérial. He took his inspiration from the Dowager Empress of Russia, who supposedly requested a blend of Hennessy's finest Cognac in 1818 as a gift for her son, Tsar Alexander I. The spirit is bottled in an eye-stopping decanter designed by Stephanie Balini, intended to evoke the gowns worn by ladies at the Russian Imperial court.

Note: Don't confuse this Cognac with the regular Hennessy Paradis (\$1,065), introduced in 1979 by Maurice Fillioux (Yann's uncle), which contains 100 slightly younger eauxde-vie.

RIGHT: HENNESSY RECOM-MENDS ENJOYING THE PARADIS IMPÉRIAL OUT OF A CRYSTAL TULIP GLASS. THE SPIRIT, WHICH SHOULD BE SERVED AT ROOM TEMPERATURE, GOES WELL WITH SHARP-TASTING FINGER FOODS.

FAR RIGHT: COURVOISIER'S FIFTH MASTER BLENDER, JEAN-MARC OLIVIER, COMPOSED L'ESSENCE. ITS NOSE IS REDOLENT OF SANDALWOOD, CIGAR LEAVES, TOFFEE, MARZIPAN, AND FRESH HONEY.

Richard Hennessy (\$4,000): Named for the house founder, this drink represents the apex of the Hennessy brand. It is composed of 100 eaux-de-vie, spanning in age from 45 to 200 years. Brightly floral on the palate, it is rich and mellow in texture, filled with flavors of citrus zest and pomegranate, all packaged in a Baccarat decanter that takes 40 hours to make.

## Courvoisier

Initiale Extra (\$500): Emmanuel Courvoisier and Louis Gallois founded a wine and spirits company in the Parisian suburb of Bercy in 1809, eventually moving to the Cognac region to improve the quality of their offerings. Napoleon I supposedly paid a visit to Bercy in 1811, and later decreed that his armies be issued a Cognac ration. Courvoisier became known as "the Cognac of Napoléon" in 1869 when Napoléon III designated the house as the official supplier to the Imperial court.

Initiale Extra is a blend of Grand Champagne and Borderies eaux-de-vie between 30 and 50 years old, composed by master blender Patrice Pinet. Known for its Port-like richness and opulent mouth feel, it makes a perfect transition for the Cognac neophyte seeking to upgrade from an X.O. bottling.

## L'Essence de Courvoisier (\$3,200):

L'Essence contains more than 100 Cognacs, some of which are more than a century old, resulting in an exotic and memorable mouth feel. The teardrop-shaped decanter, handblown by Baccarat, was designed to resemble the signet rings Napoléon I gave to his favorite commanders.









Hardy

DELICATE SPICES. LEFT: LE PRINTEMPS

ESSENCE OF SPRING.

Prestige Series: "We make Cognac in the most feminine way possible," says Bénédicte Hardy, fifth generation to steer the house since 1863. "Our style is soft, clean, and round—something you can enjoy right away." Hardy also puts emphasis on their bottles, designed according to a "haute couture philosophy." The Prestige Series includes five entries: Noces d'Argent (\$200), Noces d'Or (\$340), Noces de Perle (\$1,065), Noces de Diamant (\$1,292), and Noces d'Albâtre (\$3,000).

Four Seasons Series: These Cognacs contain eaux-de-vie that Armand Hardy put aside between 1914 and 1940, in decanters created exclusively by Lalique. Bottles such as L'Eté (\$16,000) and Le Printemps (\$17,500) are the ultimate expression of the glassblower's art.

## **FAST FACTS**

**EVERYTHING YOU NEED TO** KNOW ABOUT COGNAC

- · ALL COGNAC IS BRANDY, **BUT NOT ALL BRANDY IS** COGNAC.
- · COGNAC IS A MARITIME **REGION LOCATED IN THE** SOUTHWEST OF FRANCE, NORTH OF BORDEAUX.
- . THE REGION IS DIVIDED INTO CRUS, VINEYARD **AREAS WITH DISTINCT** CHARACTERISTICS: **GRANDE AND PETITE** CHAMPAGNE (NOT TO BE CONFUSED WITH CHAM-PAGNE ITSELF), BORDER-IES, FINS BOIS, BONS BOIS, BOIS ORDINAIRES, AND BOIS À TERROIRS.
- · TO MAKE COGNAC, GRAPES ARE FIRST MADE INTO WINE, AND THE WINE IS THEN DISTILLED INTO A SPIRIT IN A COP-PER POT STILL.
- · AFTER DISTILLATION AND DURING THE AGING PROCESS, THE SPIRIT IS REFERRED TO AS EAU DE VIE ("WATER OF LIFE").
- COGNAC IS LABELED **ACCORDING TO THE** YOUNGEST SPIRIT IN THE **BLEND. THE CATEGORIES** ARE V.S. (VERY SPECIAL, TWO YEARS), V.S.O.P. (VERY SPECIAL OLD PALE, FOUR YEARS), NAPOLÉON (SIX YEARS), X.O. (EXTRA OLD, 10 YEARS), AND HORS D'AGE (BEYOND AGE, THE DESIGNATION FOR ALL THE COGNACS DESCRIBED HERE).



# Holiday GIFT GUIDE

WHETHER PURCHASED ONLINE OR IN-STORE, THESE HOLIDAY TREATS ARE SURE TO PLEASE EVERYONE ON YOUR "NICE" LIST.



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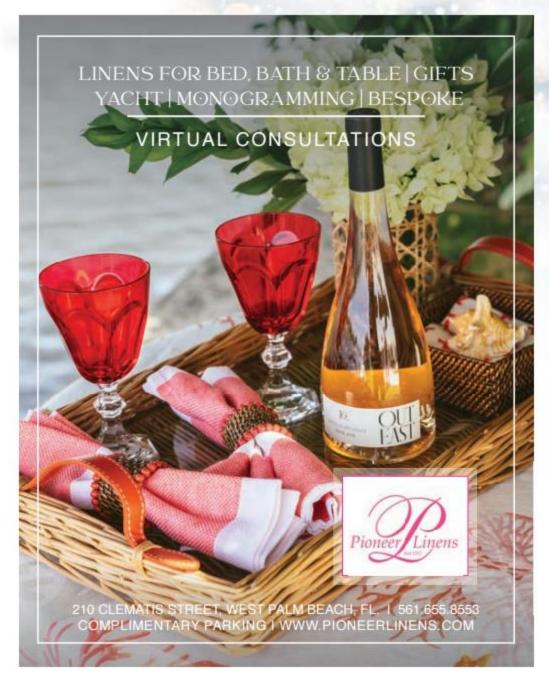
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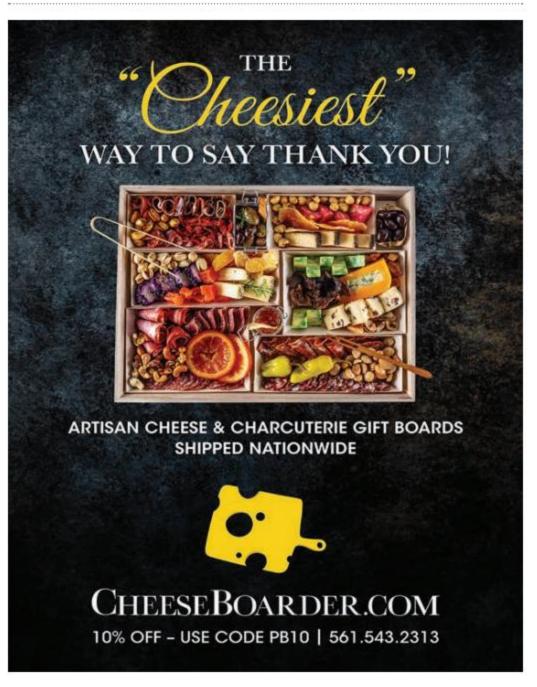
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## FRIDAY 11.20 BOTOX SPECTACULAR!

Buy 2 areas get 3rd area FREE!

## **TUESDAY 11.24 HYDRAFACIAL** & SALT FACIAL - BOGO

Limit two of each. 20% off All Skinceuticals, ZO & Colorescience skincare

## **MONDAY 11.30 LIPS & LASHES**

Buy 1 syringe of Juvederm, receive a 1/2 syringe of Volbella FREE. 20% off Latisse and Skinmedica Instant Bright eye cream & patches

## **TUESDAY 12.1 MASSAGE**

\$10 off one; \$30 off two! LASHES \$100 off full set Limit one per person

20% off Microblading

## **WEDNESDAY 12.2** COOLSCULPTING & KYBELLA

Buy 3 cycles of Coolsculpting, receive one cycle FREE. Bonus savings on purchases of 6 or more cycles 25% off Kybella

## THURSDAY 12.3 LASER & ALASTIN

25% off Halo or BBL treatments. 20% off Alastin Skincare products

## FRIDAY 12.4 ONE MORE KYSSE!

Buy 1 syringe, get one 50% off Sculptra, Restylane, and Kysse; Buy 2 areas of Dysport, receive 3rd area FREE

## MONDAY 12.7

## LIFT IT, SMOOTH IT, PLUMP IT, MIX/MATCH IT

Buy 1ml syringe of either Voluma, Vollure or Volbella, receive 50% off a 2nd syringe.

## **TUESDAY 12.8**

VIVACE 20% off Vivace RF Microneedling 20% off ALL Skinmedica Skincare

## **WEDNESDAY 12.9** COOLSCULPTING & KYBELLA

Buy 3 cycles of Coolsculpting, receive one cycle FREE. Bonus savings on purchases of 6 or more cycles 25% off Kybella

## THURSDAY 12.10 LASER & ALASTIN

25% off Halo or BBL Treatments. 20% off Alastin Skincare products

#### FRIDAY 12.11 BETTER THAN BOTOX!

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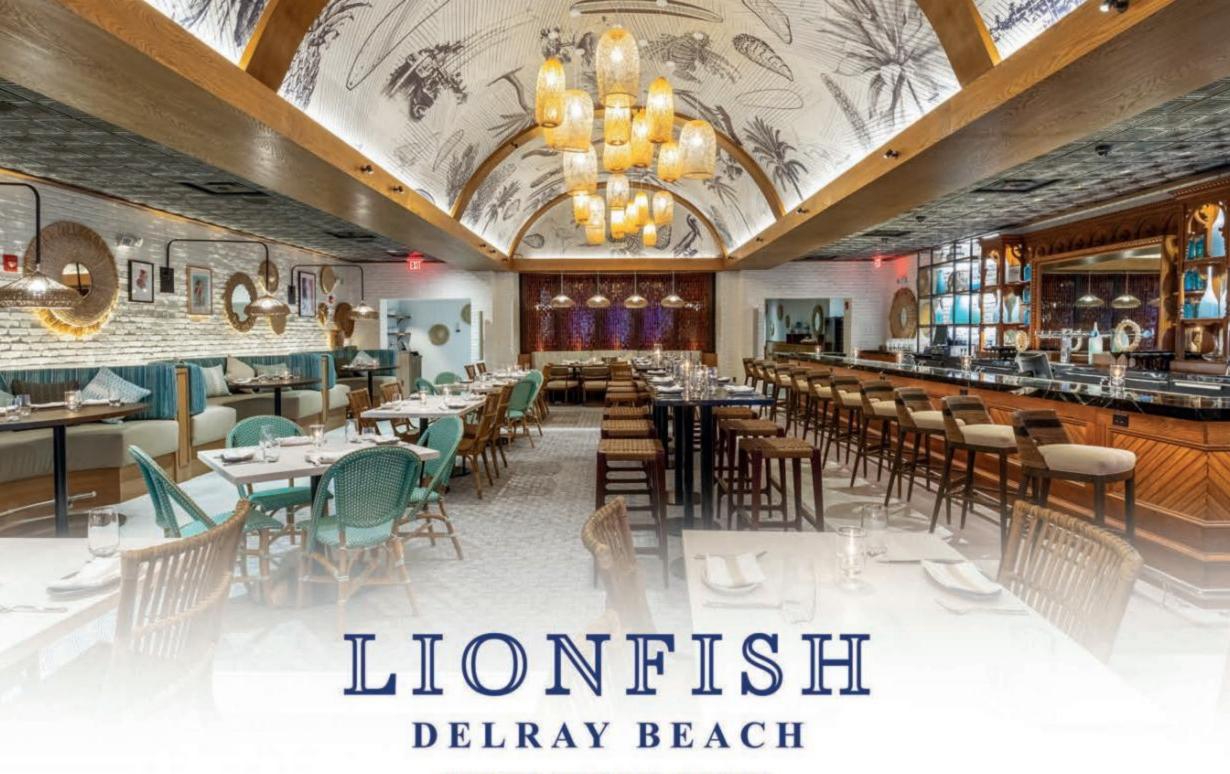


**这种种种种类似的,我们就是一个人的,我们就是一个人的,我们就是一个人的,我们就是一个人的,我们就是一个人的,我们就是一个人的,我们就是一个人的,我们就是一个人** 









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# TASTE



## **TRADITIONS**

## Buon Natale

For many Italians and Italian Americans, Christmas Eve means one thing: seafood. The Feast of the Seven Fishes is a culinary tradition rooted in the Roman Catholic practice of not eating meat on December 24. While some families do make seven types or preparations of seafood, others serve 12 (to represent the apostles), and still others are a little more liberal with their exact count.

For an upscale addition to your Feast of the Seven Fishes, try making Scusi Trattoria's wood-baked branzino al limone. Many of the dishes at this Palm Beach Gardens restaurant were inspired by executive chef and partner Laurent Tourondel's Italian grandmother. "My grandmother is actually the one who taught me how to cook," says Tourondel. "She had a very good palate. She always amazed me." He fondly recalls his own Seven Fishes feasts and the great memories they created. "The whole family would fight over who would get the langoustines!" (scusirestaurants.com) -Mary Murray

CHEF TOURONDEL SHARES THE RECIPE FOR HIS WOOD-BAKED BRANZINO AL LIMONE AT PALMBEACHILLUSTRATED. COM/SEVENFISHES



## **TASTE**











CLOCKWISE FROM FAR LEFT: AP-PETIZERS AT TARU; JAMES STRINE; SUGARCANE SHRIMP; KOJIN OFFERINGS; **KEY LIME PIE** WITH PROPER ICE CREAM; SUNDY HOUSE EXTERIOR.

**DINING OUT** 

## SUNDY, REINVENTED

Set amid lush vegetation, with more than 5,000 plants and 500 varieties of foliage from around the world, the restaurant at Delray Beach's Sundy House is one of the most romantic places to enjoy a meal. Over the summer, the eatery received a makeover. Now known as **Taru**, it features the food of executive chef James Strine, a veteran of destinations such as The Breakers and Café Boulud.

"The Sundy House is one of the area's iconic properties, and my goal is to energize it and breathe new life into it," Strine says. "I want it to be more than a brunch and special occasion restaurant."

Strine is a proponent of what he calls "new Florida cuisine," a nod to the groundbreaking Mango Gang of South Florida chefs from the 1990s. He wants to emphasize local products and bring back "old-school Florida techniques, the ones used by saltwater cowboys," such as pickling and preserving, curing and smoking fish and meat, and making dips and salsas. Although he was trained in classical French cooking, his favorite entries on the new menu are items such as turkey croquettes and rice noodles with clams.

To get an idea of Strine's culinary range, reserve a spot at Kojin, a restaurant-within-a-restaurant concept that seats no more than 10 guests. Diners receive a multicourse omakase menu (literally, "I leave it up to you" in



Japanese) that may feature dishes as diverse as Santa Barbara uni, Florida snapper, or a hot pot with Wagyu beef, mushrooms, and marrow broth. Tables are available Thursdays, Fridays, and Saturdays at 5:30 and 8 p.m.

In addition to its natural beauty, Strine observes that the restaurant has the perfect setting for the moment. With tables scattered strategically around the Taru Gardens, social distancing is built into the dining experience. (sundyhouse. com) -Mark Spivak

#### **COCKTAIL CULTURE**

## Behind the BAR

Miami native Lauren Samson graduated from Florida International University with a business major and a minor in hospitality. She started at The Blind Monk in West Palm Beach in 2013 and gradually worked her way up to wine director and sommelier. PBI recently caught up with her to discuss her background and thoughts on curating a beverage program. (theblindmonk.com) -M.S.

## PBI: Did you grow up in a wine-drinking family?

Samson: Not at all! Having a bottle of wine on the table was rare in my house. But when I was at FIU, I took a course called "Culture of Wine" taught by Bill Hebrank. I was amazed at his background and passion, at how widely he had traveled, and I was fascinated to learn about all the complexities that go into creating a bottle of wine. It was a turning point for me.

#### What's your favorite wine region?

I'm obsessed with Greece because all the grape varieties are indigenous. There's very little Chardonnay or Cabernet grown there, but the wines are amazing. Assyrtiko is one of my favorites; it's a white wine booming with acidity and minerals, and you can almost taste the ocean when you sip it. Greece is just coming of age right now, so the emphasis is on value.

## The Blind Monk is a small restaurant with a limited menu. Is that a challenge for wine pairing?

Not really. We do have a menu that changes with the seasons, and we offer

WHAT DOES SAMSON VIEW AS THE AD-VANTAGES OF BEING A FEMALE SOMMELIER? FIND OUT AT PALMBEACHILLUSTRATED.COM/ LAURENSAMSON

a variety of tapas in addition to cheeses and charcuterie. Right now, we're offering dishes such as yucca gnocchi, roasted cauliflower with Manchego cream, and a watermelon banh mi-items that go very well with unsung wines such as Riesling or Gewurztraminer. Our goal is to have wines that are high in acidity and food-friendly.

## A selective guide to Palm Beach-area restaurants

## THE LISTINGS

The Palm Beach County dining scene has something for everyone, from funky burger bars and gastropubs to the glam style of iconic Palm Beach lounges. Here, find a listing of area standouts, organized by cuisine type, with descriptions, contact information, and price details for each. What the icons mean:

Dinner entree under \$10 Most entrees \$10-\$25 \$\$ Most entrees \$25 or more \$\$\$

While not all-inclusive due to space limitations, our dining listings may vary every month and are constantly updated to showcase the culinary diversity of the area. Find more information on local dining options on palmbeachillustrated.com.

NOTICE TO RESTAURATEURS: The establishments listed and their descriptions are printed at the discretion of the editors of Palm Beach Illustrated. They are not a form of advertisment, nor do they serve as a restaurant review. For more information, email editorial@palmbeachmedia.com

## **AMERICAN**

1000 NORTH The Jupiter Lighthouse serves as the backdrop for chef Jason Van Bomel's global takes on classic dishes. 1000 North U.S. Hwy. 1, Jupiter (1000north.com) \$\$\$

AVOCADO GRILL Chef Julien Gremaud offers flavorful Florida-Caribbean bites. His latest venture, Avocado Cantina in Palm Beach Gardens, features the same vibe with a Mexican flair. 125 Datura St., West Palm Beach (avocadogrillwpb.com) \$\$

BANTER Located inside the Canopy by Hilton hotel, Banter serves the latest Florida fusion cuisine. 380 Trinity Place, West Palm Beach (banterwpb.com) \$\$

BREEZE OCEAN KITCHEN Enjoy Floridian cuisine at this seaside gem at the Eau Palm Beach Resort & Spa. 100 S. Ocean Blvd., Manalapan (eaupalmbeach.com) \$\$

BUCCAN Chef Clay Conley offers a wide-ranging menu of small plates that changes with the seasons. 350 S. County Road, Palm Beach (buccanpalmbeach.com) \$\$

BURT AND MAX'S This beloved establishment specializes in made-from-scratch plates. 9089 W. Atlantic Ave., Suite 100, Delray Beach (burtandmaxs.com) \$\$

CITY CELLAR WINE BAR & GRILL Offering dry-aged steaks, fresh pasta, and seafood. 700 S. Rosemary Ave., West Palm Beach (citycellarwpb.com) \$\$

COOLINARY CAFÉ Chef-owner Tim Lipman uses surprising ingredients to cook up fresh, creative cuisine. 4650 Donald Ross Road, Suite 110, Palm Beach Gardens (thecoolpig.com) \$\$

THE COOPER Practicing farm-to-table cooking with flair. 4610 PGA Blvd., Suite 100, Palm Beach Gardens (thecooperrestaurant.com) \$\$

CPB Featuring contemporary American plates inside The Colony Hotel. 155 Hammon Ave., Palm Beach (thecolonypalmbeach.com) \$\$\$

CROSBY KITCHEN & BAR This stylish American bistro offers a Manhattan-meets-Palm Beach vibe. 1406 S. Cypress Drive, Jupiter (crosbykithenandbar.com) \$\$

**DEATH OR GLORY** This gastropub prioritizes outstanding cocktails and new-wave bar bites. 116 N.E. 6th Ave., Delray Beach (deathorglorybar.com) \$\$

DRIFTWOOD This creative eatery specializes in innovative Florida fare with fun cocktails to match. 2005 S. Federal Hwy., (driftwoodboynton.com) \$

ENTRE NOUS BISTRO Home-style cooking commingles with gourmet fare. 123 U.S. Hwy. 1, North Palm Beach (entrenousbistro.com) \$\$\$

FARMER'S TABLE This farm-to-table establishment is committed to clean eating. 1901 N. Military Trail, Boca Raton (farmerstableboca.com) \$\$

GALLEY Stop by for modern cuisine with coastal flair inside the Hilton West Palm Beach. 600 Okeechobee Blvd., West Palm Beach (hiltonwestpalmbeach.com) \$\$\$

GREASE BURGER BAR The high-end burgers elevate pub cuisine to a divine experience. 213 Clematis St., West Palm Beach (greasewpb.com) \$

**HENRY'S PALM BEACH** This American-inspired bistro is perfect for dinner, drinks, or weekend brunch. 229 Royal Poinciana Way, Palm Beach (thebreakers.com) \$\$\$

## **TASTE**

PROPER GRIT This chophouse in The Ben hotel pays homage to Old Florida. 251 N. Narcissus Ave. West Palm Beach (propergrit.com) \$\$\$

THE REGIONAL Lindsay Autry pairs her Southern roots with Mediterranean flavors. 651 Okeechobee Blvd., West Palm Beach (eatregional.com) \$\$\$

RESTAURANT 44 Creative, award-winning cuisine and contemporary classics served in a sleek, updated setting. Palm Beach Towers, 44 Cocoanut Row, Palm Beach (restaurant44palmbeach.com) \$\$\$

SASSAFRAS This West Palm hot spot brings a decadent twist to Southern food. 105 S Narcissus Ave. #130, West Palm Beach (sassafraswpb.com) \$\$

TABLE 26 This all-American restaurant presents comfort food in an atmosphere fit for both romantic dates and business luncheon meetings. 1700 S. Dixie Hwy., West Palm Beach (table26palmbeach.com) \$\$\$

**TA-BOO** Ta-boo has been serving American cuisine since 1941, and no one does it better. 221 Worth Ave., Palm Beach (taboorestaurant.com) **\$\$** 

TROY'S BARBEQUE Locals return to this neighbourhood restaurant again and again for the superior barbecue. 1920 S. Federal Hwy., Boynton Beach; 1198 N. Dixie Hwy., Boca Raton (bbqtroys.com) \$

VOODOO BAYOU Take your palate on a walk through the French Quarter. 11701 Lake Victoria Gardens Ave., Suite 5095, Palm Beach Gardens (voodoobayous.com) \$\$

## ASIAN

BUDDHA SKY BAR This Asian-style bar interprets Chinese and Japanese cuisines. 217 E. Atlantic Ave., Delray Beach (buddhaskybardelraybeach.com) \$\$

**ECHO** The Asian restaurant of The Breakers offers dishes from across the continent. 23OA Sunrise Ave., Palm Beach (echopalmbeach.com) **\$\$\$** 

IMOTO Influenced by his experience in Tokyo, chef Clay Conley presents small Asian bites. 350 S. County Road, Palm Beach (imotopalmbeach.com) \$\$

JOY NOODLES AND ASIAN CUISINE Order the fresh ramen at this vegetarian-friendly hidden gem. 2200 S. Dixie Hwy., West Palm Beach (joynoodles.net) \$\$

SUSHI JO American sushi chef Joseph Clark offers a diverse sake collection for a laid-back, cosmopolitan Japanese dining experience. 319 Belvedere Road #112, West Palm Beach; 14261 U.S. Hwy. 1, Juno Beach; 640 E. Ocean Ave. #4, Boynton Beach (sushijo.com) \$\$

## **ECLECTIC**

BARCELLO With a pasta section ranging from pad Thai to rigatoni, this menu is one of the county's most unique. 116O3 US. Hwy. 1, North Palm Beach (barcellonpb.com) \$\$

LOLA 41 From Italian-imbued plates to innovative sushi, this vibrant restaurant bases its menu off of the flavors found along the forty-first parallel. 29O Sunset Ave., Palm Beach (Iola41.com) \$\$\$

RHYTHM CAFÉ This local staple offers internationally inspired comfort food. 38OOA S. Dixie Hwy., West Palm Beach (rhythmcafe.com) \$\$

WAXIN'S Swedish food finds a South Florida home

#### COCKTAIL CORNER

## BRANDY ALEXANDER

Like most classic cocktails, the precise origins of the Brandy Alexander are unclear. Although critic Alexander Woollcott claimed it was named for him, some historians attribute it to Tsar Alexander II of Russia, and still others trace it to a bartender named Troy Alexander in Manhattan at the turn of the twentieth century. It was reputed to be John Lennon's favorite drink, introduced to him during his infamous Lost Weekend.

Regardless of which version you accept, the place to enjoy it in Palm Beach is at the legendary **Leopard Lounge** at the Chesterfield Hotel. "When people come here, they realize they're stepping back in time," says bar manager John Bowman. "We focus on the cocktails your parents were drinking in their prime."

While the Leopard Lounge originally opened as a separate room in the historic hotel, the wall between it and the dining room came down in the mid-1990s. As a result, many guests visit the bar both before and after dinner, and the Brandy Alexander has become more of an after-dinner drink. While the original recipe



called for equal parts brandy or Cognac, dark crème de cacao, and cream, the staff has tweaked the proportions over the years. (chesterfieldpb.com)—M.S.

### **Brandy Alexander**

1½ oz. brandy ½ oz crème de cacao 3 oz. half and half

Shake vigorously in a shaker with ice, then strain into a chilled martini glass. Garnish with grated nutmeg. Feeling decadent? Use ice cream in place of the half and half.

at this sophisticated eatery. 5300 Donald Ross Rd. Unit 130, Palm Beach Gardens (waxins.com) \$\$\$

### **FRENCH**

CAFÉ BOULUD This four-star restaurant boasts the same French flair as its famed Manhattan cousin, with a dash of South Florida flavor. 301 Australian Ave., Palm Beach, in the Brazilian Court Hotel (cafeboulud.com) \$\$

LA GOULUE This island newcomer brings the flavors of France to Palm Beach. 288 S. County Road, Palm Beach (lagouluepb.com) \$\$\$

PISTACHE FRENCH BISTRO Presenting French bistro bites with a Mediterranean twist. 101 N. Clematis St., West Palm Beach (pistachewpb.com) \$\$

## FRENCH AMERICAN

ALMOND This Bridgehampton mainstay has brought its classic French comfort food to Palm Beach. 207 Royal Poinciana Way, Palm Beach (almondrestaurant.com) \$\$\$ BRULÉ BISTRO A high-end gastropub with French and American dishes. 200 N.E. 2nd Ave., Delray Beach (brulebistro.com) \$\$

CAFÉ L'EUROPE Featuring influences from all over Latin America and Europe. 331 S. County Road, Palm Beach (cafeleurope.com) \$\$\$

PÉTANQUE This casual spot is a tribute to the co-owners' childhood summers spent in France. 517 Northwood Road, West Palm Beach. (petanquepb.com) \$\$

## ITALIAN

BICE Homemade pastas, excellent service, and tiramisu will make you feel like Italy isn't so far away. 313 Worth Ave., Palm Beach (bice-palmbeach.com) \$\$\$

BUONASERA RISTORANTE Perfectly executed Northern Italian dishes in an intimate setting. 2145 S. U.S. Hwy. 1, Jupiter (buonaserajupiter1993.com) \$\$\$

CAFFE LUNA ROSA Luna Rosa turns out consistent versions of classic Northern Italian dishes. 34 S. Ocean Blvd., Delray Beach (caffelunarosa.com) \$\$





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## TASTE

#### DESSERT

## HOLIDAY **SWEETS**

Dinner parties abound during this special time of year. When it falls upon you to bring dessert, pick up one of these creative sweets from local makers, markets, and restaurants.





## Saffron Buns, Johan's Jöe, West Palm Beach.

These raisin-filled, saffron-spiced pastries are a Swedish Winter Solstice tradition. They're available all month, with single buns priced at \$4.45 or a dozen for \$49.45. The best part? They make an excellent after-dinner treat and an even better morning-coffee companion. (johansjoe.com)



Gourmet Marshmallows, Sweets by Milka, Tequesta. This is one the kids will adore. Marshmallow guru Milka Gordillo specializes in handcrafted "dreaMallows" stuffed and topped with flavors such as cookies and cream, lemon coconut, and salted caramel with toasted pecans. She accepts orders through her website, with a dozen priced at \$15. (sweetsbymilka.com)



Panettone. Amici Market, Palm Beach. Amici Market offers numerous takes on this festive Italian cake, including a new Ricordi Collection from Breramilano 1930 by Cova,

which features beautiful wrapping that honors Milan's women of opera. Each is priced at \$49, and a variety of flavors is available. (amicimarket.com)

Coconut Flan, PapiChulo Tacos, Jupiter, Royal Palm Beach. This divine dessert puts a tropical spin on a Latin favorite. PapiChulo's house-made delicacy is finished with caramel drizzle, coconut flakes, and mint. Although single servings are available, we suggest ordering an entire pan, priced at \$270, and sharing it with 30 of your closest friends. (papichulotacos.com) -M.M.

CASA D'ANGELO Angelo Elia's Boca Raton outpost casual atmosphere. 5751 N. Federal Hwy., Boca Rasucceeds in every possible way. 171 E. Palmetto Park Road, Boca Raton (casa-d-angelo.com) \$\$\$

ELISABETTA'S This newcomer on the Atlantic Avenue dining scene slings up handmade Italian delicacies. 32 E. Atlantic Ave., Delray Beach (elisabettas.com) \$\$

IL BELLAGIO The food is stellar and so is the setting. 600 S. Rosemary Ave., Suite 170, West Palm Beach (ilbellagiocityplace.com) \$\$

JOSEPHINE'S ITALIAN RESTAURANT Family owned and operated, Josephine's creates Italian cuisine in a

ton (josephinesofboca.com) \$\$\$

LA SIRENA This Northern Italian beauty focuses on the cooking of the Amalfi Coast. 6316 S. Dixie Hwy., West Palm Beach (lasirenaonline.com) \$\$

LOUIE BOSSI'S This beloved addition to the Boca dining scene specializes in sharable Italian favorites. 100 E. Palmetto Park Road, Boca Raton (louiebossi.com) \$\$

PIZZA AL FRESCO This casual eatery offers some of the best pizza and views on the island. 14 Via Mizner, Palm Beach (pizzaalfresco.com) \$\$

RENATO'S Renato's produces first-rate Italian and continental fare in a European setting. 87 Via Mizner, Palm Beach (renatospalmbeach.com) \$\$\$

ROSE'S DAUGHTER Chef Suzanne Perrotto carries on her mother's culinary legacy. 169 NE 2nd Ave., Delray Beach (rosesdaughterdelray.com) \$\$\$

SANT AMBROEUS Made famous in Manhattan, Sant Ambroeus pairs the essence of Old World Milan with fine dining. 340 Royal Poinciana Way, Palm Beach (santambroeus.com) \$\$\$

TREVINI RISTORANTE Trevini serves Northern and Southern Italian dishes with taste and refinement. 223 Sunset Ave., Palm Beach (treviniristorante.com) \$\$\$

#### LATIN AND MEXICAN

BANKO CANTINA Mexican flavors thrive at this restaurant and tequila bar. 114 S. Olive Ave., West Palm Beach (bankocantina.com) \$\$

COYO TACO The Palm Beach location of this beloved Miami eatery features addictive Mexican street food. 337 Royal Poinciana Way, Palm Beach (coyo-taco.com) \$

HAVANA This family-friendly cantina serves an array of Cuban specialties. 6801 S. Dixie Hwy., West Palm Beach (havanacubanfood.com) \$\$

ROCCO'S TACOS AND TEQUILA BAR Every day is Cinco de Mayo at this high-energy eatery. 224 Clematis St., West Palm Beach; 5090 PGA Blvd., Palm Beach Gardens; 110 E. Atlantic Ave., Delray Beach; 5250 Town Center Circle, Boca Raton (roccostacos.com) \$\$

THE WAVE KITCHEN & BAR Situated inside Emilio and Gloria Estefan's Costa d'Este Resort, The Wave offers fine dining with a decidedly Cuban flair. 3244 Ocean Drive, Vero Beach (costadeste.com) \$\$\$

#### MEDITERRANEAN

LA CIGALE La Cigale bills itself as "A Taste of the Mediterranean," serving classic French dishes along with influences from Spain, Italy, and North Africa. 253 S.E. 5th Ave., Delray Beach (lacigaledelray.com) \$\$\$

LEILA RESTAURANT In addition to its many Mediterranean dishes, Leila also offers entertainment in the form of belly dancing and hookah on the patio. 120 S. Dixie Hwy., West Palm Beach (leilawpb.com) \$\$

**TEMPLE ORANGE** This seaside restaurant celebrates the cultures along the Mediterranean Sea. 100 S. Ocean Blvd., Manalapan, in the Eau Palm Beach Resort & Spa (templeorangerestaurant.com) \$\$

## SEAFOOD

50 OCEAN The second floor of Boston's on the Beach houses an elegant restaurant. 50 S. Ocean Blvd., Delray Beach (5Oocean.com) \$\$

ACQUA CAFÉ This chic resto delivers a coastal Italian take on seafood. 2875 S. Ocean Blvd., Suite 103, Palm Beach (acquacafepb.com) \$\$\$

BENNY'S ON THE BEACH This casual dining experience features American and seafood cuisine. 10 S. Ocean Blvd., Lake Worth Beach (bennysonthebeach.com) \$\$

CITY OYSTER AND SUSHI BAR With a full sushi bar and a bakery, City Oyster offers a plethora of options. 213 E. Atlantic Ave., Delray Beach (cityoysterdelray.com) \$\$\$

DECK 84 Burt Rapoport's casual alfresco restaurant highlights local Florida catches. 840 E. Atlantic Ave., Delray Beach (deck84.com) \$\$

LIONFISH Committed to sustainability, this chic eatery presents an array of innovative seafood selections. 307 E. Atlantic Ave., Delray Beach (lionfishdelray.com) \$\$

joy some of the freshest seafood in the area. 103 S. U.S. Hwy. 1, #D3, Jupiter (littlemoirs.com) \$\$

PB CATCH This contemporary seafood restaurant is the brainchild of Pistache's Reid Boren and Thierry Beaud. 251 Sunrise Ave., Palm Beach (pbcatch.com) \$\$

SPOTO'S OYSTER BAR Along with satisfying seafood dishes, come here to enjoy a specialty cocktail and a wide range of wines by the glass. 4560 PGA Blvd., Palm Beach Gardens (spotos.com) \$\$\$

## SMALL PLATES

HMF The Breakers' glamorous cocktail lounge is a fashionable mix of modern and classic. Asian influences are scattered across the delectable menu. 1 S. County Road, Palm Beach (hmfpalmbeach.com) \$\$

STAGE Through small dishes packed with flavor, Stage presents plates from delicious curries, to gluten-free veggie options, to Korean specialties. 2000 PGA Blvd., Suite 5502, Palm Beach Gardens (stagepga.com) \$\$

## STEAK HOUSE

CHOPS LOBSTER BAR The extensive menu is complemented by an equally interesting wine list. 101 Plaza Real S., Boca Raton (buckheadrestaurants.com) \$\$\$

FLAGLER STEAKHOUSE This elegant steak house offers hand-selected cuts in country club environs. 2 S. County Road, Palm Beach (flaglersteakhousepalmbeach.com) \$\$\$

MEAT MARKET The Palm Beach outpost of the famed Miami Beach steak house boasts a dynamic food and cocktail menu. 191 Bradley Place, Palm Beach (meatmarket.net) \$\$\$

NEW YORK PRIME This steak house has it all: first-rate raw materials, flawless dishes, and tables spaced far enough apart for private conversations. 2350 N.W. Executive Center Drive, Boca Raton (newyorkprime.com) \$\$\$

OKEECHOBEE STEAK HOUSE The Okeechobee Steak House opened in 1947 and has been an institution ever since. 2854 Okeechobee Blvd., West Palm Beach (okee steakhouse.com) \$\$\$

PALM BEACH GRILL Emphasizing freshness and consistency, the Palm Beach outpost of Houston's offers beloved items we have come to expect. 34O Royal Poinciana Way, Palm Beach (palmbeachgrill.com) \$\$\$

STONEWOOD GRILL AND TAYERN Casual and classy, Stonewood presents a savory menu in an intimate setting. 10120 Forest Hill Blvd., Wellington (stonewoodgrill.com) \$\$

III FORKS This remarkable destination executes each detail to perfection, doing an equally fine job with both USDA Prime beef and fresh seafood. 4645 PGA Blvd., Palm Beach Gardens (3forks.com) \$\$\$

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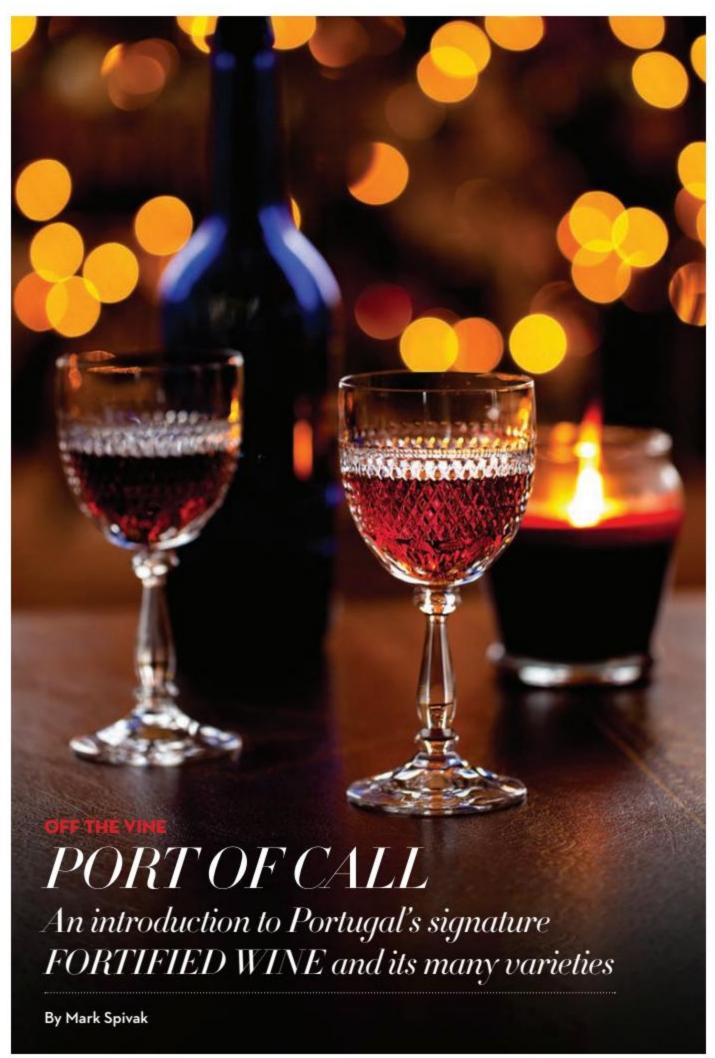


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## **TASTE**



A glass of Port is a perfect ending to a holiday meal—not surprising, since it can bring almost any dining experience to a hedonistic conclusion. Despite its appeal, however, Port is widely misunderstood.

The genuine article is sourced from grapes grown in Portugal's Douro Valley and made near the city of Porto, in the suburb of Vila Nova de Gaia. Permitted grape varieties are mostly red and thick-skinned, yielding a fullbodied and tannic wine. Fermentation is halted by the addition of neutral grape spirits, resulting in a sweeter wine with an alcohol level of nearly 20



percent. The fortification process probably originated before refrigeration as a way of shipping the wine without spoiling it.

There are two main types of Port: those aged in barrels and those matured in glass bottles. The major Port producers (such as Dow's, Graham's, Warre's, Fonseca, Sandeman, and Quinta do Noval) all have distinctive house styles, and there are different ways to enjoy each. Here, we offer a quick guide to the major categories of Port.

White: The only version produced from white grapes, white Port is made in a variety of styles, from dry to sweet, and primarily consumed as an aperitif. Basic white Ports can be served on the rocks or mixed into a cocktail, while aged versions are best served chilled and straight up.

Ruby: This is the least expensive and most popular style. Ruby Port is matured in concrete or stainless-steel tanks and usually bottled anywhere between three to five years. It is bright, fresh, and fruity, a popular choice before a meal in France and elsewhere.

Ruby Reserve Port: Formerly known as Vintage Character, this is a ruby aged between five and seven years and that represents a blend across vintage years. It can serve as a good introduction to a Port producer; examples are Fonseca Bin 27, Warre's Warrior, Graham's Six Grapes, and Sandeman Founder's Reserve.



rels and take on more tannin through their contact with the wood; the longer they're aged, the drier they become. When bottled without an age statement, they are generally about three years old, and older examples range from 10 to 40 years. A Colheita is a vintage-dated tawny.

Late Bottled Vintage (LBV): Sometimes referred to as the poor man's vintage Port, an LBV is left in cask longer than a vintage Port (four to six years). While lighter and less complex than the vintage version, it is ready to drink upon release. It has less sediment than vintage Port and is popular in restaurants as a result.

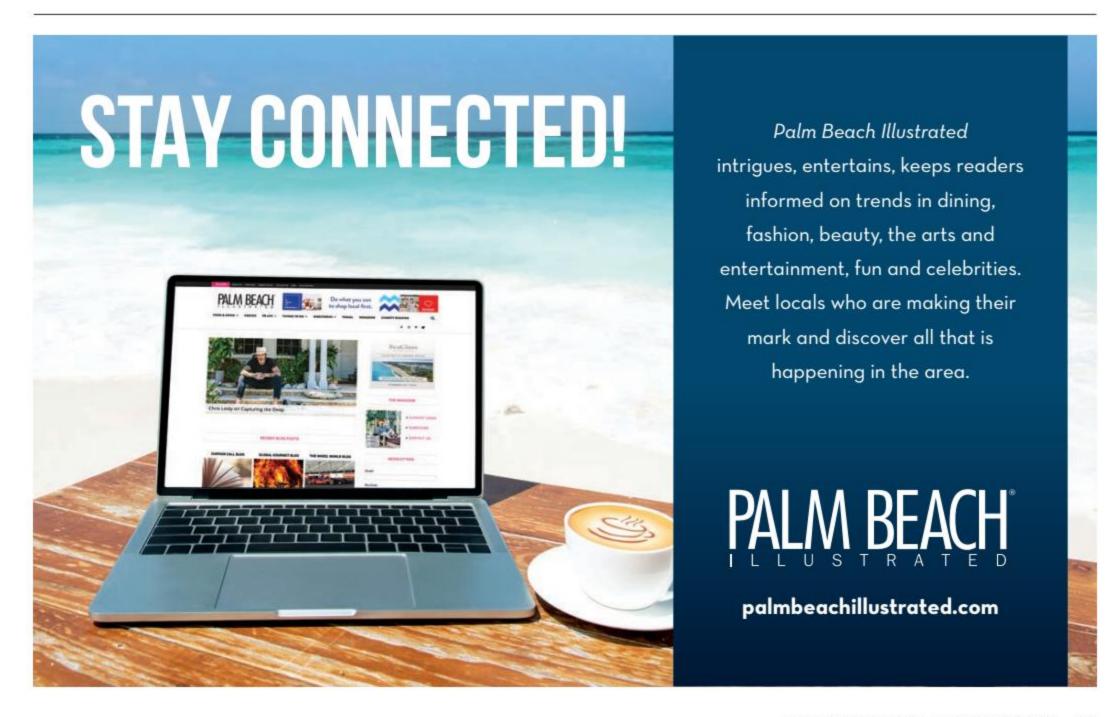
Vintage Port: The most famous and expensive of them all, vintage Port is bottled after two to three years in cask and requires extended bottle aging to reach maturity. The grapes come from the best harvests, and producers typically declare only two or three vintages per decade. Single



ABOVE: PORT WINE AND DESSERT PAIRING OVERLOOKING PORTO, PORTUGAL LEFT: SANDEMAN'S QUINTA DO SEIXO WINE CENTER, IN THE HEART OF THE DOURO VALLEY

quinta Ports come from a specific estate.

What about food pairings? If you subscribe to the theory that a dessert wine should be sweeter than the dessert it accompanies, Port is the perfect match for crème brûlée, pumpkin and pecan pie, and chocolate in all its forms. It also has an affinity for strong cheeses, particularly those that are aged or smoked. A Port wine reduction is a classic sauce for roasted red meats, poultry, and game. And if you can find an intensely sweet, miniature cantaloupe, cut it in half, hollow out the center, and fill it with ruby 







FURNITURE ACCESSORIES INTERIOR DESIGN

# HOME. By Liza Grant Smith



DESIGN

# SCHOOL of Thought

Local designer Haile Pegues performed a swanky lounge act in this Boca Raton condo. Playing off of the home's Monet Water Lilies vibe, Pegues used a blue, purple, and gold color palette to evoke a dreamy, calming mood in the stunning aquarium room. The result is a sexy, 1970s-meets-pretty-pastel entertaining space with retro curves, whimsical glass "bubbles," and a massive, glowing aquarium.

The creation of the aquatic focal point proved to be a difficult task. AFG Construction (afgconstruction.com),

who completed the condo renovation, hoisted the tank 10 floors and expertly built it into the space. In two to three years the saltwater aquarium will have a full-fledged coral reef.

Nestled just off the great room, the bar is another beguiling nook. Clear pendants and open shelves enhance the airy feel. The curved stone bar top and legs add personality and invite visitors to relax with a cocktail in hand. "There is something about it," says Pegues. "You just want to pull up a chair and sit, looking at the view of Lake Boca, and enjoy."



## HOME

#### **INSPIRED LIVING**

## SHELF Life Styling shelves is all about balance and VISUAL INTRIGUE

Those who have tried to create swoon-worthy shelves in their living spaces are well aware of the "devil is in the details" aspect of interior design. Here, Palm Beach Gardens designer and HGTV personality Krista Watterworth Alterman of Krista + Home shares her expert strategies for tripping the shelf fantastic. (kristahome.com)





## PBI: What is your overall strategy when approaching bare shelves in a living space?

Alterman: Functionality is key. I like to place items on a shelf that are useful. Even if they are most often on display, they can be pulled down or used for a party. A pitcher, tray, or centerpiece are good examples. The shelves should not look staged; they should appear organic and authentic.

When I am styling shelves, I like to lay out tons of options on the floor and then just play. There is lots of trial and error-trying different combinations, stepping back to look, and moving items around. I typically will place the largest items on the shelves first and work around them. It can also be helpful to sketch out the blank shelves first and have a plan in place. When you are in the shopping phase, make sure to account for the height of the shelves so your items will fit.

I like a consistent color palette. Mix solid colors with patterns for visual interest. Play with scale in pattern and texture and use similar hues peppered throughout, but not all on the same shelf. Use a bright color for a vivacious pop, and if you use a pop of a different color (such as yellow in a sea of whites and blues) keep it simple and small. What types/combinations of items do you like?

My favorite objects for shelves are books, decorative objects, vases, boxes, and photo frames. I love to include a touch of green, especially if it's carried throughout. Real plants are ideal, but faux succulents are a fine standby for easy maintenance. Mirrored objects are fun because they change as you pass by.

Using a variety of item sizes keeps the eye moving around and interested. Scale is important, so I like to mix small, medium, and large items together. It is also important to change up the shapes. A sculptural object with a

round dish and a square frame would work well together, for example.

## What is the appropriate spacing for items on these types of shelves?

Layering adds depth to shelves. You don't want your shelves to appear flat and two dimensional-you want the objects to pop. Moving one object slightly in front of the other can make a huge difference. Layer frames, art, or trays behind other objects on the shelves to add instant depth and interest.

## How do you create visual intrigue through stacking and height?

Levels and scale work together. Most items should be different heights when placed in one area. The eye craves variety. Larger items anchor everything and create balance. Symmetry is important but that comes down to scale. You don't want a tiny frame next to an oversized lantern-visually one swallows the other. I love using beautiful coffee-table books as risers, stacking them to add height.



## What types/combinations of items do you like to select for shelves in a home office?

I like to learn about what the person using the office does for a living. While the shelves in an office can be decorative and have a designer look, I want the objects to inspire the person working and make sense for what they do. The shelves will be a major design element in a home office, so they should inspire creativity and focus.

I like frames with personal photos in a home office. I think it really warms up a workspace

to pepper in little touches from your personal life. It reminds you why you work so hard and gets you excited for that next family vacation.

Shelves in a home office can also be functional and help you stay organized. Consider using stylish baskets or boxes to hold computer paper, for example.

## What is the appropriate spacing for items on these types of shelves?

Since books will likely be the main item used in office shelves, make sure to separate the groupings of books and scatter them around with decorative objects mixed in. Too much of anything can feel overwhelming, so less is more. One trick is to use a decorative item or plant as a bookend to hold up a small grouping of books.

#### What is the best way to display books?

I like to do a combination of vertical and horizontal displays. It can also be fun to group books by color. Book groupings should have [at least] three, but more than 10 is probably too many.



## HOME

## **ELEMENTS**

## CHILD's Play Experience the joy of KIDDING AROUND with fun bedroom picks

#### UPON REFLECTION

The antique silver crosshatch metal inlays on this gray washed-wood mirror (\$644) from Jamie Young

give it both boyish charm and an understated cool vibe. Gervis Design Studio, Boca Raton (gervisdesign.com)



### SPACE INVADERS

Aerin's Turenne chandelier (\$1,605) features six globes on an interlocking frame for an out-ofthis-world aesthetic. Aerin, Palm Beach (aerin.com)



Designer Nikki Levy of Nikki Levy Interiors got to know the room's intended inhabitant to ensure it reflected his likes and interests. "This room was designed for a 3-year-old boy who absolutely loves robots and tech," says Levy. "We created a space that would grow with him. By pushing the bed to the back corner, we gave him space to play freely. This room allows him to have his own place in the world that is just for him." Boca Raton (nikkilevyinteriors.com)



#### CHEFIN TRAINING

Give your buddina restaurateur the keys to the foodie kingdom with the Crate & Kids Snack Shack Playhouse (\$199). Crate & Barrel, Boca Raton (crateand



## IN PLANE VIEW

Alex & Asher, by Boca Raton-based artist Tracie Brown, offers plates, play clothes, and pillows such as this one (\$33) emblazoned with hip illustrations. (alexandasher.com)



## **BLANKET POLICY**

Great for naptime, Little Unicorn's Big Kid cotton muslin quilt (\$85) comes in many prints. Hive Home, Gift & Garden, West Palm Beach (hivepalmbeach.com)



Ti Amo's Adirondack Cabin twin bunk bed (\$700) provides its owner with a chic retreat in the comfort of his or her room. Bellini, Boca Raton (belliniofboca.com)



#### BEDSIDE MANNER

Indulge in the hope of never growing up with Oomph Home's Tini Neverland nightstand (\$3,995). Lindroth Design, Palm Beach (amanda lindroth design.com)







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#### BUILDER

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Walter & Kyte International Interiors, Atlanta

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## SETTING

Located in Sailfish Point, an oceanfront country club at the southern tip of Hutchinson Island and home to a Jack Nicklaus Signature golf course, a full-service marina, and an array of resort-style amenities

## SIZE

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## BEDROOMS/BATHS

Three bedrooms, four baths, one half bath

#### **INTERIOR HIGHLIGHTS**

Stunning in architectural detail, this penthouse with a private elevator entry offers a spacious open floorplan. A focal point of the living area is the unique marble fireplace and den with

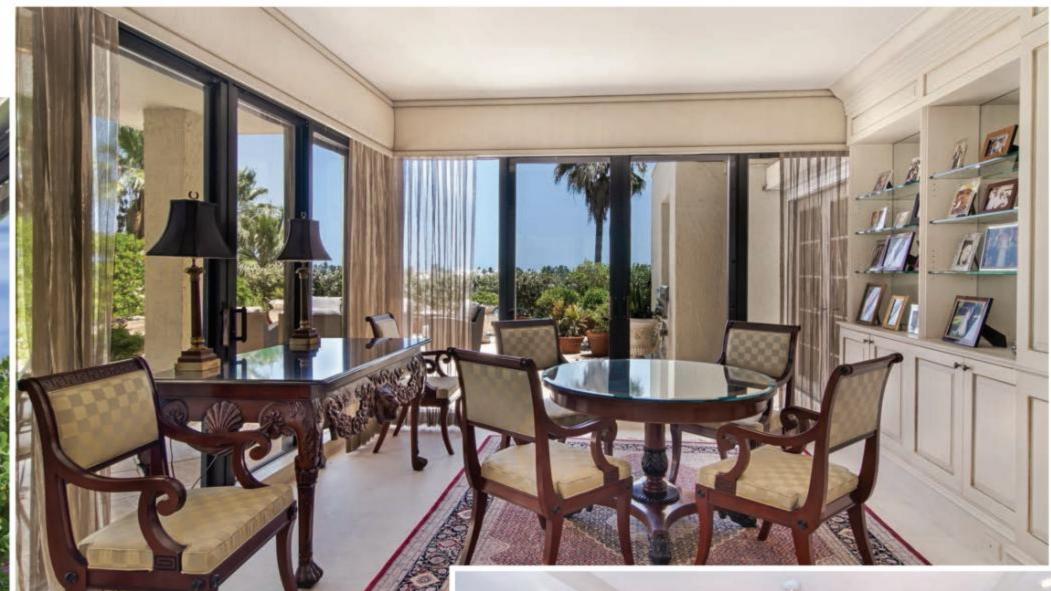
custom built-ins. The study features rich wood paneling and cabinetry. The chef's kitchen boasts Gaggenau and Sub-Zero appliances, including conveniences such as additional refrigerated drawers and a tucked-away bar. A luxurious master suite and two en suite guest rooms provide ample accommodations.

## **EXTERIOR HIGHLIGHTS**

More than 3,300 square feet of lushly landscaped private terrace and covered balconies wrap around the penthouse, offering both expansive and intimate outdoor seating, alfresco dining areas, and a built-in grill for relaxed entertaining.

## FOR MORE INFORMATION

Sailfish Point Realty, Stuart (772-225-6200, sailfishpoint.com)



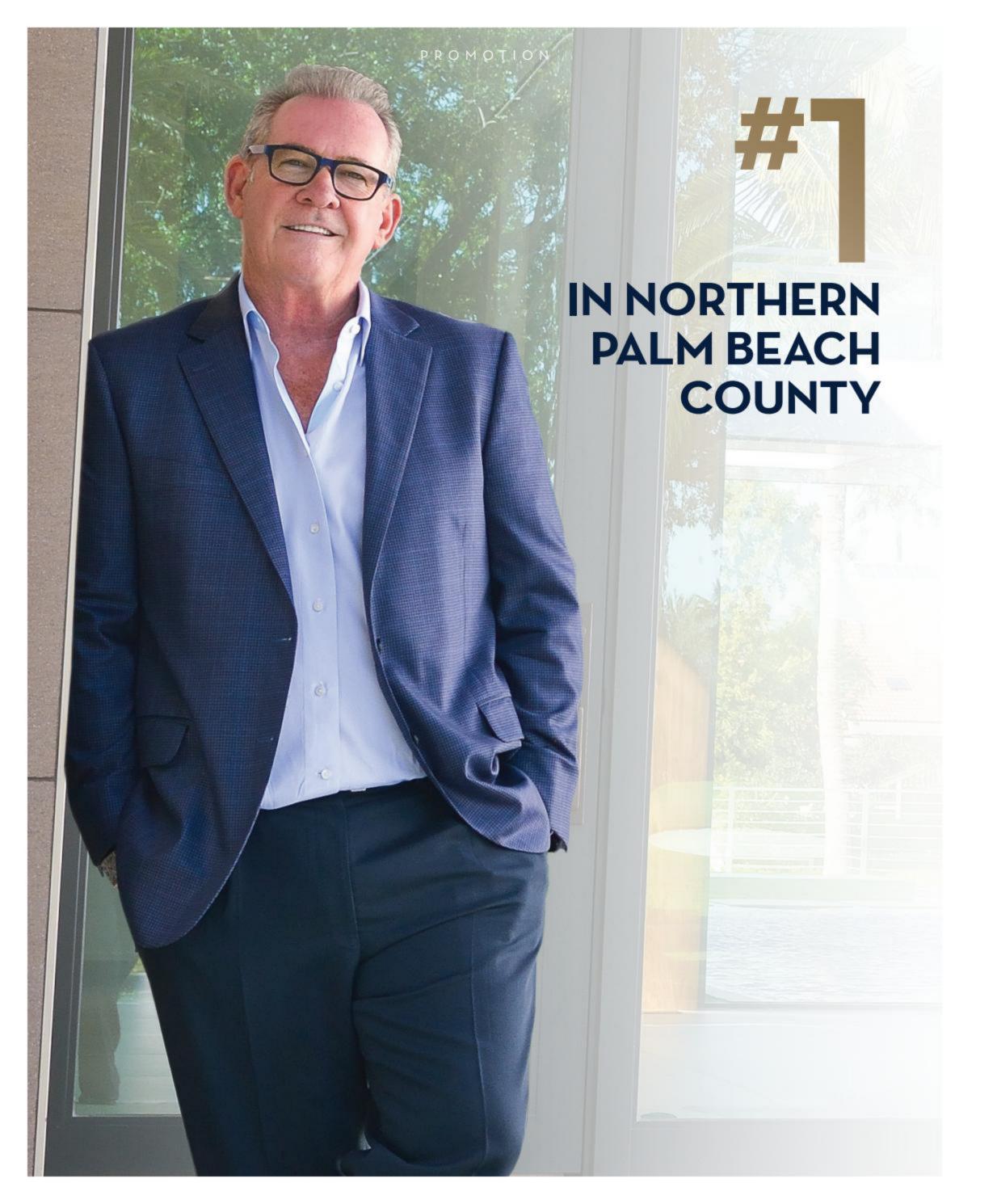
This lovely penthouse boasts modern finishes and beautiful waterfront vistas.











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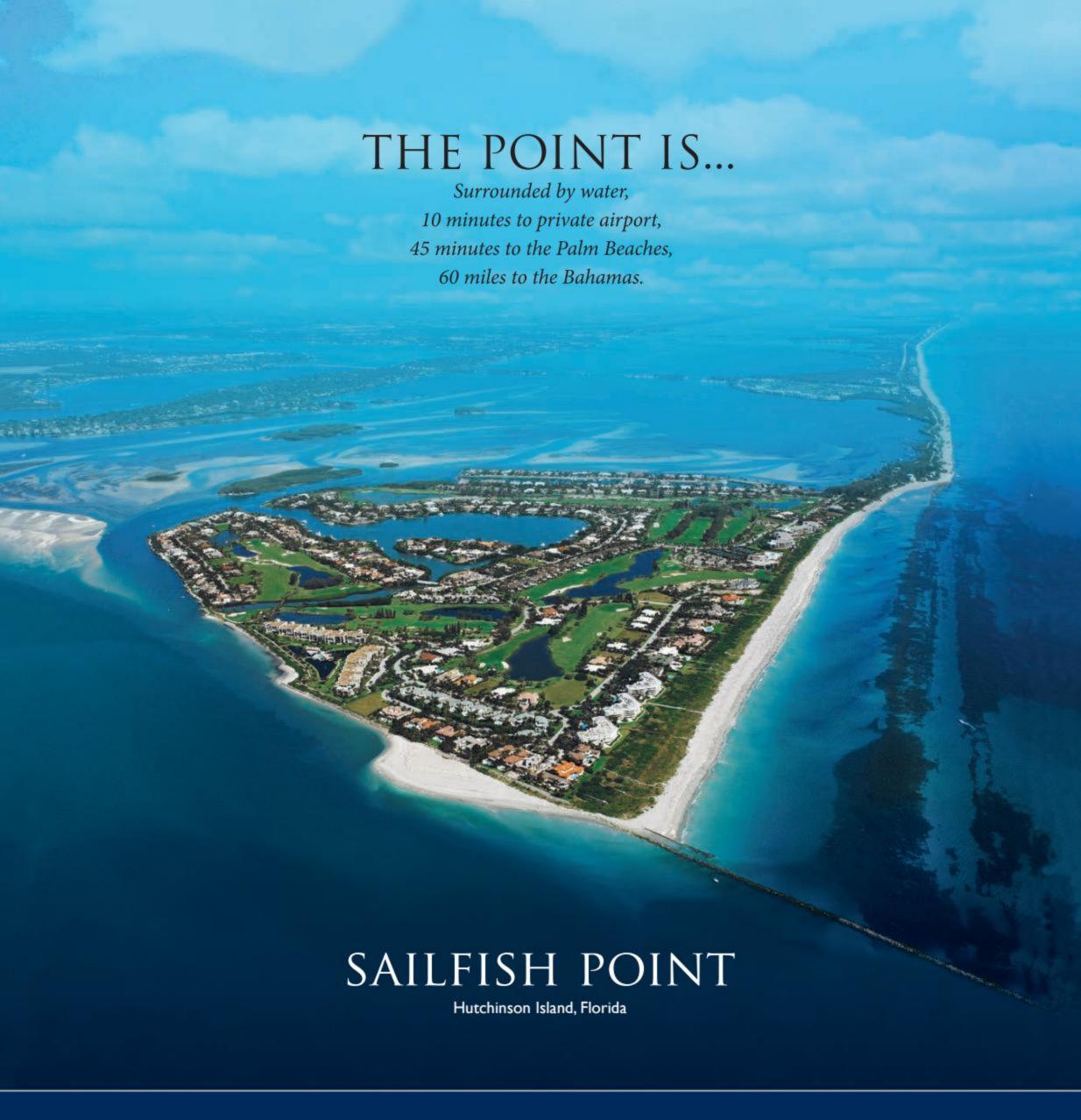
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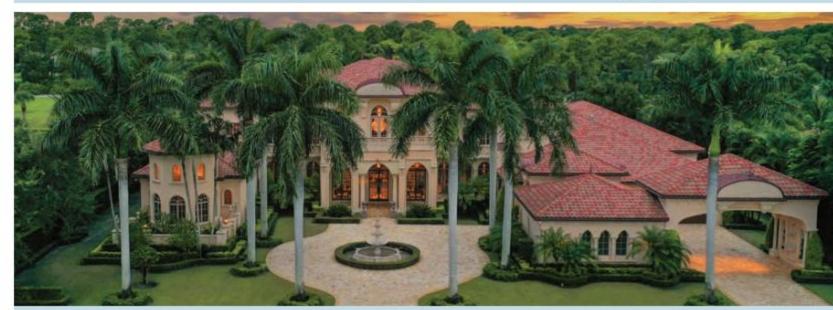
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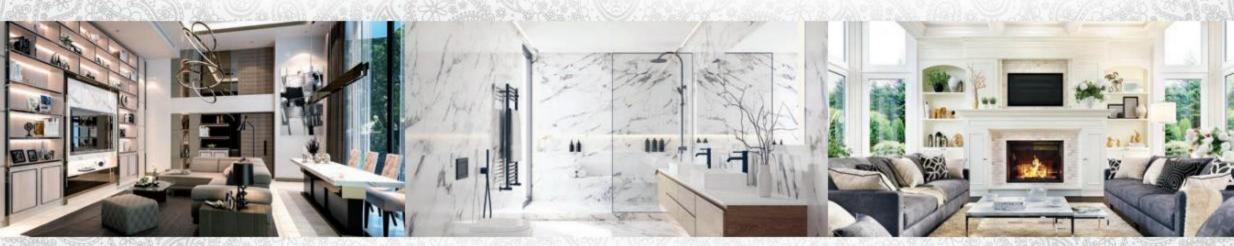
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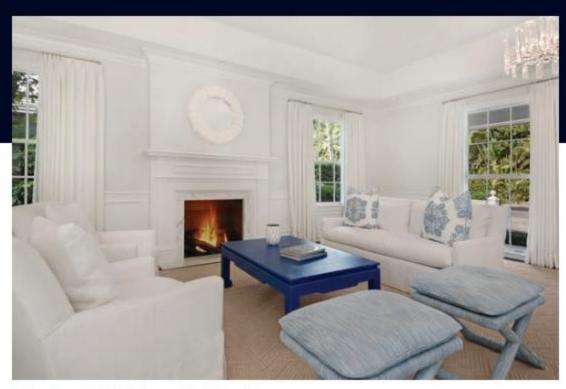
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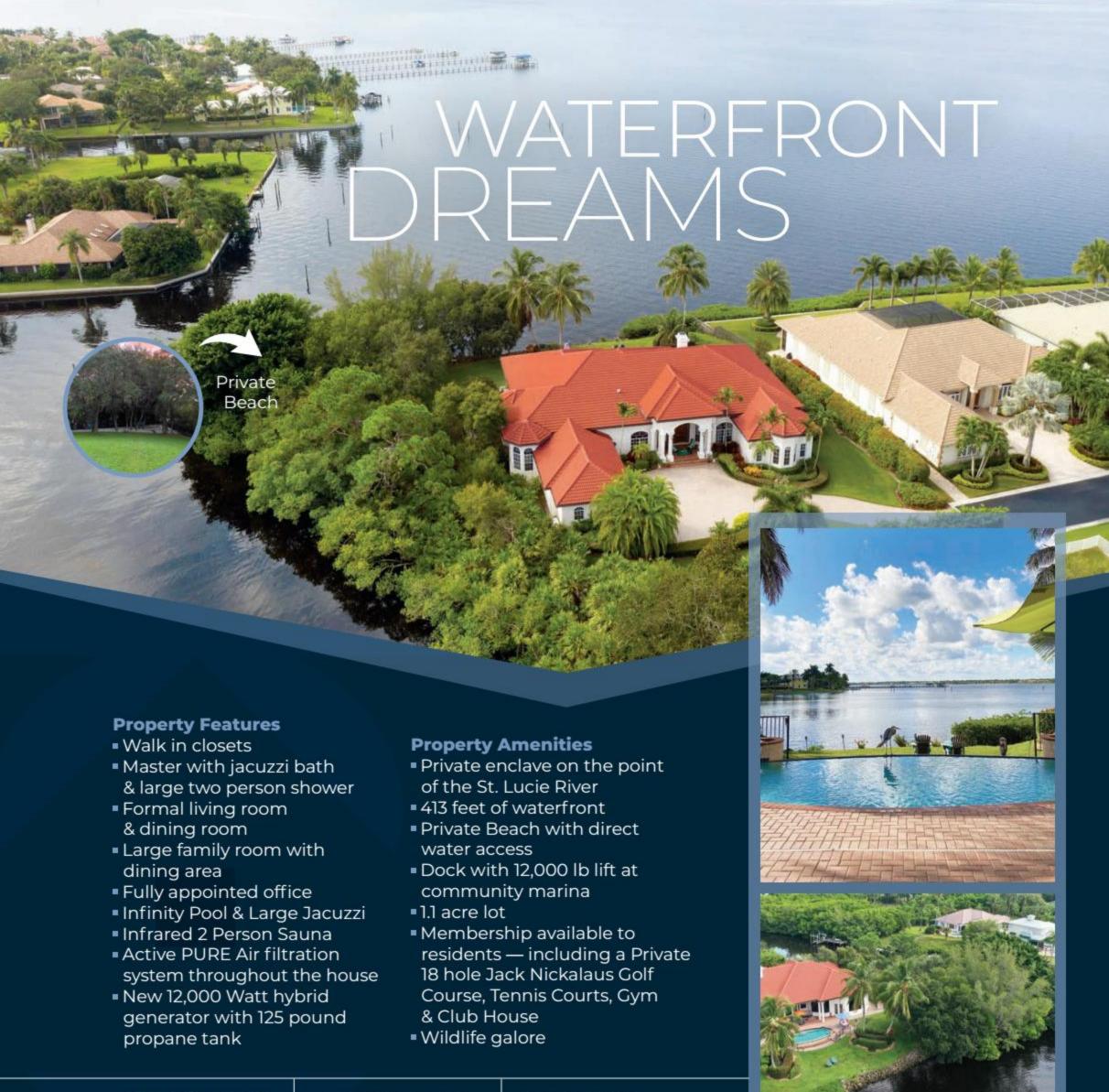
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# BAIAN(

By Liza Grant Smith



Holiday parties have traditionally been attendee-packed, season's eatings affairs. This year, scale the guest list way back and put the focus on health and wellness with these festive fete ideas.

Spa Soiree: Gather a group of five to 10 for the Eau Palm Beach's "Spa Day and Namaste" package. This weekday relaxation sojourn starts with a one-hour private beachside yoga class followed by a choice of a 60-minute Self-Centered Massage or Essence Facial for each attendee. (eaupalmbeach.com)

Bust a Move: Professional choreographer Sean Green of Sean's Dance Factory in West Palm Beach has worked with everyone from Nelly to Prince. Pick your venue and your squad will spend an hour socializing before learning a sultry dance routine suitable for all levels. (seansdancefactory.com)

Drip Drop Hooray: Give the gift of wellness to yourself and five friends with a visit to-or from-Hydrá Wellness. Have the IV service come to your home, or stop by the luxe lounge on Palm Beach, which will close to the public for your private event. Attendees can choose from eight proprietary blends that target everything from immunity to detoxification. (hydra-wellness.com)

Jump for Joy: You and your kids will have a grand time at Launch, an indoor trampoline park in West Palm Beach. Book a private party to have full run of the facility and take part in laser tag, Ninja Warrior courses, and dodgeball tournaments. (launchtrampoline park.com)



Mindful Mimosas: Certified meditation and mindfulness instructor Wenji Soderman offers private services wherever you like. For these gatherings, Soderman creates a mindful happy hour atmosphere with a 20- to 30-minute meditation session and discussion. (breathemodernmeditation.com)

#### BALANCE



## SCALP STRATEGY

There's a great deal of talk about healthy hair, but **Bridgette Hill**, a Philip Kingsley-trained trichologist and one of New York City's top colorists, advises that the bigger issue can be an overlooked scalp. "Simply put, our hair formation and growth begin below the skin," she says. "By the time the hair protrudes from the hair follicle, it has already been formed."

She adds that the scalp is the root connection between internal health and external beauty. "The quality of the hair follicle is dependent upon the quality of the tissue, cells, and blood that fuel the follicle which makes our hair fiber. If there are deficiencies in vitamins, minerals, nutrients, declining health, intake of toxic medications, or high cortisol levels due to [stress], the hair follicle may be negatively affected and compromise hair growth. If there is an overproduction or underproduction in certain hormones, the hair follicle may be

negatively impacted leading to hair shedding, thinning, and a problematic scalp."

Also known as the "Scalp Therapist," Hill advises a proper scalp routine that mirrors a skin care regime, but without the daily commitment. "Depending on the condition and health of the scalp, a weekly, bimonthly, or monthly regimen should be adhered to," she says. For a healthy to normal scalp, Hill suggests monthly pre-shampoo scalp treatments at home as well as quarterly in-salon scalp treatments for

maintenance. Hill is available for consultations and appointments locally at the Paul Labrecque Salon and Spa in Palm Beach. (paullabrecque.com; bridgettehill.com)

HILL SHARES HER SUGGESTED SCALP ROUTINE AT PALMBEACHILLUSTRATED.COM/SCALPHEALTH



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#### NUTRITION

# The ROOT Benefits

After a Stage 4 cancer diagnosis in 2008, Joseph Chammas and his wife, Tawna, began growing their own food. What started with a few raised beds led to the creation of Gratitude Garden, an organic farm in Loxahatchee that boasts many varieties of turmeric and offers additional products such as turmeric extracts and instant golden milk made with their lion's mane mushrooms. Below, Joseph Chammas shares his insight on turmeric and how to add this medicinal food to your diet. (organicturmeric.com)



Chammas: We always invite people to do their research and highly emphasize the importance of this. From our research and experience, we have



found that turmeric is an incredible anti-inflammatory that aids with pain, memory, and mood, to name some of the known benefits. That is why we specifically combine it with one of the mushrooms we grow here on our farm called lion's mane. We believe that there is a special connection between the neurotropes in the lion's mane and the curcumin in some of the stronger varieties of our turmeric.

#### What's the best way to incorporate turmeric into a diet?

The best way to utilize turmeric is the one that is going to work best for you on a consistent basis. We use the root to create tinctures, juices, and powders and recommend supplementation in whichever ways feel easiest to each person.

The tincture is perfect for those on the go because it's so easy to take. Simply add it to your water or coffee and you're all set. Additionally, our tinctures tend to have more curcumin in them, so they can be seen as a more medicinal product.

The juices or elixirs are fantastic for those who don't want to juice the turmeric, as it can be quite a messy ordeal. ... The golden milk is excellent to

put in smoothies, coffees, curries, or to make a golden milk latte. While it has medicinal benefits, people tend to consider the golden milk latte as a more enjoyable item. It's a great way to get the benefits of turmeric.

FURTERER

COMPLEXE 5

SOM CASELOZ

#### How have people responded to your products?

We get a lot of feedback from our customers and have heard that they feel sharper and more alert with our mushroom and turmeric combinations. We've also heard time and time again that they notice when they don't use these products. These are people we have seen week after week, month after month, year after year, so when they express their gratitude for our products, we know we are doing something right.



#### **BUILDING BETTER SKIN**

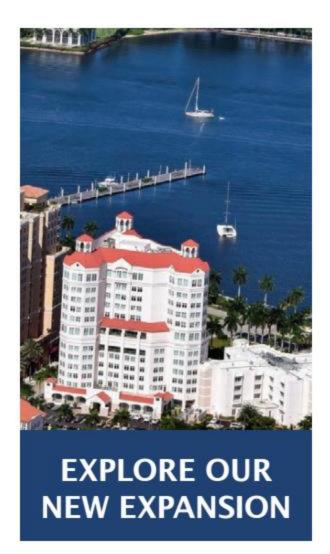
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#### BALANCE

#### WARM-UP

# Get on the Bandwagon

Don't have time to go to the gym? Boca Raton-based Bodylastics brings the gym to you without the expected cost or space requirements. The company's anti-snap resistance bands are portable, stackable (so you can increase tension), and sold in complete sets that include bands, anchors, and handles. Bodylastics also provides free workouts on YouTube and exercises on its website that you can search based on the muscle group you'd like to target. Here, CEO Blake Kassel shares three exercises sure to improve your bandwidth. (bodylastics.com)



Repel Squats: By mimicking the sensation of repelling down the side of a mountain, this squat targets the quads and glutes. Secure the band(s) at the top of the door. Attach a handle to each end of the band(s). Grip a handle in each hand and stand close to the door, facing it. Stand tall with your back straight, chest up, and feet hip-width apart. Straighten your arms and point them down with the palm of each hand secured at your hips. Squat back and down as if you were sitting in a chair. When your thighs are parallel with the floor, explosively stand up, using the resistance to help lift you off the ground for a small hop.

Kneeling Abs Crunch: Work your eight pack by reproducing the same motion achieved on weight-stack ab gym machines. Secure the band(s) at the top of the door. Grip each side of the band, right above the clips or handles. Kneel down about 2 feet away from the door, facing it. Hold your hands close to your forehead and position your arms so that your elbows are about 6 inches apart and facing down. Keep your knees bent with your buttocks touching your heels. Crunch your body down and forward with your elbows moving toward the floor right in front of your knees. Remember to keep your back and head straight, your elbows in about 12 inches apart, and your buttocks down on your heels. Exhale as you crunch.



Lying Hammer Curl: This exercise targets the biceps and is great for those with spine issues as it does not create spinal compression. Secure the band(s) at the bottom of the door. Attach a closed ankle strap to each end of the elastic(s) and grip the loop of a strap with each hand. Your fingers should be inside the loop, with your thumbs on the outside. Pull the ankle straps or handles and bend your arms until your hands are right above your chest. Remember to keep your upper arms down on the floor during the entire movement.

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Our resort-style community in Delray Beach was designed to provide comfortable living and enjoyment every day.

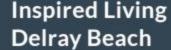
While Inspired Living will never be the home that was left behind, we hope that you or your loved one will find comfort, ease, and happiness in our community.

#### **Community Features**

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Stop living with the stress of shedding, thinning, receding hair and a sore, itchy, flaky scalp. Enjoy a relaxing, revitalizing, uniquely Bauman medical care experience that cools inflammation, re-energizes hair follicles and reverses hair loss. Call Bauman Medical today at 561-462-8838 or visit BaumanMedical.com to schedule your scalp treatment, personalized hair loss consultation and scalp evaluation.

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#### BALANCE



### Hindsight is 20/20 A LOOK BACK at the factors that influenced the LOCAL REAL ESTATE market this year

#### By Judy Martel

The news about residential real estate in 2020 was both good and bad. First, the good news: Ultra-low mortgage rates brought buyers out in droves. The bad news? There wasn't enough inventory to satisfy de-

"In general, the numbers in Florida are following the same trend across the entire country," says Brad O'Connor, chief economist at Florida Realtors. "Except for a brief dip in March, when some owners took their homes off the market at the outbreak of the pandemic, we've seen an enormous demand largely because of record-low interest rates on 30-year mortgages." Mid-year, 30-year fixed mortgage rates dropped below 3 percent, marking the lowest level since Freddie Mac began keeping track in 1971.

Factors working against homebuilders hampered new inventory. Ongoing trade difficulties with China coupled with Canadian lumber tariffs wreaked havoc on the supply and prices of building materials, O'Connor explains. "We definitely had some wild and crazy stuff going on. At one point, lumber prices were triple what they had been earlier in the year." The skilled construction labor workforce is also lower than normal. Subsequently, developers have been building larger, more expensive homes that promise higher profits. That locks out first-time buyers and increases demand across the state-especially in Southwest and South Florida—for affordable housing.

The pandemic played a role in housing's performance, though not as major as analysts might have predicted at the outset. In what O'Connor notes is being called the "March phenomenon," sellers who weren't in a hurry to unload their homes pulled them off the market, increasing the dearth in inventory. In April, listings started trickling back and steadily rose each month, though still short of the supply needed. Across the state, single-family homes priced above \$300,000 have been selling the fastest compared with last year, with those priced above \$1



million enjoying the greatest increases. "It's not unusual coming out of a recession, because the stock market is among the first major economic indices to recover, and it has rebounded pretty nicely since the drastic decline in March," O'Connor says. The so-called "wealth effect" kicks in when investors see the gains in their stock portfolio and subsequently feel richer. Some wealthy people are also reassessing the distribution of their assets and putting more money in real estate, O'Connor adds. "We saw the same thing after the Great Recession in 2009."

Realtors across Florida have reported a pandemic-fueled demand in housing from Northerners seeking to escape congested cities and move



into larger homes with home offices and plenty of separate space for kids. It makes sense, says O'Connor, who also points out that actual numbers to support buyer migration typically come from the IRS or Census data and lag by a year or two. Whether more people will have the ability to work from a home office depends somewhat on the progression of the pandemic, leaving some buyers with a wait-and-see attitude. "Lots of companies don't have their post-COVID plans in place, so employees won't know if they will continue to have the option to work from home."

The success of the coming year will be most strongly influenced by a continuation of the low-interest-rate environment and the post-pandemic economic situation, but O'Connor says the trend over the past few years of not building enough to meet demand likely won't be reversed any time soon. "With increased demand, especially for single-family homes, and increasing population, we need more new listings than usual."





#### Ubuhle Women: Beadwork and the Art of Independence

View a new form of bead art, the *ndwango* (a painting in beads), developed by women from the Ubuhle artist community based in rural South Africa. Using skills handed down through generations, the women sew colored Czech glass beads into black cloth like a canvas to create abstract and figurative subjects. Ubuhle, which means "beauty" in the Xhosa and Zulu languages, describes the shimmering quality of light on the glass beads.

# In God We Trust: Early Bible Printings and Founding Documents from the David M. Rubenstein Americana Collection

Enjoy this extraordinary exhibition of historic American Bibles and religious texts, many of which have rarely been displayed. Featuring 18 books and five framed pieces from the collection of prominent American businessman and philanthropist David M. Rubenstein, In God We Trust presents the stories of these objects and the ingenuity and diversity of the early Americans who made them.

Tickets: \$10. Hours: 10-5 p.m. Monday, Wednesday-Saturday; 1-5 p.m. Sunday. Closed Tuesdays. Visit www.fourarts.org to reserve tickets and view our season policies and procedures.

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# AGEND

By Abigail Duffy

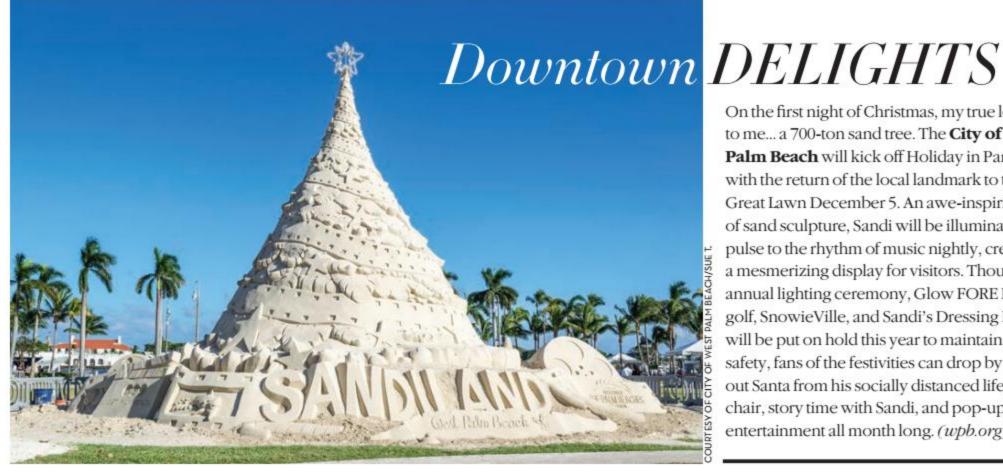


#### **TOP BILLING**

# Nostalgic NOEL

Few excel at Christmastime splendor quite like the **Henry** Morrison Flagler Museum on Palm Beach. During Christmas at Whitehall, museumgoers can tour Henry Flagler's historic home decked out in Gilded Age grandeur, including a 16-foot-tall fir in the Grand Hall adorned with traditional ornaments reminiscent of the nineteenth century. Guests will have the opportunity to enjoy the decorations as they shimmer in the sparkling lights during exclusive evening tours, scheduled for 6 and 7:30 p.m. December 20-23. (flaglermuseum.us)

#### AGENDA



On the first night of Christmas, my true love gave to me... a 700-ton sand tree. The City of West Palm Beach will kick off Holiday in Paradise with the return of the local landmark to the Great Lawn December 5. An awe-inspiring feat of sand sculpture, Sandi will be illuminated and pulse to the rhythm of music nightly, creating a mesmerizing display for visitors. Though the annual lighting ceremony, Glow FORE It mini golf, SnowieVille, and Sandi's Dressing Room will be put on hold this year to maintain public safety, fans of the festivities can drop by to check out Santa from his socially distanced lifeguard chair, story time with Sandi, and pop-up musical entertainment all month long. (wpb.org)

#### ALL **ABOARD**

**BACK IN ITS TWENTY-**SIXTH YEAR, THE MARINE INDUSTRY ASSOCIATION OF PALM BEACH COUNTY'S PALM BEACH HOLIDAY **BOAT PARADE WILL ILLUMI-**NATE THE INTRACOASTAL WATERWAY DECEMBER 5, **BEGINNING AT 6 P.M. THE FLEET OF DECORATED BOATS WILL LAUNCH FROM** NORTH PALM BEACH AND TRAVEL TOWARD JUPI-TER, WITH A FIREWORKS DISPLAY LEADING THE WAY. THE FESTIVE EVENT WILL CORRESPOND WITH A TOYS FOR TOTS AND LITTLE SMILES TOY DRIVE. (MARINEPBC.ORG)







CATCH PIA-NIST DANIIL TRIFONOV DECEMBER 13 AND A SCREENING OF THE NUTCRACKER DECEMBER 20.



# CLASSICAL

If your holiday season is not complete without the heart-swelling sounds of "Waltz of the Flowers" and "Dance of

the Sugar Plum Fairy,"

#### The Society of the Four Arts' screening of The Nutcracker December 20 will fit the bill. Audiences will view the classic holiday ballet's staging at the Mariinsky Theatre in Russia-where it premiered in 1892-from the comfort of the Gubelmann Auditorium in Palm Beach. Tickets cost \$15-\$25.

Continuing with the classical theme, Grammywinning Russian pianist Daniil Trifonov will play to a socially distanced audience in the Gubelmann Auditorium December 13. Lauded for his impeccable technique and mastery of the keys, Trifonov's performance will set the tone for the holiday season. (fourarts.org)

#### COME CLOSER... VIRTUALLY

Boca Raton-based MNM Theatre Company will get into the livestream game with a virtual staging of Richard Maltby Jr. and David Shire's Closer Than Ever, available

to watch on-demand through December 31 In an ever-changing world, the musical's relatability, sincerity, and good-humored exploration of struggle are a breath of fresh air. Tickets for the virtual production cost \$20. (mnmtheatre.org)





# current

Promotion and Events



KRAVIS CENTER GALA 2021

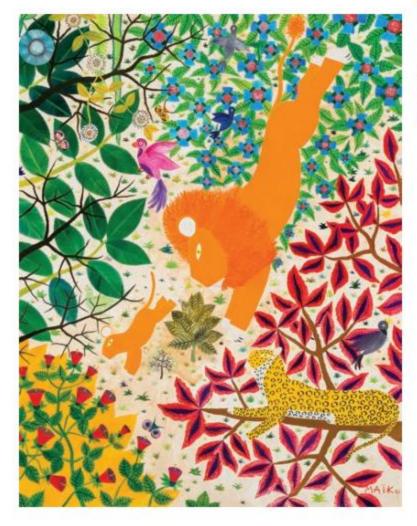
On Saturday, January 30, Kravis Center Gala guests will be treated to a socially distanced dinner party and private performance starring Tony Award-winning singer, actor, comedian, writer, and filmmaker Alan Cumming. Gala chairs are long-standing Kravis Center supporters Monika E. Preston and Kathryn C. Vecellio. Honorary chairs are Christine and Bob Stiller. Kravis Center CEO Judith Mitchell, who is retiring after more than 30 years of service, will be the evening's special honoree. There will be limited capacity to accommodate social distancing, so reserve your seats for this special evening today. Tickets are \$1,000 for Gala Patrons and \$500 for Young Gala Patrons. For information: kravis.org or 561-651-4320.

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#### AGENDA

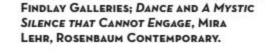




#### **GALLERY HOPPING**

In need of an artistic reprieve among the season's festivities? Findlay Galleries in Palm Beach will host Parisian painter and "Modern Primitive" Henri Maik's "Magical Safari Exhibition" beginning December 5. (findlaygalleries.com)

At Rosenbaum Contemporary in Boca Raton, view "Planetary Visions: Mira Lehr from Spaceship Earth" through December 15 and "Montage: An Exhibition of Contemporary Pho-



FROM FAR LEFT: COMME PAPA, HENRI MAIK,

tographers," featuring the works of Dean Isidro, Ulrich Knoblauch, Will Nichols, and Ben Fink Shapiro, beginning December 22. (rosenbaumcontemporary.com)

**Studio E Gallery** in Palm Beach Gardens will showcase abstract landscapes by Chase Langford, whose work demonstrates interpretive approaches to familiar views of the sea, farmlands, mountains, and cities, all month long. (studioegallery.com)

#### WINTER BREAK ADVENTURES (

Now is the perfect time to get curious children outside to explore the natural wonders of the Palm Beaches. The Gumbo Limbo Nature Center in Boca Raton has an array of free virtual activities to help students engage with their surrounds, like self-guided Beachcombing Adventures or a Night Explorers boardwalk tour December 18. Young ecologists can tune in December 13 for "The



Science of Nature" with one of the center's naturalists, who will guide viewers through coastal ecology topics. For animal-loving kiddos, the nature center will host an Animal Adventures Virtual Camp December 28 and 29. Admission to the camp costs \$25. (gumbolimbo.org)



## Let's Jam

Bring on the music! Arts Garage in Delray Beach will continue its "Music at Home & Live from Arts Garage" concert series with a visit from The Caribbean Chillers December



12 and Peace of Woodstock (pictured) December 26. Guests can view the concerts inperson or virtually. (artsgarage.org)



MANHATTAN WON'T TER PRESENTS VANESSA WILLIAMS IN A VIRTUAL CONCERT ENTITLED "LIVE FROM THE WEST SIDE: WOMEN OF BROAD-WAY" DECEMBER 5. **TICKETS COST \$30 AND** INCLUDE ON-DEMAND ACCESS TO THE PERFOR-MANCE FOR 72 HOURS. (KRAVIS.ORG)





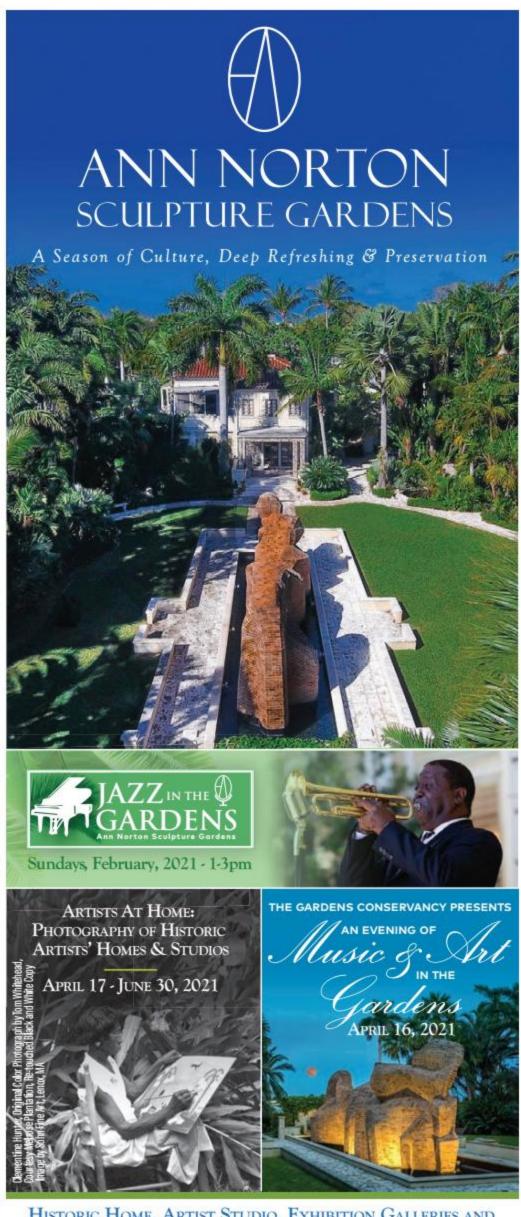




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#### **AGENDA**



#### FETE

Adopt-A-Family of the Palm Beaches will get in the holiday spirit with its thirty-sixth annual virtual Tree Lighting Ceremony December 1. The event benefits the organization's work to support homeless, low-income, and at-risk Palm Beach County families. This year, all of the festivities, including a live auction, will take place online. Tickets cost \$350. (adoptafamilypbc.org)







#### **HAPPY** "NOON" YEAR!

THE SOUTH FLORIDA SCIENCE CENTER AND AQUARIUM IN WEST PALM BEACH WILL RING IN THE NEW YEAR AT MIDDAY **DECEMBER 31 WITH A NOON** YEAR'S EVE CELEBRATION COMPLETE WITH SCIENCE CRAFTS AND EXPERIMENTS, A BACKYARD DANCE PARTY, AND A DRY APPLE CIDER TOAST. BE-GINNING A TAD EARLIER THAN THE BALL DROP, THE SCIENCE-CENTRIC FETE IS A CELEBRA-TION FOR ALL AGES. THE CENTER WILL ALSO WELCOME **HEALTH CARE HEROES, FIRST** RESPONDERS, AND THEIR FAMI-LIES FOR EXCLUSIVE MUSEUM HOURS AND HALF-PRICED **ADMISSION DECEMBER 26 TO** THANK THEM FOR THEIR TIRE-LESS FIGHT AGAINST COVID-19. (SFSCIENCECENTER.ORG)

THROPY

To mark the season of giving, the Palm Beach County Food Bank will host its fifth annual Empty Bowls Delray Beach as a two-part inperson and virtual event this year. The fundraiser invites the public to "eat simply, so others can simply eat" to raise awareness and money for hunger relief across the county. Empty Bowls will kick off with a drive-through soup pick-up December 5 from 11 a.m. to 3 p.m. at Trinity Lutheran School in Delray Beach and will feature soups by 3O local chefs and bread from Old School Bakery. Guests can tune in to the Empty Bowls virtual program from 12 to 1 p.m. Tickets cost \$30 per order and all proceeds will benefit the food bank. (pbcfoodbank.org)

### MUSIC AT THE MARRIOTT

The Symphonia will host its first live concert of the season in the Grand Oasis Ballroom of the Boca Marriott December 6. Principal conductor Alastair Willis (pictured) will conduct the holiday-themed program, including Arcangelo Corelli's "Christmas Concerto" with violin soloists Dina Kostic and Mei Mei Luo, as well as Antonio Vivaldi's "Winter" from The Four Sea-

sons and Wolfgang Amadeus Mozart's "Eine Kleine Nachtmusik." The chamber orchestra will also partner with local artists and galleries for Symphonia of HeARTS, a virtual performance and art auction to benefit the arts community, December 3. (thesymphonia.org)



# Hitting the STAGE

The Delray Beach Playhouse will welcome theatergoers back with a busy month of musical presentations and dramatic productions. "Pop Music's Best Protest Songs of the '60s and '70s" will lead the charge December 1 and 2, featuring the PinkSlip Duo's discussions and renditions of inspiring songs by Bob Dylan, The Beatles, and more. Neil Simon's Lost in Yonkers, which tells the story of a young widower and his

sons navigating life after loss, will take the stage December 4-20. Then, December 14-23, audiences will listen to the repertoire of Gower Champion, the Broadway legend responsible for "Put on a Happy Face," "Love Makes the World Go 'Round," and the Hello, Dolly! title song. The playhouse will close out 2020 with matinee and evening performances on New Year's Eve. (delraybeach playhouse.com)

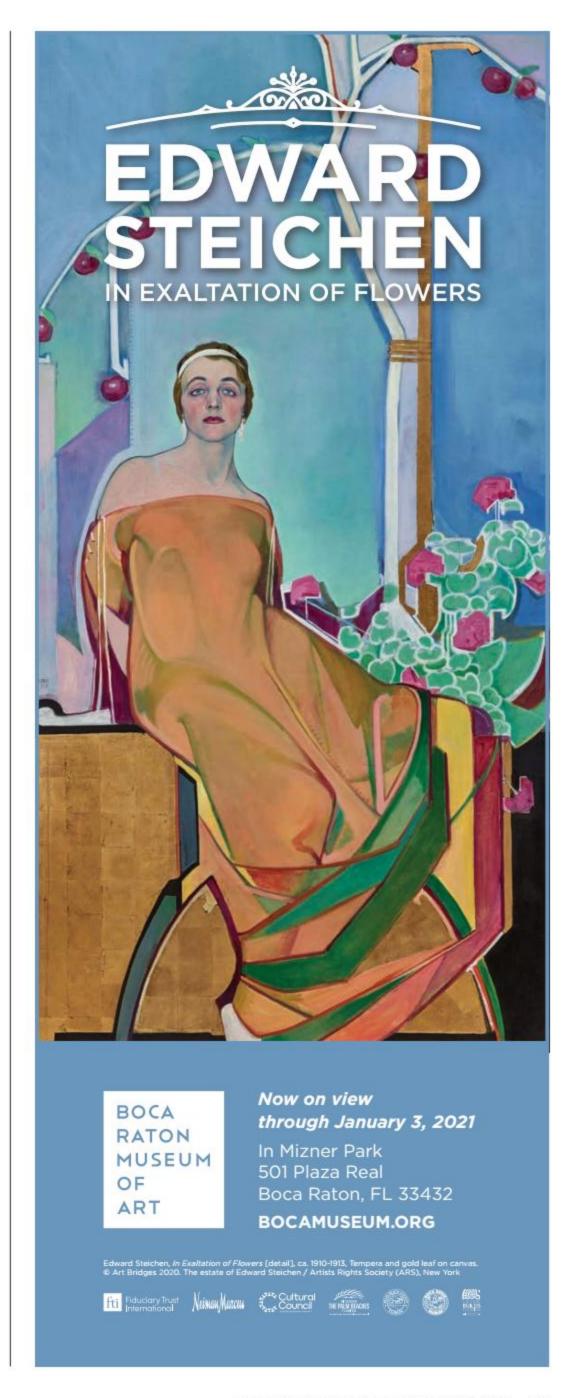
#### THE ROYAL TREATMENT 🐽



Retail therapy that gives back? Say no more. Join Palm Beach's oldest children's charity, Opportunity Early Childhood Education & Family Center, at the Opportunity Holiday Sip, Savor, Stroll, Shop event at The Royal Poinciana Plaza in Palm Beach December 2. Guests will enjoy a



day of fresh air. exclusive shopping, and Champagne, all in support of the organization's programs for preschool students and their families. Tickets cost \$200. (opportunity pbc.org)



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#### BOHEMIAN FANTASY

#### **BUYING INFORMATION**

#### COVER

Raffia and velvet hand-embroidered silk faille cape and embroidered column gown (price upon request), Naeem Khan, naeemkhan.com; Janis In Heels black macramé sandals (\$895), Christian Louboutin, christianlouboutin.com; Silvia Furmanovich earrings (\$11,400), Betteridge amethyst ring (\$24,000), Betteridge, Worth Avenue, Palm Beach.

#### PAGE 90

Yellow paisley lace shirt (\$2,290), yellow mohair cashmere knit top (\$950), yellow paisley lace skirt (\$2,100), Fendi, fendi.com; mid-heel pumps in white satin fabric with grosgrain bow and crystals (\$1,350), Gucci, Worth Avenue, Palm Beach, Town Center at Boca Raton, gucci.com; turquoise earrings (\$18,300), multi-stone ring (\$23,000), twostone ring (\$34,200), Sylvie Corbelin, Betteridge, Worth Avenue, Palm Beach.

#### PAGE 91

Raffia and velvet hand-embroidered silk faille cape and embroidered column gown (price upon request), Naeem Khan, naeemkhan.com; Janis In Heels black macramé sandals (\$895), Christian Louboutin, christianlouboutin.com; Silvia Furmanovich earrings (\$11,400), Betteridge amethyst ring (\$24,000), Betteridge, Worth Avenue, Palm Beach.

#### **PAGES 92-93**

Dress (\$8,500), Valentino, Worth Avenue, Palm Beach, valentino.com; Goshwara citrine earrings (\$6,800), Betteridge lemon chrysoprase necklace (\$9,800), Sylvie Corbelin sapphire ring (\$70,000), Betteridge, Worth Avenue, Palm Beach.

#### PAGE 94

Ladybeetle Fortune tulle dress (\$4,800), Zimmermann, The Royal Poinciana Plaza, Palm Beach, zimmermann.com; Foulard Cheville flat embossed leather sandals with satin ankle wraps (price upon request), Christian Louboutin, christianlouboutin.com; Goshwara tassel necklace (\$39,000), Peggy Stephaich Guinness earrings (\$2,200), Sylvie Corbelin multi-stone ring (\$23,000), Betteridge, Worth Avenue, Palm Beach.

#### PAGE 95

Orphisme silk and velvet devoré strapless A-line gown (\$5,990), Akris, Worth Avenue, Palm Beach, akris.com; Janis In Heels black macramé sandals (\$895), Christian Louboutin, christianlouboutin.com; Silvia Furmanovich earrings (\$18,900), Betteridge black jade and diamond bangle (\$48,000), Betteridge fire opal ring (\$15,200), Betteridge estate fancy-cut diamond ring (\$32,000), Betteridge, Worth Avenue, Palm Beach.

#### PAGE 96

PAGE 97

Taffeta ruched bodice strapless bubble-hem gown (\$6,990), Oscar de la Renta, Saks Fifth Avenue, Worth Avenue, Palm Beach, The Gardens Mall, Palm Beach Gardens, Town Center at Boca Raton, saksfifthavenue.com; Janis In Heels black macramé sandals (\$895), Christian Louboutin, christianlouboutin.com; opal necklace (price upon request), tassel earrings (\$26,000), Marina B, Betteridge, Worth Avenue, Palm Beach.

Fringe dress (\$1,800), Bottega Veneta, Worth Avenue, Palm Beach, bottegaveneta.com; Janis In Heels black macramé sandals (\$895), Christian Louboutin, christianlouboutin. com; Mark Davis hinged bangles (price upon request), Peggy Stephaich Guinness garnet bangle (\$12,800), Sylvie Corbelin turquoise earrings (\$18,300), Betteridge, Worth Avenue, Palm Beach.

#### PAGE 98

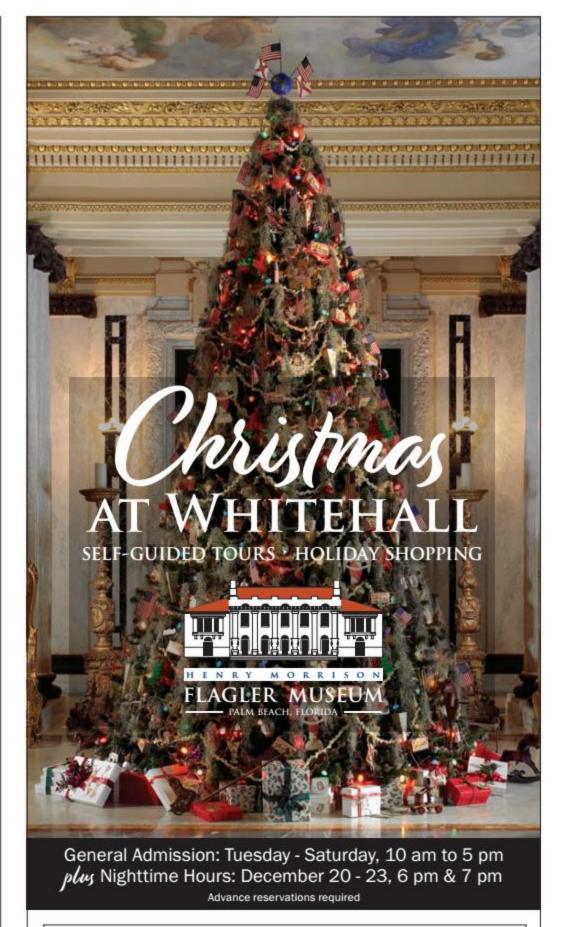
Caribbean aqua-navy-multicolor Gucci Liberty print crepe viscose high-neck longsleeve midi dress with floral bouquet brooch (\$4,800), Gucci, Worth Avenue, Palm Beach, Town Center at Boca Raton, guccicom; Marina B estate earrings (\$15,000), Sylvie Corbelin sapphire ring (\$70,000), Betteridge, Worth Avenue, Palm Beach.

#### PAGE 99

Chiffon dress (\$10,500), panties (price upon request), sandals (\$1,450), Dior, dior.com; Goshwara tassel necklace (\$39,000), Peggy Stephaich Guinness earrings (\$2,200), Sylvie Corbelin two-stone ring (\$34,200), Betteridge, Worth Avenue, Palm Beach.

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#### GOOD BUY







SPELLBOUND My ABCDior Tribales earrings with resin pearls, crystals, and gold-finish metal (\$290 each), Dior, dior.com



## MADE-to-Order Holiday GIVING gets personal with monograms and more

By Emily Pantelides





WHAT'S IN A NAME? Custom name bracelets (\$38 each), Beads by

Tara, beadsbytara.com

Personalization makes a thoughtful gift extra special. This month, I'm spotlighting haute products that are customizable, like the bespoke trunks from Petite Keep. You can choose every detail, from the color to the lining. I bought three to use

as keepsake boxes for my children's sweet mementos. Speaking of kids, these chic nesting baskets from famed interior designer Bunny Williams are an absolute must for the mom who does it all. Put them to work as a laundry basket, a toy-collecting carryall, or in any number of other organizational roles. Looking for a custom gift for the special man in your life? These sleek nightstand, desk, or entryway phone chargers from Courant are ultra-refined, plus the customization comes free. And there are ample options for

the fashion phenom, from name bracelets to personalized luggage from HB London. Happy holidays and merry gifting!

FOR MORE FASHIONABLE BUYS, WATCH THE "EMILY'S PICKS" SEGMENT ON CBS12.COM.



WINTER WEAR Customiz-

scarf (\$470), Burberry,

burberry.com

able classic check cashmere

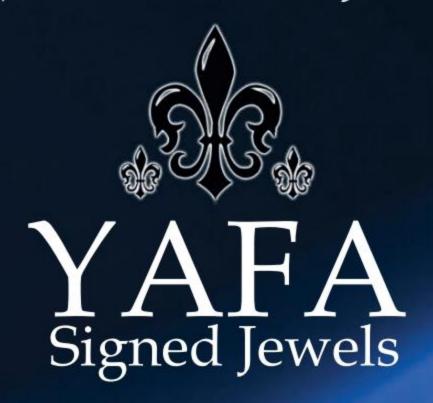
**READY TO GO** Personalized black marble suitcase (\$176-\$215), HB London, hblondon.uk

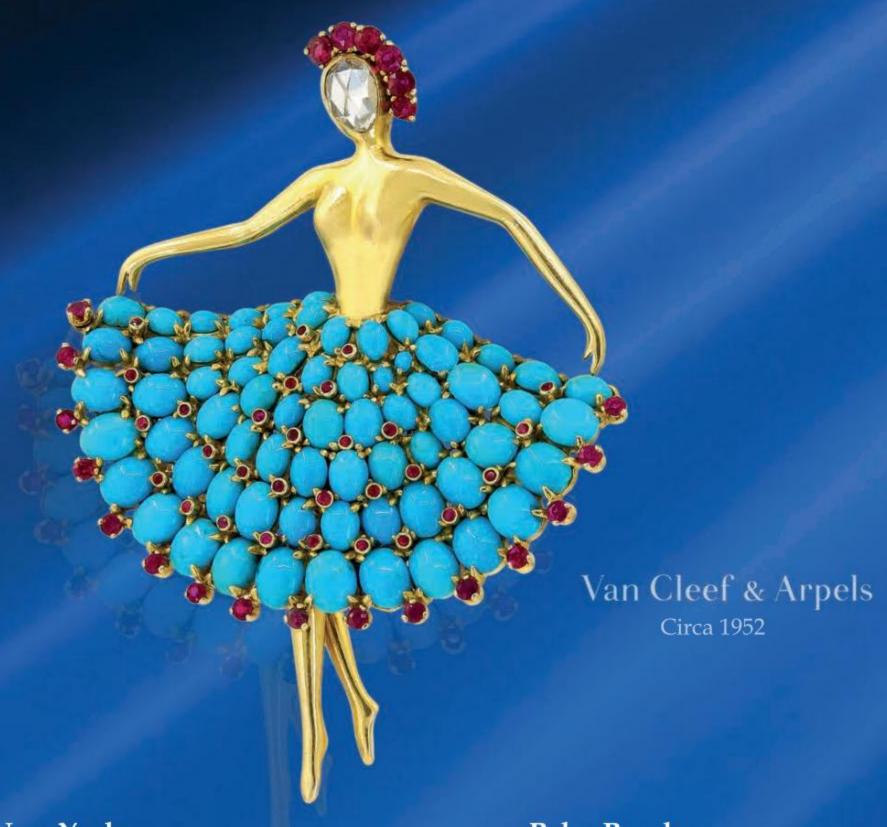












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