

GOLF & MAIN

ARTS + CULTURE + BEAUTY + FASHION

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WHOLE-BODY HEALING

Wellness Retreats
in Florida



REFRESHING LIBATIONS

Perfect Drinks for Summer

QUIET SPACES

Where to Go to Relax

JUST BREATHE

How You Do
It Makes a
Difference



FOCUS ON
WELLNESS:
STAYING
HEALTHY,
STAYING
SAFE

SEEING US THROUGH

MILLENNIUM'S DR. PEREZ-TREPICHIO
A TRUSTED VOICE IN TOUGH TIMES

WHAT'S HOT IN SOUTHWEST FLORIDA

SUSTAINABLE SWIMWEAR Palm Modern is Tommy Bahama's first-ever sustainable swimwear collection, using recycled fabrics and responsible production practices. With four-way stretch fabric, clean lines, and curve-friendly seaming, the comfortable, classic styles include separates and one-piece options to suit all tastes. Starting at \$49.50; tommybahama.com, Dillard's, Nordstrom, Neiman Marcus, Bloomingdale's



SUMMER WITH LV Louis Vuitton's fresh selection of summer leather goods comes in a range of new textures and detailing while keeping true to classic LV. The colorful rhinestones on the Petite Malle bag, are inspired by the stained-glass windows at Louis Vuitton's workshop in Asnieres. They're applied by hand to form dragonfly wings. \$11,800.00; us.louisvuitton.com/eng-us/women/handbags/petite-malle/_/N-lpll56



SPOTLESS MICROWAVE What makes Angry Mama so angry? Dirty microwaves—and she's letting them have it! Fill her up with vinegar and water, then microwave for five minutes. Steam that comes flowing out of her head softens grime and stains, making them a breeze to clean. \$9.95; angrymama.com, Walmart, Sur La Table



GET ORGANIZED Packing toiletries and beauty supplies for a trip often ends in a messy disaster. The customizable Poke-A-Dot organizer is a sturdy box with rows of holes along the bottom that allow for the placement of plastic dividers either horizontally, vertically, or diagonally to fit your needs. Put the lid on and go. \$19.95; pokeadotorganizer.com



BETTER BUTCHER BLOCK Fifth & Cherry handcrafts heirloom-quality butcher-block cutting boards to last for generations. The beautiful boards are handmade, durable, antibacterial, and help keep knives from dulling. They also have a lifetime warranty on refinishing. \$299; fifthandcherry.com



HOME CHEF Nourish your inner chef with CrateChef subscription or gift boxes curated by top-name cooking experts. A different chef, cookbook author, cooking show star, restaurateur, recipe developer, or food blogger is featured every other month, along with some of their favorite recipes, ideas, and ingredients. Boxes start at \$45; cratechef.com

WHAT'S IN STORE



PLUNGE POOLS Enjoy a spa-like experience in the comfort of your own home with a custom and precast plunge pool from Soake Pools. Heat it, cool it, and fit it with resistance systems for athletic training. With low water usage and variable-speed pumps, it's good for not only your physical and mental health, but also the environment. From \$27,000; soakepools.com



SMART ACTIVEWEAR Handmade in Tampa, men's and women's activewear from ObservaMé allows convenient access to watches and personal fitness trackers with a patented shirtsleeve opening for easy viewing. The dry-wicking material also offers UV protection and is soft enough to prevent chafing. Zip Shirt, \$90; observame.net

SPLEASH It's the ultimate dog leash, combining a heavy-duty leash handle with a water bottle and squirt gun. The unique handle can hold 12 ounces of water and features a flip-out dish for your fur baby to drink from. A portion of sales goes to Pet Partners, a therapy animal organization. \$34.99; spleash.com



ECO-FRIENDLY COFFEE For traditional ground coffee or compostable E.S.E pods, this new X1 Anniversary machine has fast-heating technology offering near-instant brewing for both energy savings and convenience. It's as visually appealing as it is functional. \$999; illy.com

DOUBLE-DUTY TABLE RUNNERS A quick and easy way to add elegance to your table, these decorative table runners from Martha Stewart are paper; no need to panic if something spills on them. In a variety of seasonal colors and patterns, they can serve double duty when you're done, as gift wrapping. \$29.99; martha.com



TAKE IT TO THE MAT Make a statement with your yoga mat. Smart Mats Studio makes its mats in a variety of designs; they can even be customized with your own message, name, or photo. Antibacterial, UV resistant, mildew resistant, and durable, these mats are also easy to clean in the sink with dishwashing liquid. \$78.99; smartmatsstudio.com, Walmart, Nordstrom

