

PALM BEACHER

72

**WAYS TO
CHANGE
YOUR
HOLIDAYS**

**5 LOCALS
SHARE A
FEW OF
THEIR
FAVORITE
THINGS**



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GOURMET GOODNESS

HOLIDAY RECIPES FROM OUR FAVORITE CHEFS

TAMMY FENDER

We're all guilty of it – purchasing every cream, serum and toner that claims to turn back the hands of time. But what do we really know about these “miracle” ingredients? That's what **Tammy Fender** wondered while working behind a cosmetics counter in college. “It has always intrigued me about what was in the product,” she says. “And was it really working or do people just think it did?” Fast forward 18 years and Fender is now one of the most sought-after aestheticians in Palm Beach and across the globe. After studying with holistic chemists and herbalists from around the world, Fender became well known in Palm Beach for her pre- and post-operative house calls. Opening her own practice on Flagler Drive five years ago, the soft-spoken mother of two is dedicated to creating formulas that bring one's skin back to health, vitality and balance. And while many product lines contain a high percentage of water, Fender's products combine only active, highly vibrational certified organic herbs that are immediately absorbed to promote radiant health and healing of the complexion.

SPA SPECS:

Hours: Mon. to Fri., 9 a.m. to 5 p.m.

Each facial is customized to the skin care needs of the client, which begins with choosing your three favorite scents from a system of 13 essential oils. “The sense of smell has a direct connection to the brain,” Fender says. “So I use that as one diagnostic tool and I'll incorporate those selections... with your actual treatment.”

Services: Holistic facial treatments, photo rejuvenation, reflexology and more.

Products: Cleansing Milk, Purifying Cleansing Gel, Bulgarian Rose Water, Roman Chamomile Tonic, Quintessential Serum, Antioxidant Creme, Intensive Repair Balm, Epi-Peel and more. “[The Epi-Peel] was formulated for the American woman on the go,” Fender says. An exfoliator, mask and peel all in one, it's essentially a quick facial in between facials.

Price range: Services: \$20 to \$250; Products: \$60 to \$130



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Tory Burch

Known all over the fashion map for her signature ballet flat, designer **Tory Burch** is bringing her classic-yet-eclectic style straight to Worth Avenue. As her 16th freestanding boutique, it's only the second (after East Hampton) to follow a beach design concept. With a large blue-and-white ikat print tapestry covering the wall of the entryway, white coral chandeliers and a gold leaf driftwood accessories table, the design epitomizes – and complements – the Resort collection that is currently available. And Burch believes Palm Beach was the perfect locale for such a store. “I think the Palm Beach woman responds to our use of bold colors and graphic prints,” she says. “I also think she appreciates the bohemian sensibility that we mix in with our classic look.”



Model wearing Burch's Malta Tunic.

Style Scoop:

Opened in October 2008.

“I am often drawn to the effortless and timeless style epitomized by the women of Palm Beach,” Burch says.

Hours: Mon. to Sat., 10 a.m. to 6 p.m.
Sun., noon to 5 p.m.

Following in the philanthropic footsteps of the South Florida community, Burch is donating a portion of the proceeds from her opening celebration party to FoundCare.

What You'll Find:

Burch's signature designs and accessories, with a casual island feel in her Resort collection.

“When designing the line, I rediscovered some photos from the '70s of my parents in the Bahamas... and they were incredibly inspiring. Some of my favorite pieces for Resort include an ikat printed dress, our Indian printed T-shirt and metallic huarache sandals.”

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