

Town & Country

ESTABLISHED IN 1846

MIAMI'S
SIZZLING
ART
SCENE

INA
GARTEN
IN PARIS

A PRINCE
AMONG
JEWELERS

PLUS:
THE
ULTIMATE
WINE
CELLAR

BROOKE
SHIELDS
IN FABULOUS
HOLIDAY
FASHIONS

NOVEMBER 2008 \$4.50

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Brooke Shields in
Christian Dior



Holistic Hands

Palm Beach facialist **Tammy Fender's** magic touch has won over the city's discerning clientele, who visit her Holistic Skin Care day spa (711 North Flagler Drive; 561-659-2292) for radiant skin and sumptuous hand-blended products. Fender clearly doesn't believe, though, that beauty is only skin-deep.

"Skin is a living organ," she explains. "What you put into your body feeds the blood, which in turn nourishes the skin." We know she's right, as what woman hasn't seen her skin reflect the ups and downs of her diet, quality of sleep, stress level—in short, life? Happily, Fender's approach to change is as gentle as her facials: "Healthy living is a process. One thing at a time." Here she shares with *T&C* how to step into beautiful skin.

1. **Start Fresh:** "First thing in the morning, have a cup of room-temperature water with about a quarter of an organic lemon squeezed into it. Lemon stimulates the digestive system and detoxifies the skin, which is an eliminating organ."
2. **Juice Things Up:** "When

you drink juice, the fruit and vegetable enzymes, also known to improve digestion, reach your bloodstream quickly. Try this cleansing blend: lemon, cucumber and celery along with apple, which sweetens the mix. Work toward two eight-ounce juices a day; you'll start to feel healthier and look more radiant."

3. **Get Moving:** "Circulation brings oxygen to your cells and is key to cell renewal, so it's important to exercise every day. Yoga, Pilates, running—whatever movement feels right to you. The amount of time will vary from person to person, but as you develop a healthier lifestyle, you'll naturally crave more."
4. **Apply Oil:** "Essential oils are very powerful, and Bulgarian rose is the most potent cell rejuvenator of them all.



Use just one or two drops on clean skin every day and you'll start to see a change." Try Tammy Fender Quintessential Serum (\$175).

5. **Cultivate Peace:** "Skin is affected by the nervous system. Breakouts, shingles and rashes like eczema and psoriasis can flare up because of stress, which really stems from fear about the future. Daily meditation quiets the mind. You don't need to be in a certain position or a certain place. Whatever you're doing, if you're focused exactly on the task, that's meditation. It's a way of being very peaceful." For more information, visit tammyfender.com. **NINA J. JUDAR**

THE LITTLE BLACK PERFUME BOTTLE

Coco Chanel's chic little dress made black an enduring fashion statement. Always modern and elegant, the color adorns the bottles of these floral fragrances and sets the stage for the scents inside. *Bulgari* Jasmin Noir (3.4 oz, \$140) layers the sap from green grasses with a warm heart of jasmine and almond. With night-blooming wildflowers from the Greek Isles and iris from Florence, *Creed* Love in Black (2.5 oz, \$230) recalls the aromas of Jacqueline Kennedy Onassis's favorite places. To mark the sixtieth anniversary of *L'Air du Temps*, *Nina Ricci* houses the timeless juice in a limited-edition Lalique-crystal facon (\$840). All available at Neiman Marcus stores. **KRISTI PLACEK**



PHOTOGRAPHS: LARA ROBBY/STUDIO D (TOP RIGHT AND BOTTOM), STYLED BY TIZIANA AGNELLO (BOTTOM)