MINDFUL EATING

NUTRITION FOR MAINTAINING A HEALTHY BRAIN

ENDURING BEAUTY

A MODEL'S LIFE EMBODIES THE POWER OF LONGEVITY

HANYA KIZEMCHUK



WELLNESS ISSUE

WAYS TO

WELLNESS GET MOVING BY

> LAND, BY SEA, AND MORE

RESIDE

ELEMENTS

DEEP BLUE SEA

USHER IN WAVES OF SERENITY WITH WATER-EVOCATIVE DECOR

BY LIZA GRANT SMITH



ON BOARD Create an artistic spread for guests on this raw

tree ring

wood and

resin cheese

board (\$225)

by Naples-

based artist

Alexis Martinez



MARINE BIOLOGY Handmade in California, Annieglass Ultramarine glass dinner plates (\$63 each) capture the ethereal beauty of water. Jett Thompson Home, Naples (jettthompson.com)

e Sea

WAVE HELLO

Available in 11 finishes, the Hubbardton Forge Crossing Waves pendant (\$3,100) boasts ribbons of hand-forged steel illuminated from above. Lighting First, Naples, Bonita Springs (lightingfirst.us)

Designer Minka McDonald of Jinx McDonald Interior Designs orchestrated a water-inspired space to echo the outdoors. "I was inspired to create this serene and graceful interior for my client's new waterfront home by the peaceful waterways on the property," McDonald says. "The Calcite Azul fireplace wall stands out beautifully against the crisp white built-ins that pop with blue blown-glass art pieces. The luxurious drapery treatment ripples and falls all the way down from the second floor, tying in the coastal elements and colors of both the sky and the sea." Naples (jinxmcdonald.com)

SEE AND BE SEEN

Peruse photography from above and below the water in **Lewis Blackwell**'s The Life & Love of the Sea (\$55). Barnes & Noble, Naples, Estero (barnesandnoble.com)



(amano.bz)

ВАНАМА BREEZE

Infuse any space with the aroma of ocean mist, sea salt, white tea, and coconut with this 90-day reed diffuser (\$60) by Nest Fragrances A Mano, Naples

SIDE GIG

Even algae can have a starring moment with this side table (\$506) from **Jamie** Young, inspired by the aquatic plant's shape and texture. Patina Collection, Naples (patinacollection.com)



