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AT THE ARLO WYNWOOD



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VOLUME 1



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Welcome to COURANT

A REFLECTION OF SOUTH
FLORIDA'S ART & SOUL.

Jenny Starr Perez & Maria Galli
Co-Publishers

As the vibrant pulse of Miami's cultural and artistic life beats ever stronger, we are thrilled to introduce to you the very first volume of Courant Magazine, a new voice celebrating the richness of South Florida's art, culture, fashion, and dining scenes. Each carefully curated page reflects our dedication not only to what is current but also to what stirs the soul.

We began this journey inspired by the unique blend of international zest and local charm that defines South Florida. From the street art that colors the walls of Wynwood to the high fashion that parades through the halls of Palm Beach, our magazine aims to capture the essence of our community's spirited dialogue between the traditional and the avant-garde.

In this inaugural issue, we explore themes as diverse as the landscape that surrounds us. Our features range from the hidden allure of members-only clubs in Miami to the emergent trend of museum dining experiences. We delve into the artistic debate between inspiration and appropriation, and we celebrate the personal stories behind luxury items turned into bespoke works of art.

Our commitment extends beyond mere observation; we aim to be part of the fabric that binds these diverse elements together. With two issues a year, each volume of Courant will be an artifact worth collecting, a treasure trove of insightful narratives and breathtaking visuals that you will want to return to time and again.



We hope that Courant serves as your guide and companion as you explore the rich cultural tapestry that South Florida has to offer. Whether you are a lifelong resident or a curious traveler, there will always be something in these pages that speaks to you, moves you, and invites you to engage more deeply with the world around you.

Thank you for joining us on this exciting new venture. We believe that art is not just viewed; it is experienced. Through Courant, we invite you to experience the art of South Florida with us.

Jenny Starr Perez & Maria Galli

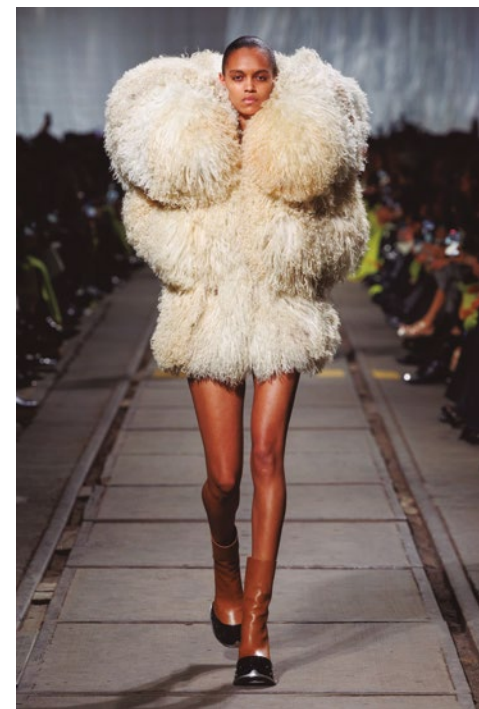
STAGE *the* SCENE

By Elysze Held

STEP INTO THE SPOTLIGHT WITH FASHION INSPIRED BY **MUSIC'S FEMALE LEGENDS.**

Whether it's a rocker-chic cropped fringe motorcycle jacket or a dreamy boho dress, fashion's current inspiration captures the vibe of iconic muses like Madonna, Miley Cyrus, Taylor Swift and Queen Bey herself. Add a touch of glamour with statement earrings or slip into the silky smoothness of a lingerie-style dress in a tribute to the women who set the trends, both on stage and in style.

1.



Furlike knitwear coat by Alexander McQueen. Available at **Alexander McQueen, Miami Design District.**

2.



Rosario cowboy boot by Paris Texas. Available at www.paristexasbrand.com.



Carrera gold-dusted raffia cowboy hat by Physician Endorsed. Available at www.physicianendorsed.com.

3.

4.



Morgan black raffia cowboy hat with blue feathers by Physician Endorsed. Available at www.physicianendorsed.com.



Cropped leather jacket by Alexander Wang. Available at **Alexander Wang, Miami Design District.**

7.

Silk shirt repurposed from silk scarves by J. Logan Home. Available at www.jloganhome.com.



Microband stacked bracelets by Martin Katz Jewelry. Available at www.martinkatz.com.

10.

11.

Dress by Mesdemoiselles Salila at **Curio at Faena, Miami Beach.**



12.

Lingerie-style slip dress by Fendi. Available at **Fendi, Miami Design District.**



6.



Skirt with suspended garter belt by Alexander Wang. Available at **Alexander Wang, Miami Design District.**

ACCESORIES

5.



Cropped leather jacket by Alexander Wang. Available at **Alexander Wang, Miami Design District.**

8.



Tall festival boots by Alexander Wang. Available at www.alexanderwang.com.

9.



Rodeo fringe jacket by Curio. Available at **Curio at Faena, Miami Beach.**

13.

White silk gold embroidered robe by Marie France Van Damme. Available at **Marie France Van Damme, Bal Harbour Shops.**





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Held

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BEAUTY

Head GAMES

By Ginger Harris

EXPLORE THE MAGIC OF HEAD MASSAGES AND SPECIAL SCALP TREATMENTS THAT PROMISE A WHIRLWIND OF WELLNESS AND PLENTY OF GOOD VIBES.

Head spas are becoming a sensation across Miami, though their origins trace back to Japan. Renowned for their holistic approach, these spas enhance blood circulation through gentle scalp massages and pamper guests with deep conditioning, aromatic therapies, and soothing steam treatments. Ready to be captivated? Prepare for a head-to-toe transformation that's sure to leave you enchanted.

Bamboo Spa

Newly located in Edgewater, Bamboo Spa is the first Korean head spa in Miami. It uses a holistic approach to breathing new life to your scalp. The ASMR Head Spa Massage not only helps with scalp and dandruff concerns, it also helps stimulate your hair to grow healthier, and shinier. You can even expect better sleep and stress relief from the treatment, thanks to the ASMR elements. Think soothing light therapy, a waterfall-esque rinse and a relaxing neck and shoulder massage. The service includes Phyto and Moroccan oil products, which can also be prepared into a home kit for an additional cost so you can continue the treatment in your own space. "The best part of the experience is surprisingly the neck and shoulder massage. The ASMR vibes are cool,



too," says influencer Maria Tettamanti, who recently shared her experience at the spa on an Instagram reel. "Any form of self-care is a must, but I have to say the massage paired with a serious scalp scrub down is *chef's kiss*. My scalp felt squeaky clean afterward" she says. A free drying station is available post-treatment, or you can schedule a professional blowout to leave feeling beautiful head to toe. Treatments start at \$90 for one hour. **Bamboo Spa, 1717 N Bayshore Dr., Suite R112, Miami, (786) 575-3475.**

Photography by Unsplash and Shutterstock.



Head Spa Miami

If you think about it, a lot goes through your head during the course of the day, which is why a trip to Head Spa Miami is key to elevate your well-being, relax and relieve stress. Touted as the first head spa in Miami, the spot celebrated its one-year anniversary this spring. Along the way, it's put many heads in a better space. Here, treatments are customized to help with whatever your scalp needs may be: Oily hair, product buildup and/or dandruff. The Relax and Unwind takes your scalp needs and combines them with a massage that starts at the crown of your head and works its way down your neck and shoulders to solidify the name behind this treatment. Next, a deep hydrating treatment made of Biodynamic hazelnut and organic honey to hydrate your scalp and hair is applied. Using tools like an electric scrubber and a waterfall-esque rinse, find your scalp in the best shape of its life. The final touch: a blowout for a perfect hair to match your state of scalp and mind. The Relax and Unwind is 75 minutes for \$100. **Head Spa Miami, 1430 Madruga Ave., Suite 16, Coral Gables, 833-251-0829.**

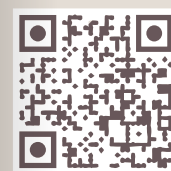
READY TO MULTITASK?

Get a clean scalp during your next salon appointment at Valery Joseph Salon in the Design District. Whether your hair is oily or you suffer from dandruff, this treatment can easily be incorporated with a cut or color service. The treatment includes a Milbon Scalp treatment with a purifying gel shampoo and a scalp massage with cleaning spa gel. A scalp conditioner is then applied with a hydrating treatment. Lastly, a soothing moisturizer rounds things out. Scalp Treatment, \$100.

Valery Joseph Salon Miami, 140 N.E. 39th St., Suite PC208, Miami, 305-967-8352.



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Murals of the Moment

By Ginger Harris

PUBLIC ART IS HAVING ITS MOMENT IN MIAMI. HERE ARE A FEW TO KEEP AN EYE OUT FOR, WHAT'S BEHIND THEM AND WHERE TO FIND THEM.

Miami is full of murals. And not all just in Wynwood. Some speak on behalf of the city. Others portray the times. And some, well some are just there to spark joy. These are just a few to keep your eyes out for as you make your way around town.

Photography is courtesy of the artists.



Lebo's Welcome to Miami Beach

Last year, we lost Lebo, Miami's street artist pioneer, to cancer. For decades, Lebo brought joy to Miami with his colorful, fun art, filled with a bold, all-caps block font. Through his "Welcome to Miami Beach" mural taking over the entire side of a building at the foot of the Julia Tuttle Bridge leading into Miami Beach on Arthur Godfrey Road, his spirit and work live on. "I had the honor of working with Lebo on his last commercial project," says Daniel Fila (AKA Krave of Krave Art). "His work was accessible, funky and it spoke to the common man. It will always be part of our town's identity."

Cynno & Chalk and Brush's You Are Beautiful



In 2011, Cuban-born artist Cynno dabbled in murals on the side of her boss's building across from Midtown Miami. Restaurant designers saw her painting outside and later reached out and hired her for projects, like lettering a chalkboard or hand-painting logos. Today, her company, Chalk and Brush, has hundreds of works across the city, including Coral Gables. In 2021, the city commissioned four

murals for Miracle Mile as a public art project, a huge honor, as these are the first and only public murals in the entirety of Coral Gables. Of the four, her favorite is "You Are Beautiful"—the pink one—on Salzedo Street. "Murals are an artist's gift to the people around them," she says. "They make people stop, stare and marvel at how creative their fellow humans can be."



Kobra Mural at Arsht Center - Eyeworks Productions

Kobra's Miami City Ballet Student Dancer

Passing by the Arsht in downtown Miami, be sure to look for the beautiful, colorful ballerina on the side of the Carnival Tower. It's from Brazilian artist Eduard Kobra (aka Kobra). Commissioned in 2018, the work is still a reminder today of Miami's rich history of arts and entertainment. "I love that it's become an iconic calling card for the Arsht Center; it provides passersby, locals and visitors alike with a glimpse of the magic that happens on our stages and on the Thomson Plaza for the Arts," says Aric Kurzman, Arsht Center general counsel & director of visual arts. "Murals have emerged as one of Miami's myriad languages."

Typoe's The Neon Wall

As a street artist since his early teens, Typoe watched Miami's mural scene evolve into its current incarnation. "Specifically for Miami, us doing the murals helped give the city an identity for a lot of the outside world. And now we are known for it internationally," he says. One he's helped put on the map is "The Neon Wall" at the building Wynwood 25. His message: "This piece is a nod to Miami. Since the days of Miami Vice, neon has always been a huge part of the city's visual language. I really wanted to highlight that, while choosing images like money, happy faces or flamingos that have a funny and kitsch history to them."



Jim Drain's Sunshine

Jim Drain painted his first mural at Wynwood Walls back in 2009, and as he puts it, "I got the bug. I truly love that it is art for everybody." His work "Sunshine" at Amli Residences is inspired by what he calls, "The magical South Florida ecology and the slow flow of the 'river of grass' as it makes its way to the Gulf from Lake Okeechobee. Secondly, Seminole and Miccosukee patchwork continues to amaze as true contemporary American design that arose right after the Third Seminole War in South Florida. You can feel the pride, the sorrow, the resistance and persistence to survive in every stitch." The piece came about this year on the wall at the residences in Midtown Miami. "Murals are important to me because they can be appreciated and loved without a paywall. They can bring a community together around something beautiful and sometimes even challenging. Murals help to create 'place' in a world that can sometimes feel like it's continually being painted with a robot-soft oatmeal brush."



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SIGHTS *and the* CITY

By Lori Capullo

GET READY TO FEED
YOUR SENSES:

SOUTH FLORIDA IS A
WONDERLAND WITH
DAZZLING EXHIBITIONS
BY ARTISTS THAT ARE
PAVING A NEW PATH IN
THE ART WORLD.

Miami has become one of the most art-centric cities in the country. There's always someone and something new to discover—some are household names; others deserve to be but aren't there yet. If you're planning your foray into the art scene this year, put these artists and their latest shows on your must-visit list. We promise you'll be glad you did.



Photography is courtesy of Miami Design District.

ARTISTS ON VIEW

LARA BOHINC



Photo by Rebecca Reid

Artist and designer Lara Bohinc's newly debuted (in November) Design Commission, "Utopia", comprises a range of works including lighting installations, furniture, and decorative objects composed of unconventional materials that push the boundaries of traditional design. Bohinc's meticulous attention to detail—which, arguably, harks back to the beginning of her career designing and making jewelry—along with her vast range of styles makes for an engaging experience that's never typical, and certainly never boring.



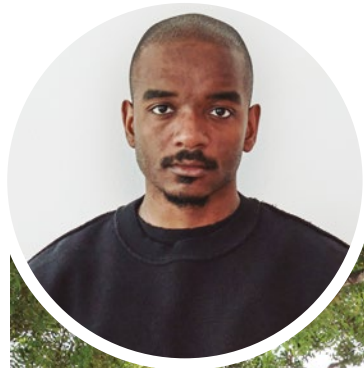
JILLAN MAYER

Miami's own Jillian Mayer introduces "Glass Model Home, 2024," a captivating installation at the Stardust Pavilion, crafted by the innovative Flare design studio. This installation features gravity-defying sculptures made of glass and metal, which create a play of light and shadow that shifts with the day. Visitors have the unique chance to interact with the installation, sitting on abstract furniture and enjoying the dynamic colors of Mayer's meticulously shaped and altered glass.



NINA SUREL

Artist Nina Surel recently unveiled her latest creation, "Allegory of Florida," in the vibrant Jade Alley of Miami Design District. This extensive ceramic mural, meticulously kiln-fired at 2,160°F for more than 20 hours, depicts Florida as a divine figure of feminine fertility. Comprising over 100 stoneware ceramic pieces, the mural beautifully integrates references to local wildlife and plant life, including herons and beauty berries. Surel's artwork poetically captures the mystical qualities of Florida's geography through this impressive wall relief.



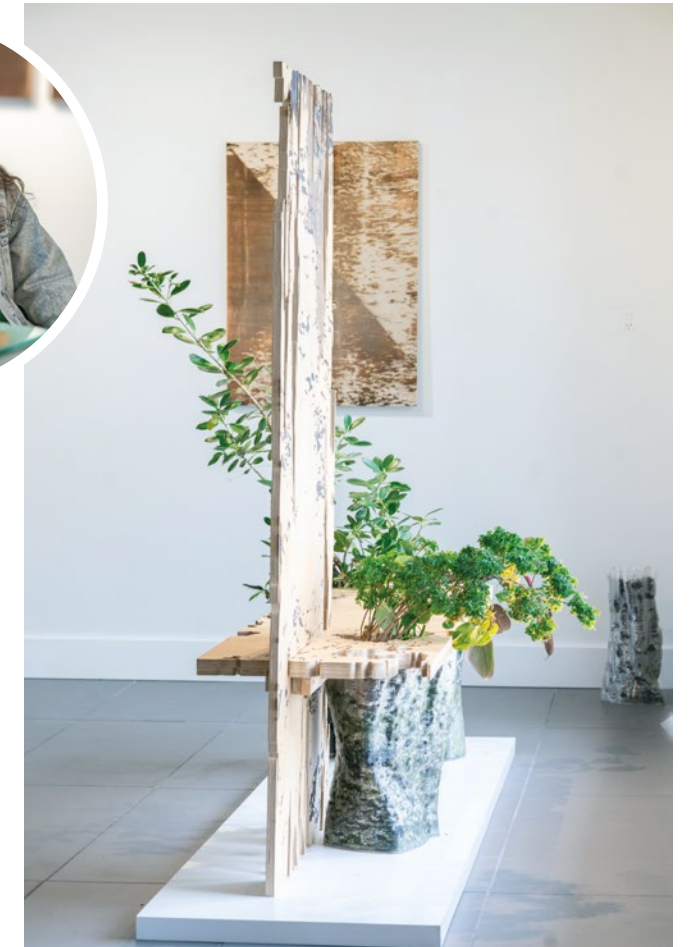
SAMUEL ROSS

British designer, creative director and artist Samuel Ross' sculptures have been acquired into permanent collections by some of the most renowned museums in the world: the Victoria & Albert Museum in London; the Museum of Fine Arts, Houston; and the Dallas Museum of Art among them. Now Miamians can see Ross' creations up close through a permanent installation entitled "Stardust," a triad of benches that debuted in November in the Miami Design District. Ross started the designs as hand sketches and drawings in charcoal, Indian ink and pencil, then translated them to a 3D format that embodies the synergy between art and architecture and celebrates the interplay of the two platforms.

JOYCE BILLET



Explore the seamless integration of analog and digital art with French American artist Joyce Billet at her residency showcase at 56 NE 40 St in Miami's Design District. Billet invites art lovers to step into her studio, offering a rare peek at her creative process. This residency is a perfect blend of traditional art techniques and modern technology, providing a stimulating visit for both art aficionados and tech enthusiasts alike.



Haute SNACK

By Terry Zarikian

SOUTH FLORIDA'S MOST SAVORY PRE-DINNER DELIGHTS INVITE DINERS TO **SNACK IN STYLE.**

In the lush culinary landscape of South Florida, a new trend is taking shape where snacks are no longer just quick bites, but rather chic pre-meal indulgences. These aren't your average bar snacks, but a sophisticated blend of appetizers designed to complement your cocktail or glass of wine perfectly, setting the stage for the main course.

At **The Surf Club Restaurant** in Surfside, **Chef Thomas Keller** brings nostalgic charm with a modern twist. Here, you can start your evening with a classic French Onion Dip paired with freshly fried Kettle Chips or indulge in creamy Deviled Eggs. Don't miss the Marinated Olives, best enjoyed with a martini alongside their "Fire & Ice" pickles—a tangy mix of jalapeño-pickled cucumbers and sweet onions. These appetizers pave the way for a Michelin-starred dining experience, all set against a backdrop of live music and playful artwork by artists Gary Myatt and Donald Robertson.



THE SURF CLUB RESTAURANT Deviled Eggs

Photography is courtesy of The Surf Club Restaurant, LEKU Fish & Garden and GHEE Indian Kitchen.

In the Allapattah neighborhood, **LEKU Fish & Garden** offers a taste of the Basque region right in the heart of Miami. **Chef Carlos Garcia**, a Venezuela-born culinary talent, presents an array of 'conservas' or preserved delicacies ranging from Sardinas in Olive Oil to Navajas al Natural. Signature dishes like Salpicon de Mariscos and house-made Seafood Charcuterie featuring shrimp 'Txistorra' and Tuna & Salmon 'Chorizo' highlight his innovative approach.



LEKU House-made Seafood Charcuterie featuring shrimp 'Txistorra'



GHEE INDIAN KITCHEN Papadum and Chutney

or Baked Oysters topped with Comté cheese emulsion. Each dish is a testament to Ratino's commitment to exceptional ingredients and bold flavors, setting the stage for a truly memorable dining experience.

These South Florida restaurants are transforming the very concept of snacking, turning what was once a simple bite into a stylish and sumptuous start to any meal. Whether you're a local foodie or a visiting gourmand, these culinary hotspots offer a glimpse into the region's dynamic dining scene, one chic snack at a time.

Not far from the hustle of Dadeland, **Ghee Indian Kitchen** is a beacon of traditional Indian flavors crafted by **Chef Niven Patel**. Begin your meal with the Yellowfin Tuna Bhel, a spicy mix of diced tuna and puffed rice, or the beloved Papadum and Chutney. For those craving something heartier, the dosas filled with short rib or potato are perfect preludes to Patel's vibrant main dishes.



MAASS Foie Gras-filled Macaron. Photo by Ruben Cabrera

Finally, Fort Lauderdale's **MAASS**, helmed by Michelin-starred **Chef Ryan Ratino**, redefines what snacks can be. Here, you can savor unique creations like a Foie Gras-filled Macaron

JOIN *the* CLUB

By Angela Caraway-Carlton

FROM BILLIONAIRES TO BOATERS TO THE CULINARY OR WELLNESS OBSESSED, A SLEW OF MEMBERS-ONLY SOCIAL CLUBS IN SOUTH FLORIDA EXCLUSIVELY CATER TO EVERY WHIM, DESIRE AND FORTE.

Photography is courtesy of The Moore, Major Food Group, Casa Tua, The Well at Bay Harbour Club and YAYA Club.

FEATURES



THE MOORE

VIBE CHECK

With an incomparable setting inside a reimagined 100-year-old historic landmark building, The Moore flaunts a sophisticated aesthetic that echoes the elements of fashion, design and art of the surrounding Miami Design District. Think: custom furnishings from Brazil, site-specific art commissions from Latin American artists, and multiple dining rooms with a menu expertly hewn by Executive Chef Joe Anthony.

MEMBER PROFILE

Interesting and influential individuals who are leaders, innovators and tastemakers, notably Francisco Costa and Karolina Kurkova, Craig Robins and Barbara Sturm.

POSH PRIVILEGES

Freedom to roam and play in the 20,000-square-foot of private club space that's dotted with residential-designed spaces, including a library furnished with collectible art tomes, a skylight courtyard, and late-night speakeasy The Rabbit Hole. Members indulge in exclusive programming and experiences designed by the world's most notable luxury brands, as well as distinctive off-site travel opportunities. Additionally, members receive priority access to reservations at Elastika, The Moore's public restaurant, and to The Hotel at The Moore, a 13-room boutique hotel set to open on the building's fourth floor in 2024.

BANK ROLL

Price Upon Request.



ZZ'S CLUB

VIBE CHECK

Think of this club as the reigning queen of cuisine and exquisite design. Major Food Group's takeover of South Florida extends past its popular restaurants like Carbone, Contessa and Dirty French restaurants — with its private member's club ZZ's Club positioned in the Miami Design District. The two-level space was fashioned by design maestro Ken Fulk, and members are treated to eye candy with sparkling Murano chandeliers, rose-gold mirrors and plush leather banquettes.

MEMBER PROFILE

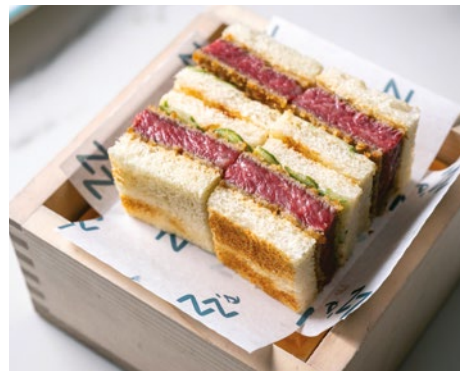
Lovers of outstanding food and unwavering hospitality served with a side of scene and indulgence.

POSH PRIVILEGES

Culinary dreams come true for members at ZZ's restaurant which touts seafood sourced directly from Tokyo, inventive sushi, and the largest offering of wagyu beef in South Florida. Members can retreat to a private bar for creative cocktails and dancing, a backgammon terrace meant for play, and a secluded outdoor cigar lounge that brags a cigar menu curated by Mario Carbone (who's a passionate collector). There's also a sports bar fitted with a massive TV screen and beer served in frozen mugs for an upscale game day.

BANK ROLL

Price Upon Request.



VIBE CHECK

This social casa is your casa — if you're a member. Like its longtime namesake Italian restaurant that's tucked behind high hedges and set apart from the madness of South Beach, Casa Tua Club serves as a sophisticated home-away-from-home sanctuary on the villa's second level. It's a buzzy, yet relaxed, club where members gather to socialize, entertain guests, conduct business meetings and unwind in privacy.

MEMBER PROFILE

Members are considered "family" (and treated like such) and value the opportunity to belong to a close-knit, like-minded community that prioritizes refined hospitality, personalized service, and a cozy surround that feels like an exclusive oasis for rejuvenation.

POSH PRIVILEGES

Benefits are three-fold at this unique culinary destination, boutique hotel and private club. While downstairs Casa Tua restaurant and lantern-lit gardens are open to the public, club members can also savor the coveted Italian cuisine yet have exclusive access to the refined upstairs lounge meant for personal entertaining and intimate celebrations from Halloween to New Years. They can also take part in elevated activations from Formula 1 to the Miami Open, and Casa Tua has expanded globally to Aspen, New York and Paris.

BANK ROLL

One member: \$4,300 annual fee; Initiation fee \$1,600.





THE WELL BAY HARBOR CLUB

VIBE CHECK

Mind, body, spirit – check! Located in tranquil Bay Harbor Islands and set to open in 2025, THE WELL Club will serve as a state-of-the-art sanctuary of holistic wellness, where modern medicine unites with ancient healing practices. With a focus on personalized care, members can embark on a transformative journey to achieve optimal well-being.

MEMBER PROFILE

Residents, office tenants, and members who prioritize self-care, preventative health, and holistic healing, and are seeking comprehensive wellness solutions tailored to their unique needs.

POSH PRIVILEGES

Residents and office tenants enjoy complimentary or discounted membership to THE WELL Bay Harbor Club. In addition to access to annual health coaching sessions and a full-service concierge, members can take daily fitness and mindfulness classes and attend wellness-focused events and lectures.

BANK ROLL

Annual Cost is \$4,260.



YAYA CLUB

VIBE CHECK

Breezy coastal living that intermingles Miami and Mediterranean landscapes with a passion (read: obsession) for boating defines the new YAYA Club, which is slated to open June 2024. Situated along the bay in North Miami, the private club and restaurant designed by Saladino Design Studios with floor-to-ceiling windows and chic spaces is a haven where members can immerse themselves in the glamorous boating lifestyle, while soaking up breathtaking water views.

MEMBER PROFILE

Individuals and families who consider boating more than hobby, but more like an integral part of their identity. A perfect fit for the seasoned captain or a newcomer to the boating scene.

POSH PRIVILEGES

While YAYA Coastal Cuisine is open to the public, only members have access to the dock with 14 slips directly in front of the restaurant, personalized wine/drink preferences upon arrival, as well as perks like ice for boat coolers. Expect special events and monthly member gatherings, access to the members' club room and a discount on food and beverage.

BANK ROLL

Membership starts at \$10,000.



The ART of the STEAL

By Lori Capullo

THERE'S A THIN LINE— AND MUCH DEBATE— BETWEEN ARTISTIC APPROPRIATION AND INSPIRATION. WHO DETERMINES WHICH IS THE CASE?

The debate surrounding the line between inspiration and appropriation is a complex one in the art world. On one hand, artists often draw inspiration from past works to create something new and innovative. Conversely, the practice can flirt with cases of blatantly copying, or commercial imitation, raising ethical concerns.

One example is **Richard Prince's "Untitled (Cowboy)"** series. Prince's pictures were originally sourced from a series of Marlboro ads showcasing cowboys in rugged landscapes that were shot by a relatively unknown photographer named Norm Clasen. While Prince argued that his work was a commentary on consumerism and the Western ideal, critics accused him of appropriating the original photographs without adding any significant creative elements.

Earlier this year, professional photographer **Donald Graham** won the right to proceed with lawsuits against Prince for capturing screenshots of an Instagram post of one of Graham's 1998 photos, creating a large-scale inkjet-on-canvas print of it as part of Prince's "New Portraits" series that included Prince's comments on the post and claiming the work as his own because his comments were included on

his version. The judge didn't agree that he had done enough to make it original. In September, the case took a turn when the court dismissed Graham's lawsuit, which sought to share in as-yet unrealized profits from the sale of Prince's work from Gagosian Gallery. The judges' varying opinions in themselves are arguably evidence of the subjective nature of this debate. Since 2014, Prince has reportedly been the subject of four other lawsuits pertaining to the "New Portraits" series by various photographers, none of which has been successful.



Photography by The Guggenheim Museum, Getty Images, and Stock.Adobe.com.



GIRL WITH A TEAR, Lichtenstein.



Roy Lichtenstein

Grab and Go

Pop art pioneer **Roy Lichtenstein** has always been open about the fact that his paintings were based on comic strips. But some of those whose comic strips he used as "inspiration" felt it wasn't acceptable. "It's called stealing," 96-year-old comic strip artist Hy Eisman said in a recent documentary called WHAAM! BLAM! Roy Lichtenstein and the Art of Appropriation. "I worked like a dog on this stupid page and this guy has \$20 million to show for it."

Many artists claim that being inspired by another's work is a natural part of the creative process. The case has been made by some that it's virtually impossible to create something entirely original and that art builds upon what came before. Take **Andy Warhol**, for example, who was known for appropriating pop culture imagery—such as Campbell's Soup cans—and transforming them into iconic works of art. He justified his approach by explaining that he was simply reflecting the mass-produced nature of society.

There's no doubt that the line between being inspired by and appropriating an artist's work is a contentious issue. While some are of the opinion that inspiration and even appropriation are natural aspects of the creative process, others strongly believe there should be clear boundaries that protect artists' intellectual property.

So, does the whole issue boil down to it being a matter of one artist's perspective against the other's word? The discussion has been going on for ages, and artists themselves have chimed in from both points of view. "Lesser artists borrow, great artists steal," said **Pablo Picasso**. But in the words of novelist **Herman Melville**, "It is better to fail in originality than to succeed in imitation."

“Many artists claim that being inspired by another’s work is a natural part of the creative process.”

MASTERFUL DISHES

By Christie Galeano-DeMott

EXPERIENCE SOUTH FLORIDA'S MUSEUM DINING SCENE WHERE CULINARY DELIGHTS MEET ARTISTIC SIGHTS.

Sometimes, it's fun to break the rules. One could say, even satisfying at times. Well, nothing is more satisfying than indulging in a decadent meal unless you consider eating it surrounded by masterpieces. We're breaking the steadfast museum "No Eating or Drinking" rule by sitting down with three of South Florida's best chefs, encouraging us to eat, drink, and be merry among some of the world's most prized pieces of art.

Morikami Museum and Japanese Gardens

The Cornell Café pairs Asian-inspired bites with serene garden views. Connect with nature as you dive into its crispy vegetable spring rolls, shrimp shumai, or pan-fried gyozas. Entrees include the beloved classic bento box, teriyaki salmon, chicken or tofu, and crispy pork. It also offers a selection of sushi rolls that go perfectly with cold sake. Don't worry; while the restaurant does offer al fresco dining, it also has air-conditioned space for our warmer months.

morikami.org

Photography by The Norton Museum, Morikami Museum & Gardens, Pamm.org, and LEKU Fish & Garden.

FEATURES



The Restaurant at the Norton Museum of Art

Imagine sitting in a lush garden surrounded by a verdant landscape of towering trees and tropical foliage juxtaposed with stunning sculptures. This is the serene start to a dining experience at The Restaurant at the Norton, the art museum's contemporary American concept. The West Palm Beach institution, founded in 1941 by steel tycoon Ralph Hubbard Norton and his wife Elizabeth, now has 8,200 pieces within its permanent European, American, Chinese, Contemporary and Photography collections spread across its 6.3-acre campus. In 2019, it emerged from an impressive renovation that included 12,000 square feet of new galleries, The Restaurant, and its 37,000-square-foot sculpture garden. Since then, the museum's culinary destination has been operated by Constellation Culinary Group (CCG), which oversees dining in 19 other institutions like the Philadelphia Museum of Art and the New York Botanical Garden.

The 165-seat restaurant offers patrons an idyllic space to fuel up before heading into the museum or rest weary limbs

after an art expedition. The terrace immerses patrons in the sculpture garden among pieces like Fernand Léger's *Le Tournesol*. However, in our fiery summer months, the uncompromised views from the cool dining room's floor-to-ceiling windows are equally as appealing. Chef Elgin Woodman, CCG's executive chef, has a hand in creating stunning seasonal dishes for the group's collection of restaurants. For the Norton Museum of Art, Woodman looked to partner with local Gratitude Farms to create a Wild Mushroom Tart. Woodman explains that while it's a draw to her vegetarian patrons, it's hearty enough to be enjoyed as a meal by everyone. The tart is served on parsnip purée, a sweet balance to the mushroom's earthiness. It's then topped with crisp frisée salad in a truffle vinaigrette that adds a hint of texture and bitterness to each bite. Other refreshing summer dishes that should not be missed include Woodman's heirloom tomato and burrata appetizer and citrusy ceviche.

norton.org



Verde at the Pérez Art Museum Miami (PAMM)

Verde has endured in a sea of ever-changing foodie trends. For more than a decade, museumgoers have enjoyed its seasonal dishes paired with verdant hanging gardens and sprawling Biscayne Bay views. Operated by Constellation Culinary Group (CCG), the sun-drenched restaurant sits among PAMM’s contemporary 20th- and 21st-century art collections, which span the 200,000-square-foot campus. Chef Loris Navone cut his teeth at places like Casa Tua and Casa D’Angelo, and now, for more than a year, he has been at the Verde helm, stretching his culinary muscles by crafting dishes that are equally exquisite to look at and savor. Navone drew inspiration from his childhood for the delightful, orb-shaped Shrimp & Polenta dish exclusive to the restaurant’s weekend brunch menu. “This dish is special to me because it reminds me of my roots and the food I grew up

eating,” he said. “My grandmother’s kitchen always smelled like polenta.” His take on the American classic shrimp and grits is elevated by replacing the grits with an Italian creamy polenta finished with mascarpone. It connects all the flavors and serves as a vessel for the porcini sauce that’s spooned into the center of it before it’s topped with the butter-poached shrimp, a royal trumpet mushroom salad and grilled asparagus. Navone admits he felt the dish seemed incomplete without a sour component to balance it. Enter the petite black balsamic pearls sprinkled over the shrimp that burst on your palate with every bite. Navone’s other favorite dishes include the roasted garlic hummus with fried artichoke and the grilled swordfish tacos with roasted pineapple chutney, cilantro aioli and pickled red cabbage.

pamm.org



LEKU Fish & Garden at the Rubell Museum

After five years of dishing out superb dishes celebrating Spain’s Côte Basque, Leku continues to flourish, welcoming in a community of art and food lovers into its blossoming garden, a verdant foyer for the contemporary museum’s 36 galleries. To lead LEKU into its next chapter, lauded chef Carlos Garcia joined the team last year, and together with restaurateurs Jeffery Chodorow and Terry Zarikian, they refashioned the Allapattah concept into LEKU Fish & Garden. Garcia, whose resume boasts stints at Michelin-starred kitchens throughout Europe, brings a new level of sophistication to the menu – while also staying true to its Basque DNA with Leku classics like the croquetas, 5-Jotas ham service, arroz de setas and gambas al ajillo.

Honoring Miami’s waterfront setting, LEKU Fish & Garden combines locally sourced ingredients with Basque flavors and traditions, like tinned seafood, housemade pickled tuna, and seafood charcuterie. A standout is the Tartar de Vieira. “My inspiration for the scallop tartare comes from my admiration for the sweet Hokkaido scallops and the vibrant culinary traditions of the cideries in Northern Spain,” he explained. “This dish marries finely diced green apple—a nod to Basque cider—with the unique textures of Tobiko, a crunchy Japanese fish roe, crispy fried onion for a sinful crackle, and the luxurious sea urchin, cherished in both Japan and the Basque-Galicia seacoast.”

Garcia is also bringing vegetables to the foreground by working with local farms and purveyors to create a garden menu with dishes like the roasted artichoke with basil oil and saffron emulsion and smoked mushroom tartar. “Diners today appreciate the creativity and skill required to transform humble vegetables into extraordinary dishes, and that’s exactly what we aim to deliver,” he said.

lekumiami.com

NSU ART MUSEUM FORT LAUDERDALE

South Florida’s summers can be brutal, so the Museum Café invites guests in for icy and refreshing ice cream floats all season long. If you happen to be caught in the museum during one of our frequent rainstorms, the Café hosts a “when it pours, we pour” wine special with 2-4-1 sips. It has a similar offering on the first Thursday of every month during the museum’s free admission day. Its savory selections include warm and cold sandwiches and fresh salads. For coffee lovers, it recently debuted an Affogato Italian coffee treat made with Illy Espresso, vanilla ice cream, and topped with whipped cream.

nsuartmuseum.org

Throwing SHADE

By Angela Caraway-Carlton

PAINTED ART
COMES TO LIFE ON
EVERYTHING FROM
LUXURY HANDBAGS
TO HIGH-FASHION —
OFTEN WITH A DASH
OF REINVENTION.

As one of the most recognized luxury brands in the world, it's plausible that Louis Vuitton broke down walls — and pretense — when it collaborated with the late artist Stephen Sprouse in 2001 for a limited-edition monogram graffiti collection. While the bold move first incited audible gasps and cries of blasphemy, it's now commonplace for luxury brands to partner with artists. South Florida artists and fashion makers are following suit, using their talents once reserved for traditional canvases to paint everything from high-end handbags and fashion to luxury items like perfume bottles and even Champagne bottles.



Photos courtesy of SAKAL Palm Beach, SIGAL, The Bungalow Agency and LALA Custom Lab.

SAKAL PALM BEACH OKSANA SAKA

Designer Oksana Sakal of Sakal Palm Beach (sakalpalmbeach.com) first began custom painting clients' Louis Vuitton and Birkin bags but wanted to express her original artistry with her own bespoke handbags. Painting always came natural to the Ukraine-born designer, who also studied fashion in New York, though her talents were further developed by daily practice and art classes. While Sakal's whimsical designs celebrate South Florida and Northeast coastal destinations like the Hamptons and Connecticut, there's also a heavy sprinkling of fairytale magic and mythology. "Growing up in the Ukraine, the area was poor and dismal, and we didn't have a TV, so I needed an escape," Sakal reveals. "I read a lot of books and would dream about far-away places and use my imagination when painting."

It takes the artist around 20 hours to create the dainty top-handle, 50's-inspired handbags, from priming to hand painting every detail and properly sealing the bags for durability. "Painting is one thing, but this process makes it luxury. The paint doesn't crack, it wears well," Sakal explains. While she offers signature designs like her blue-and-white chinoiserie, every bag is distinct as she hand paints every piece upon order. Many of the fantastical handbags parade feminine florals, birds, sea creatures and shells, and are embellished with charms, ribbons, lace and even ostrich feathers. "I believe there is nothing like this in the world," says Sakal. Her painted beauties are sold at Fivestory locations from Palm Beach to New York, as well as at trunk shows, and through Instagram.



SIGAL

SIGAL COHEN WOLKWEIZ

Fashioning wearable art that's reminiscent of a vibrant watercolor painting is Sigal Cohen Wolkowicz's innate gift. With fabrics dripping in ombre hues, juicy citrus fruits, tropical flowers and greenery, her eponymous resort wear brand Sigal (shopsigal.com) embodies Miami's essence and jet-set lifestyle. "I'm an artist first and foremost. I grew up painting the lush surroundings and life of my homeland in Venezuela," says Cohen Wolkowicz. While the designer first began her career as a graphic artist in advertising, a passion for fashion and a love of textiles pulled at her, and she completed a printed textiles program at the Royal College of Art in London. She found her niche in watercolors and water-based inks, and now hand paints her designs that are transferred to clothing and accessories and are sold at her Surfside boutique. "I'm using my life-long life talent, but I'm using it in a conscious way to create something new and unique," she says of her limited-edition collections of swimwear, coverups, tops, skirts and dresses.

Working in her light-filled home studio, she first makes impulsive strokes on a blank canvas with a brush soaked in water, and then gradually adds ink to form her bold designs. "I create motifs that are inspired by Miami's DNA and everyday life. The idea is an elevated Miami souvenir that you can take everywhere," she says about reinterpreting things that South Floridians see every day, such as the magenta morning glory flowers that grow next to the beach to our turquoise waters. Once in her office, she scans the artwork and then begins the tedious process of layering motifs together and perfecting the fit. The designer uses only non-toxic printing inks and employs factories with sustainability at the forefront. "Fashion is walking art, but it's an art that has to be very mindful because it goes on bodies" she says. "I focus on the silhouette, how the clothing fits, and what the print is going to look like in motion."



THE BUNGALOW AGENCY

DANA GOLDBERG

Fashion consultant Dana Goldberg of The Bungalow Agency is also seeing a trend toward artists being commissioned to reinvent existing pieces. "I think women are having fun creating something different out of the same bag or pair of shoes to stand out from what everyone has," says Goldberg, who also notes the eco-conscious efforts. "Making the old look new is a great practice towards a more sustainable industry."

LALA CUSTOM LAB

MARIELYS JIMÉNEZ

Former swimwear designer Marielys Jiménez of LaLa Custom Lab ([@lalacustomlab](https://www.instagram.com/lalacustomlab)) follows that ethos, transforming handbags, sneakers, hats, handbags, clothing and home items, adding her own flair and personalized touches. "I'll add accessories, change the straps, or personalize an item with paint or printing," she says. Jiménez also reimagines damaged or worn luxury goods and meaningful heirlooms passed on from a beloved family member with her art. "I love to repair and bring items back to life. I respect the original design, but I like to put a different touch on each piece," Jiménez says. "Bring me something that's old, tattered or not aesthetically pleasing, and I'll turn it into something beautiful."

In addition to resurrecting the old, Jiménez creates signature items like hand-painted Meraki summer hats, eco-friendly vegan leather handbags and customized hand-bag straps. Her capsules flaunt neon acrylic letters and playful shapes and showcase a variety of techniques from painting to screen printing and embroidery. The designer employs grandmothers who moved to Miami from her homeland of Venezuela and are experts in time-honored embroidery techniques. "This not only keeps the traditions of embroidery alive for new generations, but incorporates their crafts with new techniques and designs," Jiménez says. Keeping art alive with a renewed spirit.



LALA CUSTOM LAB



Artistic IMPRESSIONS

By Jenny Starr Perez

THE **ARLO WYNWOOD**
TRANSFORMS INTO A RUNWAY OF
FLORAL AND GEOMETRIC PRINTS
INSPIRED BY MIAMI'S WHIMSICAL
MURALS AND PUBLIC ART.

*Photography by Maria Galli
Styled by Elysze Held*

Red floral dress and palazzo pants by
AKRIS, at AKRIS, Bal Harbour Shops.
Bracelets by Sevan Biçaçki, at Sevan
Biçaçki, Miami Design District.
Sunglasses by Saint Laurent,
at Saint Laurent, Aventura Mall.



Dress and necklace by Silvia Tcherassi,
at Silvia Tcherassi, Coral Gables.

CREATIVE ABODE

FIND INSPIRATION AT MIAMI'S CANVAS OF CULTURE, ARLO WYNWOOD, WHERE EVERY STAY PAINTS A PICTURE OF INSPIRATION AND URBAN EXPLORATION.

Nestled in the heart of Miami's vibrant arts district, **Arlo Wynwood** is not just a hotel—it's a celebration of artistic flair and sophisticated comfort. As one of the newest additions to the city's dynamic landscape, this boutique gem invites you to immerse yourself in an environment where creativity is the currency and relaxation is an art form.

With airy rooms that boast an artsy soul, Arlo Wynwood serves as a canvas for guests to paint their perfect stay. Whether you're a culture enthusiast eager to explore local art or a leisure-seeker looking to unwind, this hotel positions you at the epicenter of all things Wynwood. The neighborhood's renowned murals and eclectic vibe provide a backdrop like no other, ensuring that every moment at Arlo is instilled with inspiration.

Fashion Credits:

Photographer: **Maria Galli**
 Fashion Stylist: **Elysze Held**
 Model: **Jordan Taylor / Elite Models**
 Hair and Makeup: **Sonia Reisin**
 Assistant Stylist: **Alejandra Boquete**
 Fashion Intern: **Camilia Abuchaibe**
 Production Assistant: **Alfredo Reyes**
 Editor: **Jenny Starr Perez**

Location: **Arlo Wynwood**
 2217 NW Miami Ct. Miami, FL 33127
arlohotels.com

A special thanks to **The Dana Agency**

Dress by Carolina K,
 at CURIO Faena Bazaar, Miami Beach.
 Bag by Piper & Skye, at piperandskye.com.
 Shoes by Ingiliz, at ingiliz.com.
 Rings and bracelets by Sevan Biçaçki, at
 Sevan Biçaçki, Miami Design District.
 Earrings from the Nudo Collection by
 Pomellato, at Pomellato, Bal Harbour Shops.





PAGE 46:
 Jacket and shorts by SHAN,
 at SHAN, Sunset Harbor.
 Raffia platforms by Castañer,
 at fl.castaner.com.
 Gold necklace and diamond
 drop earrings by Alejandra
 Boquete Designs, at
 alejandraboquetedesigns.com.

PAGE 47:
 Dress by Silvia Tcherassi,
 at Silvia Tcherassi, Coral Gables.
 Necklace, earrings and rings
 by Sevan Biçaçki, at Sevan
 Biçaçki, Miami Design District.
 Gold woven platform sandals by
 Castañer, at fl.castaner.com.

Venture to Higher Ground, the hotel's exclusive cocktail lounge, where the drinks are as inventive as the surroundings. Here, the city's trendsetters mingle under the glow of ambient lights, crafting the perfect evening narrative. Or ascend to the rooftop pool where panoramic views and pulsating beats encapsulate the essence of Miami's nightlife.

Arlo Wynwood is more than just a place to stay—it's a journey into the heart of Miami's artistic community. From the lobby to the lounge, every corner whispers stories of innovation and invites you to create your own. Whether you're in town for a cultural dive or a relaxing escape, Arlo Wynwood is where good vibes are not just promised; they're guaranteed.

arlohotels.com



Bikini by Agua by Aqua Bendita, at us.aguabyaguabendita.com.
Cover-up by Silvia Tcherassi, at Silvia Tcherassi, Coral Gables.
Gold, coral and turquoise necklaces by Alejandra Boquete Designs, at alejandraboquetedesigns.com.



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PAGE 50:
Citrus-print skirt, bralette and dress (worn as duster coat) by SIGAL, at SIGAL, Surfside and shopsigal.com.
Espadrilles by Castañer, at Castañer, Aventura Mall.
Jewelry from the Crystal Quartz Collection by Alejandra Boquete Designs, at alejandraboquetedesigns.com.

PAGE 51:
Bikini and robe by SHAN, at SHAN, Sunset Harbor.
Raffia platforms by Castañer, at fl.castaner.com.
Turquoise python bag by Ximena Kavalekas, at ximenakavalekas.com.

PAGE 52:
Dress and coat by La Double J, at us.ladoublej.com.
Rings and necklaces by Sevan Biçaçki, at Sevan Biçaçki, Miami Design District.
Earrings from the Nudo Collection by Pomellato, at Pomellato, Bal Harbour Shops.
Red sandals by Silvia Tcherassi, at Silvia Tcherassi, Coral Gables.
Bag by AKRIS, at AKRIS, Bal Harbour Shops.

PAGE 53:
Silk dress by JBQ, at jbqthelabel.com.
Earrings and necklaces from the Nudo Collection by Pomellato, at Pomellato, Bal Harbour Shops.

PAGE 54:
Tie-dyed dress by JBQ, at jbqthelabel.com.
Boots by Eleventy, at Eleventy, Bal Harbour Shops.
Crystal necklace from the Crystal Quartz Collection by Alejandra Boquete Designs, at alejandraboquetedesigns.com.
Earrings and necklace from the Nudo Collection by Pomellato, at pomellato.com.

PAGE 55:
Polka Dot dress and sandals by Dolce & Gabbana, at Dolce & Gabbana, Miami Design District.
Diamond necklaces and bracelets by Alejandra Boquete Designs, at alejandraboquetedesigns.com.
Diamond and ruby key necklace by Sevan Biçaçki, at Sevan Biçaçki, Miami Design District;
Sunglasses by Celine, at Neiman Marcus, Village of Merrick Park.



A GOLDEN State

By Angela Caraway-Carlton

WITH A RECORD NUMBER OF CALIFORNIA RESIDENTS, GLIMMERS OF TOP TECH AND CELEBRITY HANGOUTS, A SORT OF 'CALIFORNICATION' IS TAKING OVER MIAMI.

Unlike the clear in-your-face mass migration of New Yorkers, and the influx of hotspots that they love to frequent, you may need to squint your eyes to notice another movement that's infiltrating South Florida. We're talking about a 'Californication' of Miami. Where, in typical laidback West Coast fashion, the casual-yet-glittery lifestyle is subtly seeping into our equally sunny DNA.

Stay with us, it's not a far stretch. With similar backdrops of sand, sea and sun, if you stare long enough at the soaring palm trees and catch a glimpse of a clique of young women dressed in head-to-toe athleisure clutching green juices and matcha, you might believe you've been dropped in Los Angeles. Not to mention the constant glow up of plant-based restaurants, or your bestie's secret weapon for a svelte stomach: a lymphatic drainage massage favored by celebs like Selena Gomez and Jennifer Aniston. **Clarice Caldas of Magic Shape** moved to Miami from la-la land in

Photography is courtesy of h.wood Group and OG Hospitality Group.

FEATURES

2022, bringing her popular wellness-slimming massages to the Midtown area. "People in Miami are just now discovering lymphatic massage, which is shocking since there are so many plastic surgeons here," she says. "But with so many body-conscious people and our lifestyle of living in bikinis, it's now catching on in popularity." And don't get us started on the 'woo-woo'. Miami may have Cali beat when it comes to dabbling in tarot cards, sound bowl seshes and witchy things, along with our plethora of wellness-centric retreats like Tierra Santa Healing House and Carillon Miami Wellness Resort.

Since the pandemic, a large number of Californians (an estimated 50,701 between 2021 and 2022) made a hot exit to Florida for economic, political and lifestyle reasons, including our business-friendly tax environment and non-existent state income tax. In Wynwood, there's a shimmer of Silicone Valley, with tech companies, startups, and entrepreneurs including **Ripple** and **Live Nation** setting up offices there. "Compared to tech hubs like Silicon Valley, Wynwood offers a more affordable cost of living and business operating costs, making it an attractive option for startups and established tech companies alike," says Manny Gonzalez, executive director of Wynwood BID.

There's no see-and-be-seen Erewhon grocery store hawking Hailey Bieber smoothies yet— but if you consider it, our Cali swagger may have started in 2013 when grocery institution Trader Joe's opened a store in Pinecrest. If Trader Joe's wasn't a sign, Apple's recent announcement to open an office in Coral Gables should signal the second coming of



DELILAH MIAMI

the Californians. Even favored West Coast-born fashion and lifestyle brands including James Perse, Aviator Nation, Oliver Peoples, Amiri and Vuori, are sprinkled from the Miami Design District to Wynwood and Aventura Mall.

While everyone may be talking about New York players like Major Food Group, another hospitality and lifestyle group from Los Angeles, **The h.wood Group**, has its sights set on dusting the South Florida scene with major Tinseltown magic. The group, founded by impresarios **John Terzian** and **Brian Toll**, boasts a solid portfolio of celebrity-loved restaurants and nightclubs from Los Angeles to Las Vegas, as well as a marked presence in event producing at Formula One, Grammys, Sundance and Coachella. The h.wood Group recently opened an outpost of its popular **Delilah supper club** at the base of the Brickell Key bridge. "We've had our eye on Miami for years," says Terzian, who adds that many of their L.A. regulars now have second homes in Miami or frequently jet set to the area. While Miami offers similarities to the California lifestyle, Terzian believes it's the differences that make Miami a prime place for more concepts. "In L.A., many people eat at home during the week," he says. "The thing that I've noticed about South Florida is how much fun people are having. They really enjoy eating, drinking and socializing. They plan nights out, and it's often." Delilah's supper club vibe is perfectly suited for nights of escapism: the glamorous dining room glitters with chandeliers and Art Deco towers, while a talented pool of live musicians belts out tunes from the stage and costumed dancers sashay by



DELILAH MIAMI Chicken Tenders

tables. The Miami menu is structured similar to the L.A. outpost (and includes the famous 'Slutty Brownie' crowned with ice cream and chocolate fudge that's named after Kendall Jenner) but offers more attention to shellfish and seafood. Soon, guests can look forward to dining on the waterfront patio and take advantage of something else not prevalent in California: arriving by boat. Like its L.A. location, Delilah enforces a strict no-photo policy and there's even a back entrance for celebrities to slip through unnoticed. "A lot of our personal friends are celebrities, so we want to be safe havens for them," says Terzian. The group is potentially bringing other concepts to Miami including L.A.'s buzzy **The Nice Guy** and Vietnamese restaurant **DiDi** along with food and beverage outlets at luxury hotels. "We're committed to being here," says Terzian, who adds that both he and his business partner Toll also have plans to buy a place in Miami. "We're focused on the long term as well as getting involved in the community and charities."



THE NICE GUY



OISE RISTORANTE



Continuing the Californication is **Oise Ristorante**, Miami's first Itameshi concept by top toque **Brad Kilgore** and **Andrew Mayer**, co-founder of **OG Hospitality Group**. The idea for the Wynwood restaurant came to Mayer during his last trip to Cali, after he stopped in a new Itameshi spot where he was blown away by the cuisine's flavors, which uniquely intermingles Japanese and Italian elements for an umami flavor. "It was one of the best dining experiences, as Italian and Japanese flavors are the perfect complement to each other," says Mayer. "I always look to California for inspiration as their Asian population is incredibly diverse and cooking techniques from Japan usually hit California first. They're always ahead of the curve and I think Miami is starting to realize that."

BEAUTY *from* the INSIDE OUT

By *Ginger Harris*

EXPLORING THE SANCTUARIES THAT BLEND ANCIENT WISDOM WITH MODERN WELLNESS FOR TRANSFORMATIVE BEAUTY TREATMENTS IN MIAMI.



Photography is courtesy of Helia House, Minimal Beauty, and Carillion Spa.

HELIA HOUSE Dr. Elizabeth Trattner

From organic food and products to meditation and massage, the idea of turning to holistic solutions for our health and beauty needs is catching on more and more in Western culture's everyday life. But what, exactly, does holistic mean? Holistics refers to treating the whole person, not just the ailment. Think uniting a healthy body and mind. One such place where the holistic beauty movement is a leading force in Miami is **Helia House**, helmed by Dr. Elizabeth Trattner, a certified practitioner of integrative and Chinese medicine for almost 30 years. Helia House is a mid-century modern healing sanctuary located in North Miami Beach. It's non-toxic, sustainable and green to help rebalance and harmonize on a multitude of levels. Inside, patients will find treatments like acupuncture, gemstone acupuncture, cupping, light therapy, Reboot Therapy, fertility treatments and a green beauty apothecary, along with so much more to treat everything from allergies and post-surgery pain to insomnia and integrative weight management. "It was my dream to build a facility that was non-toxic, a house with crystal grids, feng shui and excellent exposure to light to feel good while you were healing, so you were healing with the ground up," Trattner says.

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HELIA HOUSE Photo by Larry Gatz Photography

doctors don't have the time or the energy to do what I call the dig, to really explore what's going on on a very base level with a patient. Many times these patients have never shared their story. They keep it close to their heart, and I am the first person they tell a lot of this to," she admits. "We cannot separate the mind, body and the soul when we treat a patient." You'll find many of these types of stories in her testimonials. "I have been able to actually teach physicians, traditional western physicians this technique: How to really listen to a patient and understand a patient so you can help them get them well."

While you may be drawn into Helia House because of its aesthetically stunning gemstone acupuncture treatments, one of her most life-changing services is Reboot Therapy. "When someone comes in for Reboot Therapy I send them a very detailed intake form." That form includes disclosing everything from having nosebleeds in the fourth grade to any random incident. "This can be physical. It can be emotional. It can be spiritual." It all works to help her sit with a patient and really find out what's happening. "Sometimes Reboot Therapy is getting a patient to a mental health professional. Sometimes it's switching up their diet. Sometimes it's taking things out of their diet. Sometimes, it's all of this combined with acupuncture or Chinese herbs or western supplements. It really depends on the individual," she says. Reboot Therapy usually takes about three months, especially in women because of hormones and menstrual cycles.

But don't expect a quick fix. "One of the keys to maintaining good health is maintenance, which includes a treatment plan. The beginning will require more visits. "When we're seeing progress, maintenance can be once a month. It can be twice a month. It depends on the condition that they're coming in for," Trattner says. "Also, it is incredibly important that patients continue eating well and taking their supplements and their herbs. We are here to help a patient get further along in their journey with their health, but what they do every day with their sleep, their diet, their exercise, their supplements helps not only maintain but bridge their treatments."

Find Helia House at 1901 N.E. 168th St., North Miami Beach, 305-682-9358; theheliahouse.com

"In Chinese medicine, for me, you cannot have beauty without wellness," she says. "It isn't just coming in and having a facial. We have to treat the root system, why somebody is coming in for treatments or why does their skin look a certain way. Obviously, we put needles (acupuncture) in the face, but we also put them in the body because what we see on the face is a reflection of what is going on in the body internally."

"We look at beauty and wellness from the inside out. It is very important you understand a story: How did they get there, how to address the root of the problem and manage the symptoms. Sometimes that's acupuncture. Sometimes this is getting patients to the correct doctor. And many times it's using all of those modalities, where you're coordinating care for patients for the best outcomes," she says. "You would be amazed how many patients have not told their regular doctor their story, which is really key in treating a patient and leading them to wellness. Unfortunately, traditional

FEATURES



MINIMAL BEAUTY

Helia House is just one of the places patients looking for holistic beauty solutions can turn to. Others, like **Minimal Beauty**, established in 2016 by licensed esthetician and massage therapist **Jen Stoeckert**. Here, the focus is holistic facials and corrective skincare. "The skin is a reflection of what is going on inside our bodies and truly a reflection of our overall health and well-being," Stoeckert says. "If something is reflecting in our skin, this can often be a roadmap to deeper concerns occurring in the body," She goes on to say, "Holistic Beauty is also important to me in sharing knowledge and correct education for others to learn about their skin so they can avoid unnecessary chemicals, invasive treatments and excessive amounts of products that are not needed to have healthy skin. Overall, women are sold many lies throughout society about skin, beauty and aging, and it is important to me to share authentic and results-driven treatments and education to anyone who finds my work." Her most popular service is her Inner Mouth Buccal Facial Treatment (\$290 for 90 minutes). The massage is a combination of intra oral face massage, Gua sha and botanical ingredients. Not only is it extremely relaxing, it creates visible results. "It's a wonderful treatment for people who have tension in their jaw, grind their teeth or hold tension in their face," she says. It also offers great vibrancy to the skin by clearing stagnation and excess fluid from the complexion, leaving skin hydrated, contoured and supple.

Find Minimal Beauty at 550 Eleventh St., Miami Beach, 305-898-6431; minimalbeauty.com

At **Tierra Santa Healing House** inside **Faena**, holistic beauty abounds. Shaman helped create the spa menu here. One of the most satisfying treatments is the sound bowl massage dubbed Pranic Healing, Palo Santo Sound Bowls Massage

(\$300 for 60 minutes). Using energy medicine to balance, transform and harmonize physical, mental and emotional health, this massage encapsulates all of the senses. The treatment starts with purification ritual cleaning, then a chakra balancing. The aroma of Palo Santo smoke from the east coast of South America transports you, while sound bowls finish off the treatment with harmonic vibrations to synchronize frequencies. The result is a treatment that touches every aspect of your body and mind.

Find Tierra Santa Healing House inside Faena at 3201 Collins Ave., 786-655-5570; faena.com



CARRILLON MIAMI Spa - Recharge Wave Mat

As supplements are an important element to holistic living, the Skin Authority VitaD Glow Massage at **Carillon Miami** (\$239 for 50 minutes or \$359 for 80 minutes) is a way to bring immune support to the body and prevent skin damage. Vitamin D, after all, is a building block for health. It's linked to everything from bone strength to immune health. It can even modulate cell growth and may even reduce cancer cell growth. Add in that 88 percent of the population is deficient of Vitamin D and the need for this massage is, well, elemental. It starts with a sugar cane exfoliation, followed by a blend of anti-inflammatory oils to repair skin's moisture barrier. Next, immune-supporting vitamin D is applied to brighten and restore skin. It can also prevent reoccurring pigmentation, help fight signs of aging and preserve collagen, elastin and hyaluronic acid. Plus, you're feeding your skin something it both wants and needs for a happy, healthier you.

Find Carillon Miami at 6801 Collins Ave., Miami Beach, 866-800-3858; carillonhotel.com

COOL *for the* SUMMER

By Jenny Starr Perez

EXPLORE ARTS, EATS, AND ENTERTAINMENT IN OUR **PASSPORT TO WHAT'S HOT** IN SOUTH FLORIDA.

As the mercury rises, so does the vibrancy of the art, culture, and dining scenes in this sun-drenched region. From interactive science exhibits and street art sessions to innovative dining experiences and immersive art installations, our guide promises to make your summer both unforgettable and stylish. Dive into our handpicked selection of the best activities that fuse creativity, flavor, and fun, perfect for anyone looking to indulge in South Florida's rich cultural tapestry.

Experience Space Like Never Before

Embark on a cosmic adventure this summer at The Phillip and Patricia Frost Museum of Science (Frost Science) with their new exhibit, "Journey to Space." Located in the heart of Downtown Miami, the museum offers a spectacular voyage that explores the marvels and perils of astronaut life. Through interactive displays and authentic artifacts, visitors will experience the challenges faced in space—from navigating the vacuum to adapting to zero-gravity environments. It's an ideal outing for families and space enthusiasts eager to discover the universe's vast wonders. frostsience.org



PARADOX EXPERIENCE

Twist Your Perception

Step into a world where your senses will be tricked, and your perceptions challenged at Miami's Paradox Experience. Spread across several U.S. cities, including Miami, this indoor interactive hub features over 70 exhibits designed to bewilder and amaze. Perfect for a day out with friends or family, the Paradox Experience invites you to solve puzzles and understand the mind-bending tricks of human perception. It's not just fun—it's an unforgettable journey into the unexpected. miami.paradoxexperience.com

Photography is courtesy of Paradox Experience, Superblue Miami and CityPlace Doral, Louis Vuitton, Uchi Miami, Horev Hospitality and Kaori.

Step Behind the Lens

Superblue Miami redefines artistic immersion with "The Machine Behind the Art: Inside JR's Printing Press." Enter a photobooth, snap a portrait, and watch as it transforms within an oversized, whirring printing press installation. Venture further to explore Superblue's art auditorium, where pieces by renowned artists like Es Devlin and teamLab offer a cool respite from the summer heat. It's an inside look at the mechanics of art, wrapped in an engaging, interactive experience. superblue.com/miami



SUPERBLUE MIAMI The Chronicles of Miami

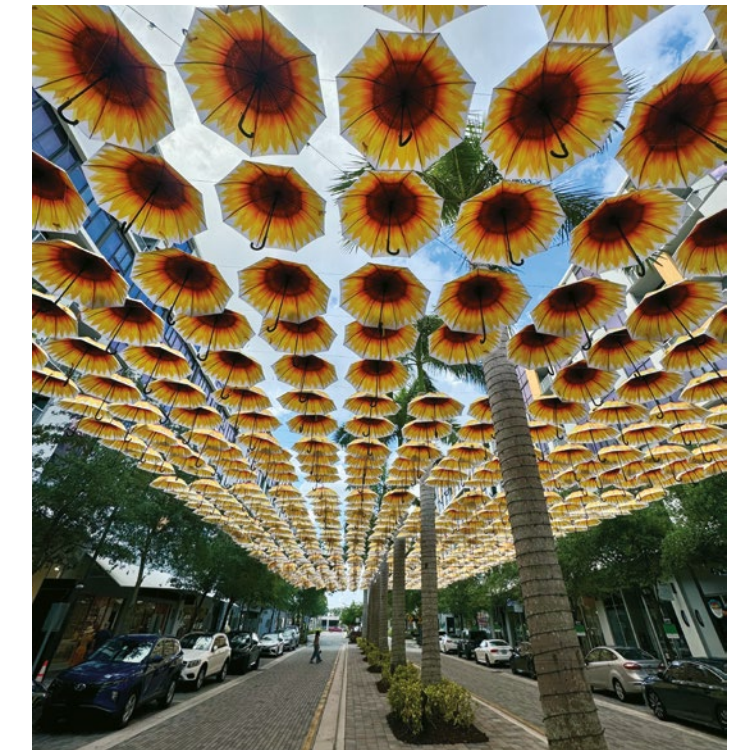
Explore Street Art After Dark

Discover the pulsating heart of Miami's street art scene with Wynwood Walls' "Street Art After Dark." Starting this June, the last Friday of each month transforms into a vibrant nighttime festival of creativity. Learn to spray paint, understand street art culture, and unleash your inner artist alongside acclaimed muralists. With live DJs, food, and drinks, these evenings promise a splash of color and culture under the stars, making it a must-do for art lovers and night owls alike. thewynwoodwalls.com

Savor the Weekend

New York City's beloved RedFarm now serves up its innovative take on Chinese cuisine with a new weekend brunch in Coconut Grove. Delight in unique dishes like short rib banh mi and spicy blue-fin tuna crispy eggplant toast. Exclusive to brunch are crafted cocktails like the refreshing Sandia Mia, ensuring a tantalizing start to your weekend. With limited seating, reservations are recommended for this gourmet experience that's taking the local brunch scene by storm. Book at sevenrooms.com.

3131 Commodore Plaza, Coconut Grove, FL 33133



UMBRELLAS OVER CITYPLACE DORAL Photo by Artistic Elves

Sunflower Skies

Celebrate the season's warmest days at CityPlace Doral with an enchanting display of over 1,300 sunflower-themed umbrellas floating above. Launched after a hugely successful debut last year, this Instagrammable installation creates a mesmerizing canopy of golden blooms. Enjoy photo ops by the sunflower-adorned swing or stroll through the sunflower tunnel, making every visit a picturesque moment. It's a unique blend of art and nature, perfect for family outings or a serene walk. [8300 NW 36th St. Doral, FL 33166](http://8300NW36thSt.com)

Jet-Set in Style



Elevate your travel wardrobe this summer with Louis Vuitton's Flight Mode collection. Inspired by the art of journey and adventure, this line includes everything from ready-to-wear to travel accessories, all adorned with vintage-style travel patches and luxurious details. Whether you're globe-trotting or city-hopping, these pieces combine style and functionality, making every trip a fashionable excursion. us.louisvuitton.com or **Louis Vuitton, Miami Design District, 140 NE 39th Street, Miami, FL 33137**

Embrace Beachside Chic

South Florida's favorite café, Pura Vida, unveils its "Sunchasers in Paradise" apparel collection, in collaboration with Sunchasers. Crafted from 100% cotton and inspired by Miami's vibrant lifestyle, these gender-neutral pieces are perfect for any summer activity, from beach days to casual dinners. Available in ocean blue and beach sand, the collection promises comfort and style for all your sun-filled adventures. shoppuravidamiami.com



SUNCHASERS IN PARADISE

A Taste of Innovation

Uchi Miami spices up the summer with its exclusive dinner series featuring collaborations with notable local chefs. Starting with a unique blend of Japanese-inspired dishes, each event promises a one-of-a-kind gastronomic journey. Upcoming dinners include collaborations with chefs from KYU Miami and LPM Miami, blending Eastern flavors with Western culinary techniques. Tickets are \$195 per person, plus tax and gratuity, and are limited for this intimate dining experience, making each evening a coveted affair. Reservations are required and can be made through SevenRooms.com. **252 NW 25th St. Miami, FL 33127**



KAORI

Room Service Redefined

Elevate your staycation at SLS LUX Brickell, where a Michelin Guide Recommended hotel meets the culinary brilliance of Kaori. Together, they offer an unparalleled in-room dining experience, serving up Kaori's finest dishes directly to your suite. Enjoy a menu that features delights such as Wagyu and foie gras gyozas, robata-grilled local fish, and a refreshing start with a miso cucumber salad. Finish with a decadent purple ube flan, accompanied by expertly mixed cocktails or a chilled glass of champagne. This collaboration not only enhances your stay with luxury dining but also includes exclusive perks like a complimentary cocktail and vibrant local DJ sets at The Listening Bar, ensuring every moment of your stay is imbued with local flavor and world-class hospitality. Kaori's in-room dining menus will be offered daily for dinner service, from 6:00 pm to 10:00 pm.

book.ennismore.com/hotels/sls-hotels/lux-brickell

ELEGANCE under the SUN

By *Jenny Starr Perez*

Photography by BFA

TOD'S CELEBRATES ICONIC FOOTWEAR IN MIAMI.

On a radiant Thursday afternoon, Tod's transported Miami's fashion elite to a sun-drenched celebration of style and sophistication at the chic Casa Tua. The event, centered around the iconic Gommino shoe, marked a significant moment in footwear fashion within the lush confines of Miami's premier dining destination.

The exclusive luncheon on May 16th welcomed a who's who of the style world, from Tod's CMO of America's, Stacie Capece Minutolo, to influential figures like Vita Sidorkina-Morabito and Racheal Russell Saiger. Influencers such as Paola Alberdia and Martha Graeff also graced the event, each donning the celebrated Gommino shoes, exemplifying Tod's commitment to understated luxury and impeccable Italian craftsmanship.

Amidst the enchanting ambiance of Casa Tua's garden, guests indulged in a culinary delight that mirrored the craftsmanship of Tod's footwear. The air buzzed with conversations about the fusion of comfort, style, and heritage, reflecting the brand's dedication to excellence. The Gommino, with its distinctive 133 rubber pebbles, not only highlighted the event but also reinforced its status as a summer essential.



Where FASHION meets the BEACH

By Jenny Starr Perez

Photography by Juan Silva.



MICHAEL KORS IGNITES MIAMI SUMMER WITH CLUB KORS AT JOIA BEACH.

Michael Kors delivered a sensational splash in Miami with the launch of Club Kors at Joia Beach, transforming the scenic waterfront venue into a vibrant celebration of style and leisure. The event kicked off on May 21st with a dazzling opening night that set the stage for a week of fashion-forward festivities.

The soirée was studded with glitterati from Miami's style circuit and notable beauty influencers like Bretman Rock and Camila Coelho, who mingled amidst a backdrop of chic décor featuring the Michael Kors Empire Diamond monogram. Guests were treated to an array of light bites and custom cocktails while DJ James Kennedy spun vibrant tracks, turning the beach into a dynamic dancefloor under the stars. The pop-up offered a taste of the Michael Kors lifestyle with a fully branded experience. Sun worshippers lounged in style on Kors-branded beach essentials or dived into summer with a splash on exclusive Funboy floats. A special on-site pop-up shop ensured every beachgoer was perfectly outfitted, from chic sunglasses to the quintessential string bikinis.

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Pérez Art Museum Miami

Art for Everyone

Downtown Miami

pamm.org