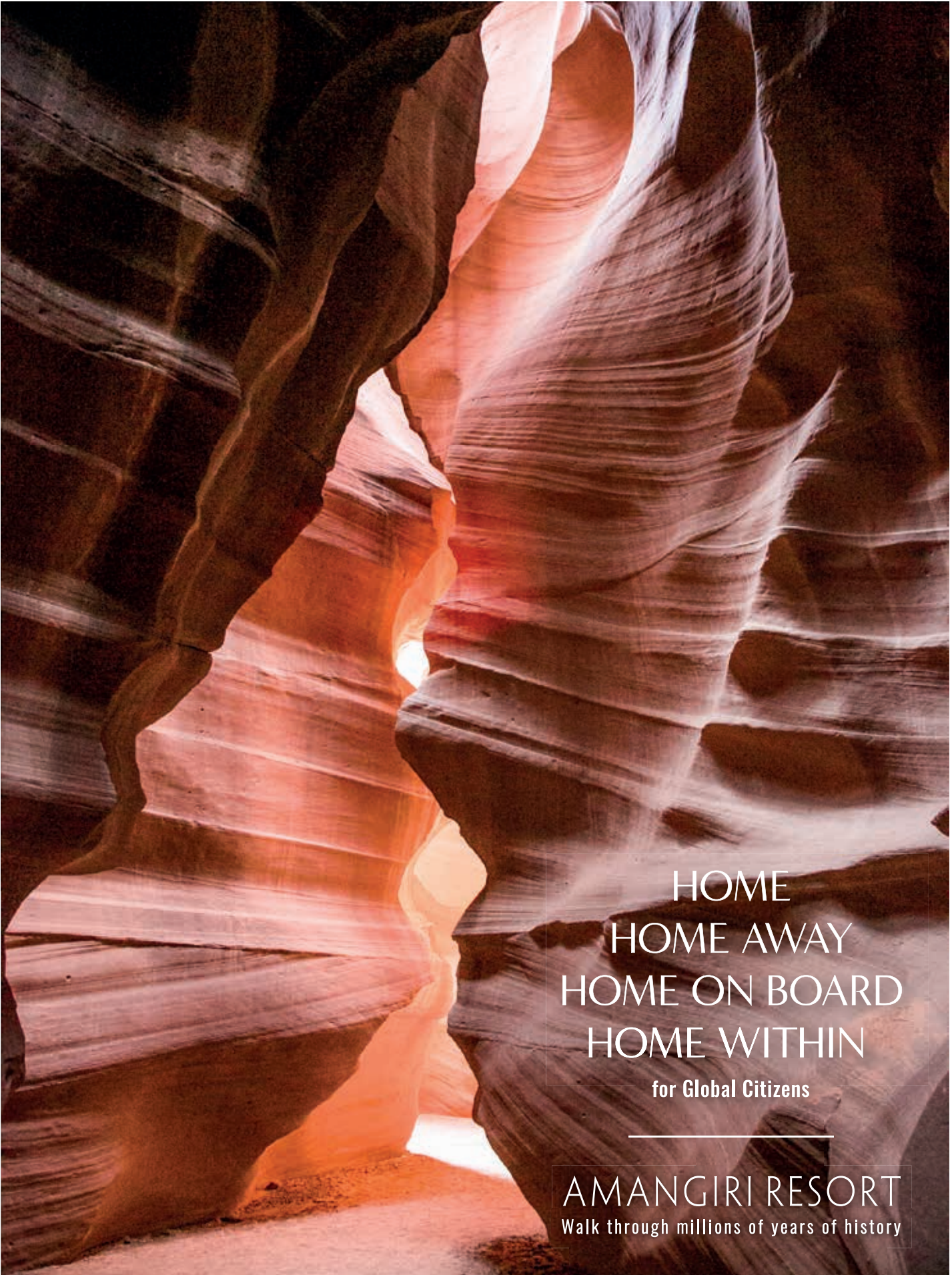


ISSUE FIVE | 2019

ÎLE MAISON

— ARTFUL LIVING MEETS WELL-BEING —



HOME
HOME AWAY
HOME ON BOARD
HOME WITHIN

for Global Citizens

AMANGIRI RESORT

Walk through millions of years of history

ÎLE MAISON
HOME

WELCOME

to the Estate at
Whispering Hill,
Effort, PA 18330

Offered at: \$ 2 299 000



ÎLE MAISON
VIII
SENSES
AWARD
2019





180 Degrees of breathtaking **VIEWS!**

The menagerie of custom landscape is reminiscent of your favorite story book backdrop and the Stucco & Brick exterior with columned veranda will transport you to Tuscany.

Transient glass French doors open to grandeur. Custom staircase & Mahogany Foyer. Every window showcases Natural views. Catwalks invite the outside in with private escapes.

Open Plan offers 2-story stone, 3- sided fireplace. Enjoy the vignettes: Nook, loft. Sun room, koi pond/waterfall, footbridge. Indoor saltwater pool & Spa. Granite kitchen w/custom cabinets. Storage Galore.





A YEAR - ROUND RETREAT

Schedule your private experience



REAL ESTATE INQUIRIES



Contact Ilona Lee, Founder of Île Maison with all your real estate needs. Ilona is a licensed real estate expert based in New York City. She specializes in properties created to enhance and inspire holistic wellness and artful living.

Ilona offers a carefully curated collection of luxury condos and coops, new developments, hotel residences, pied a terre, luxury villas and more. She partners with international home owners and real estate experts, and has access to sales and rental properties in Manhattan and around the world.

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Contents

Autumn 2019 / ISSUE 5



ÎLE MAISON
—ARTFUL LIVING MEETS WELL-BEING—

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HOME:

2 | The Estate at Whispering Hill, PA.

22 | Amaala - The future heart of the Riviera of the Middle East.

96 | Tulum Luxury - Nature is the new luxury.

HOME AWAY:

10 | Amangiri Resort - Walk through millions of years of history.

72 | The Rising Sustainability Leadership
in the NYC Hospitality Sector.

HOME ON BOARD:

32 | The 6th Monaco Yacht Show.

37 | Her EXCELLENCE - the new mega yacht.

HOME WITHIN:

60 | The Glory of Koshi - Ling Lee Koshihikari Rice.

64 | 7 steps to nurture your body and mind.

68 | The power of complementary medicine and the healing
benefits that can be achieved with spa treatments.
Aryn Sieber in conversation with Patrick Drew.

ARTFUL LIVING:

50 | The Origin.

54 | Hong Kong art.

88 | Multi-modal Expressionism of WU XIA
in modern times - S/S 2020.

92 | Women in Art presented by Sopocki Auction House.

ART DE VIVRE:

82 | 24th Hublot Gold Cup Gstaad.

78 | Global Climate Solidarity and conference.



ÎLE MAISON

News from Editor

”Autumn
is the mellower season,
and what we lose in
flowers we more than
gain in fruits

Samuel Butler

For Île Maison, autumn is full of ripeness and is the season of harvest. We spent summer focusing on building new partnerships and collaborations to create memorable live experiences for our global audience.

We are happy to announce VIII SENSES Global Experience Activations - Series of Art de Vivre live events launching in 2020 designed in collaboration with Abby Ludowise and Chic Directive. Our goal is to enliven your VIII Senses (Sense of touch, sight, taste, smell, hearing, space, self and love & connection) and bring you into the present moment, inspire Artful Living, and boost your overall Well-being. Please contact us if you would like to participate in this project with your brand.

We are also a proud media partner of a panel session to be held during the upcoming Hotel Experience Conference on November 11th, 2019 at the Jacob Javits Center, New York. This session is titled "Restaurants are Graded (A-C), Hotels & Hospitality Buildings are About to Get Graded Too: Improve your Building's Efficiency, Make it A-Grade Cool". We invite you all to attend.

We wish you a peaceful and fruitful season. Enjoy the quiet and beauty autumn brings. Visit awe-inspiring destinations we feature in our magazine, connect with our experts, with yourself, loved ones, and the world around you, because no other season connects as much with Mother Nature, and with our hearts, as Autumn.

with Warmest Regards,

Ilona Lee
Founder & CEO

AMANGIRI RESORT

Walk through millions of years of history

AMANGIRI derives from the Sanskrit words for peace “AMAN”, and mountain “GIRI”. The resort is tucked into a protected valley in the heart of the Grand Circle.

Located in the USA's Grand Circle region overlooking starkly beautiful desert scenery and the Southwest's iconic flat - topped mesa rock formations. Five national parks, numerous national monuments and the Navajo Nation Reservation, the largest Native American reservation in the United States, surround the resort. In the last remnant of the truly wild West, this 'mountain of peace' is cradled by the greatest concentration of national parks in the United States - a staggering landscape of canyons, mesas, mountains, gorges, rapids and desert, with traces of human life dating back more than 10,000 years.

Utah Adventure Experiences Aman-giri is at the heart of the Grand Circle and within easy reach of some of the continent's most magnificent protected areas, including the Grand Canyon, Bryce Canyon, Zion National Park and Monument Valley. Resort's 243 hectares and beyond reveal stark beauty as well as rich cultural heritage.



INSPIRED EXPLORATION & SERENITY





SUITES AT AMANGIRI

Amangiri's 34 suites are situated in two elegant wings, which sweep from each side of the resort's main pavilion. All suites offer private terraces, fireplaces, king-size beds and private courtyard entrances. The four-bedroom Mesa Home provides consummate privacy, hidden from the resort behind a rock escarpment. The hypnotic, outsized landscapes of the American Southwest offer both inspired exploration and serenity.

- Desert Lounge -



Enliven your senses

AMANGIRI

Dining Experiences

The cuisine at Amangiri is inspired by the American Southwest and made primarily from locally sourced ingredients carefully selected by the chef. Meals are served from an open kitchen to tables that look out through floor-to-ceiling windows over the ever-changing colors of the Utah desert.

Amangiri's open-plan kitchen ensures a relaxed and friendly dining experience. Methods include hot stones and a traditional wood-fired oven. In keeping with the rocky landscape, dishes are served on hot stones, while ice cream arrives on cold stones.



EARTH WIND FIRE & WATER



SPA

The Spa aims to reflect the healing traditions of the Navajo through the four elements of earth, wind, fire and water. Spread across 2,322 square meters, the spa pavilions, treatments rooms and terraces provide a variety of treatments including massages, scrubs, wraps and flotation therapy.



AMANGIRI

1 Kayenta Road, Canyon Point
Utah. 84741-0285, USA
For reservations: +1 877 695 3999
Email: amangiri@aman.com





ÎLE MAISON
HOME

Welcome to AMAALA

The future heart of
the Riviera of the Middle East
is on a mission to protect and
preserve marine environment

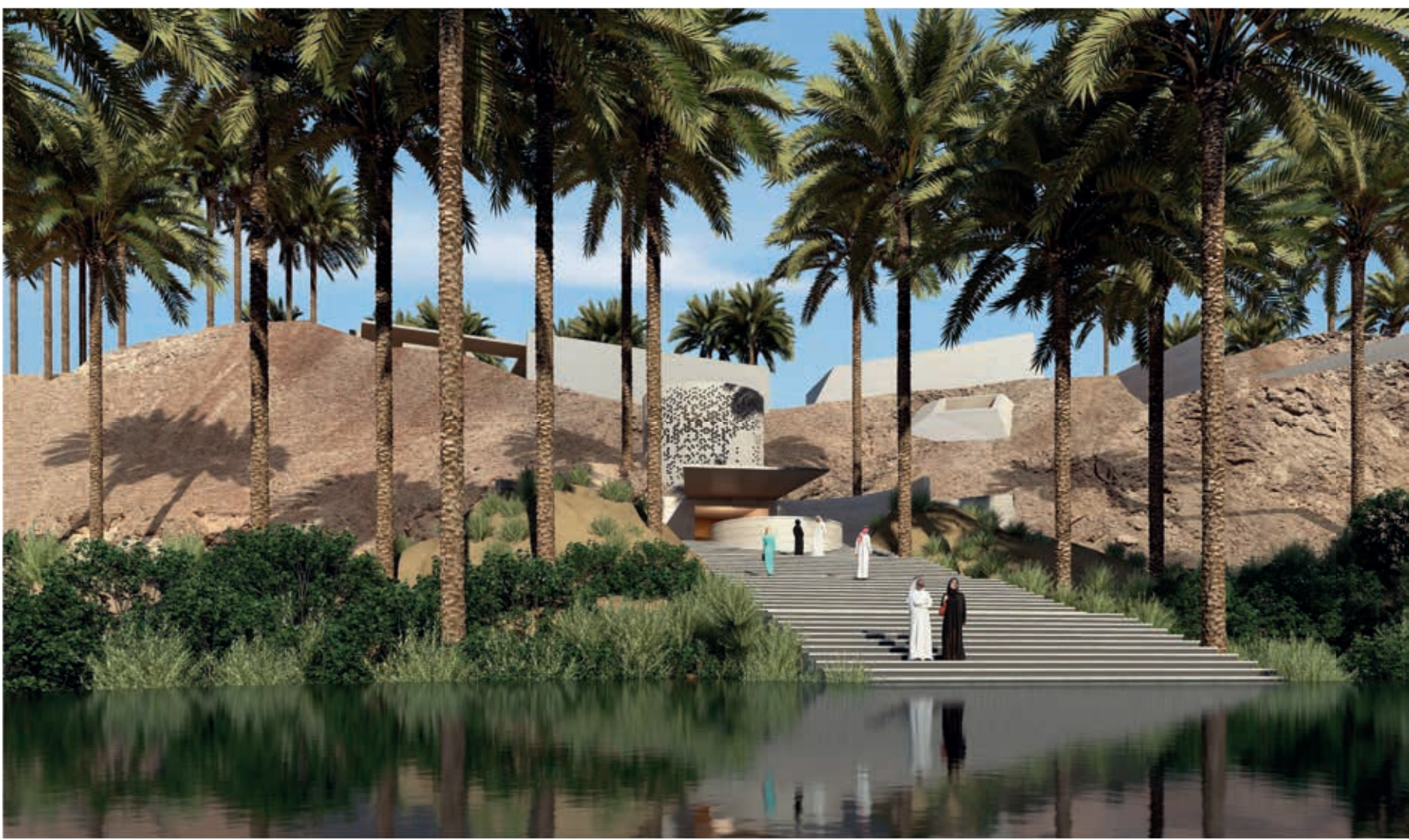
AMAALA, the ultra-luxury development situated along Saudi Arabia's Red Sea coast, which is focused on integrated wellness and healthy living, signed a partnership agreement on Friday 27th September with The Prince Albert II of Monaco Foundation, the Centre Scientifique de Monaco and Oceanographic Institute.

Designed to evolve and elevate the very best in travel, AMAALA, located in Saudi Arabia along the Red Sea will boast world-class facilities across three sites. AMAALA will allow travelers to immerse themselves in the finest wellness, art, culture, sports and fitness offerings, and will redefine the tourism experience by presenting expertly curated journeys of holistic self-transformation.

The 3,800-square kilometers (1,460-square mile), year-round resort community with its unique heritage, progressive vibe and diverse landscape includes 2,500 hotel keys and more than 800 residential villas, apartments and estate homes, alongside 200 high-end retail establishments, fine dining, wellness and recreation.

Pristine ecosystems and world-class yachting allow visitors to extend the Mediterranean diving and sailing season into September and beyond. With close proximity to major destinations in the region including Riyadh, Dubai and Istanbul, AMAALA will become the heart of **“The Riviera of the Middle East”**.





„We plan to create a coastal oasis that not only flourishes but a place that elevates the role of responsible tourism globally.”

- Nicholas Naples -



Chief Executive Officer Nicholas Naples of AMAALA said:

“We are very selective with whom we align, as is The Prince Albert II of Monaco Foundation. Their mission to raise awareness of the impact of human activities on the natural environment, encourage more environmentally - friendly behavior, and promote innovative solutions, makes the Foundation a natural fit for AMAALA. We are committed to fully sustainable development throughout the design, build, and operation phases, which includes being net carbon neutral from the start of operations. We plan to create a coastal oasis that not only flourishes but a place that elevates the role of responsible tourism globally.”

H.E. M Bernard Fautrier, Vice President and CEO of the Prince Albert II of Monaco Foundation said:

“The impact of human activities on the ocean has been devastating, and through our partnership with AMAALA, we look to come together and raise awareness of that impact, integrating environment preservation and sustainability into the heart of the future. Monaco has long-been committed to the environment, and we look forward to working alongside AMAALA to safeguard the biodiversity of the Red Sea, taking actions for future.”

Professor Patrick Rampal of Centre Scientifique de Monaco added:

“We are very pleased to have entered into this partnership with AMAALA, which will allow us to pursue innovative areas of research in a previously undiscovered location. This project will allow us to, collaboratively, better understand the biology of corals in order to better protect their ecosystems. The Red Sea corals offer exceptional characteristics, in particular their resistance to environmental stresses, which will be interesting to explore with Saudi researchers.”

This event marks the first partnership for AMAALA which is anchored around the three pillars of wellness and sports, art and culture, and sun, sea, and lifestyle. The destination of AMAALA, referenced by the press as part of the Riviera of the Middle East, is dedicated to sustainable building practices, with environment preservation and enhancement paramount to the success of the ambitious project. Developing sustainable yachting practices will also be a goal for AMAALA. Only 2,005 miles from Monaco which equates to six days of cruising on average, AMAALA is the ideal haven for sailors and water lovers to extend the Mediterranean yachting season. The signing was the culmination of participation in the Monaco Yacht Show where AMAALA also hosted its inaugural Advisory Board Meeting. AMAALA, who participated in the third Monte Carlo Gala for the Global Ocean, welcomed its Advisory Board Members and select guests to the celebration. This major fundraising event gathers international artists and philanthropists for an exclusive gala in favor of the Foundation’s worldwide initiatives dedicated to a sustainable ocean. Long-time champion for climate change action Robert Redford was honored for his global environmental contributions.

AMAALA is part of The Red Sea Collection which, alongside NEOM and The Red Sea Project, participated at the Monaco Yacht Show for the second year. The Red Sea Collection showcased the Kingdom’s west coast, one of the world’s pristine paradises, to the super yacht industry and sailing lovers and sponsored two key show events – The Yacht Summit and the Inaugural Awards Gala, both on 24 September.

The VIP Signing Ceremony took place at the Oceanographic Institute on the final evening of the Monaco Yacht Show and was attended by HSH Prince Albert II of Monaco, AMAALA Chief Executive Officer Nicholas Naples, the AMAALA Advisory Board, select partners of the brand and esteemed guests. The signing was followed by a VIP dinner prepared by 3-Star Michelin Star Chef Mauro Colagreco.

This follows a framework agreement signed last year at the Monaco Yacht Show to explore areas of mutual collaboration. Together the partners will work on oceanographic and marine life research and conservation initiatives to benefit the world’s oceans with four opportunities identified for joint projects: coral reef management, iconic species protection, Marine Protected Areas (MPA) enforcement, and fighting plastic pollution.





ÎLE MAISON
HOME ON BOARD

6TH MONACO YACHT SHOW

Superyacht Awards | September 25th, Yacht Club de Monaco

On September 25th four awards were presented at the sixth edition of the Monaco Yacht Show Superyacht Awards Ceremony, held at the Yacht Club de Monaco.



6TH MONACO YACHT SHOW AWARDS

The 350 guests celebrated the winning new luxury vessels that made their world debut from this Wednesday 25 September at the 2019 Monaco Yacht Show. Three awe-inspiring superyachts, selected from 18 candidates, stood above this year's competition.

The 2019 Monaco Yacht Show features an outstanding line-up of 125 superyachts, of which 44 new launches. This year's fleet will be the largest and the most voluminous ever exhibited since 1991. The total worth of superyachts on display reaches around 4 billion Euros for an average asking price of yachts available for sale of 37.8 million Euros (source: analysis delivered by SuperYacht Times on the basis of the yachts over 30 metres in length exhibited at the 2019 MYS).

WINNERS

MYS / RINA AWARD

The MYS/RINA award went to the 64-metre Attila, the largest yacht to date built by the Italian shipyard Sanlorenzo. She's distinguished as this year's MYS eco-friendliest superyacht according to the environmental standards established by the Italian classification company RINA.

MYS EXTERIOR DESIGN AWARD

The MYS Exterior Design Award was presented to Excellence, the new 80-metre superyacht delivered by Abeking & Rasmussen last May. With her striking bow and her visionary disrupting layout, she will certainly bring forward a new era for superyacht design according to the judges of the awards.

MYS INTERIOR DESIGN AWARD

Moving on to the third award, TIS by the world-class German builder Lürssen took the Show's Interior Design Award. The largest superyacht of the 2019 MYS was distinguished for the palatial classical interiors recreated by Winch Design and inspired by iconic hotels and residences around the world.

MYS FINEST NEW SUPERYACHT AWARD

The MYS Finest new superyacht award, the most prestigious prize of the ceremony, was also given to Excellence. A second triumph in the evening for this new masterpiece of futuristic exterior shapes and modern interior design.



Images: copyright © Monaco Yacht Show © Monaco Yacht Show © MC Clic © Tomvano

EXCELLENCE



ÎLE MAISON
HOME ON BOARD

Her “Excellence” – the new megayacht

Abeking & Rasmussen launched a brand new member of their family.

It was a magical moment for her well experienced owner when the first rays of sun and reflections of the sky could be seen in the large glass panels surrounded by her stylish curves drawn by the re-known studio Winch Design.



WINNER OF TWO AWARDS: & EXTERIOR DESIGN AWARD & FINEST NEW SUPERYACHT AWARD

The team at Winch Design have dreamt up a superstructure so unique that she promises to be unlike anything that has ever come before. Her striking and angular reverse bow cuts assertively through the ocean waters, offering silhouette comparable to a spaceship. Her exterior lines draw the eye up to the bridge and owner's decks which are surrounded on all sides by curved floor - to - ceiling mirrored glass. The experienced in-house engineering team of Abeking & Rasmussen has succeeded in installing these glass panels without disturbing this unique view through disruptive structures. Providing the perfect opportunity for indulgent relaxation, she features a swimming pool and platform, as well as jacuzzi and sprawling beach club and impressive limousine tenders.

Excellence smashes the mould and promises to turn as many heads in 20 years' time as she does today. With her striking bow and her visionary, industry disrupting layout, Excellence brings forward a new era for superyacht design. Sea trials along the river Weser and out on the North Sea will commence shortly while the outfitting program of the yacht continues to ensure that her "Excellence" will be delivered to her Owner in summer 2019.

"We are very proud of this extraordinary yacht and our exceptional workforce, who mastered all requirements bravely. Never before have glass panels been installed in these dimensions. The unusual lines also repeatedly presented employees with major challenges. Now we have developed and successfully finished this masterpiece and can hardly wait for the sea trials.

- Hans Schaedla -
CEO of Abeking & Rasmussen

"Excellence represents a huge milestone. A completely unique superstructure, she signifies an innovative and exciting new genre for Winch Design

- Andrew Winch -





Photographer: Guillaume Plisson, Photo Credit = Abeking & Rasmussen



EXCELLENCE

NEW ERA SUPERYACHT





ORIGIN

– a deluxe customizable dining table
that breathes out fire.

Visionary Design by Studio Celiberti

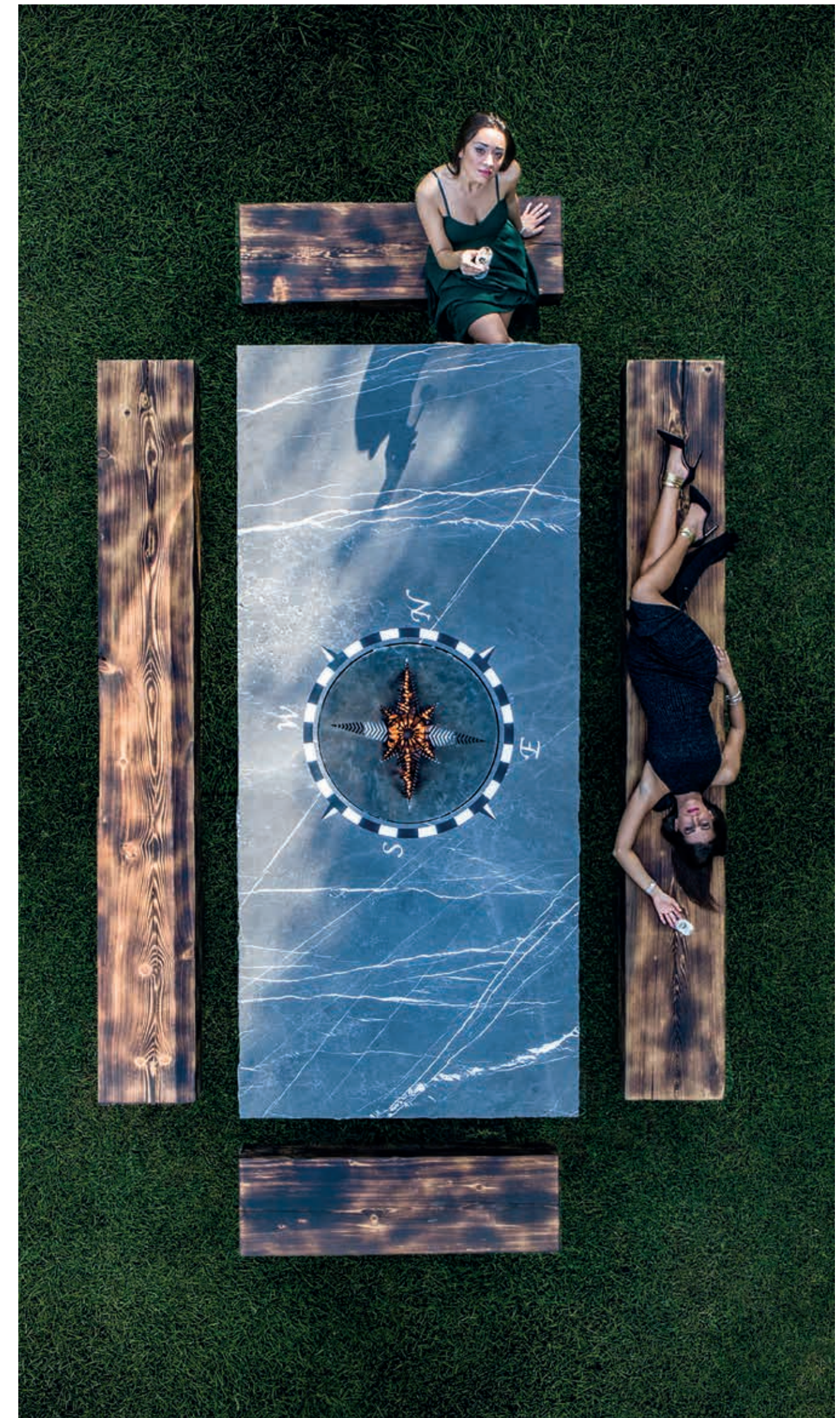
Celebrated artisan Claudio Celiberti unveiled his latest work, Origin – a deluxe customizable dining table that breathes out fire – at the world’s leading super yacht event, the Monaco Yacht Show.

Sculpted from the finest Carrara marble in North west Tuscany, Origin is the first fire table to be successfully completed at this scale. Combining the elegance of old-world style with the sensuality of the natural world, it epitomizes the height of luxury outdoor living.

The bespoke dining table, which features a customizable fire pit, can be built to any size* or material and is the perfect addition to a yacht or a luxury family home. Clients can request just about any customization to the fire table – including an ultra - lightweight version for yachts. Some of the most popular requests are for personalized engravings around the fire pit such as a family crest or motto.

The design - which is only made to order - has already proved extremely popular, with a waiting list of over a year.

Studio Celiberti was founded in 2001 and has received considerable recognition for many of its works, including the famous ‘Million Pound Kitchen’ – featuring the legendary Cristallo di Murano, or ‘Crystal of Murano’. The studio, led by Claudio’s vision, provides extraordinary masterpieces for some of the world’s most exclusive homes, pushing architectural and artistic boundaries to make the beautiful into the sublime.



*Supplied image shows Origin table customised to seat eight, but this can go up to 20 plus on request.



Luxury without limits

“Origin is the manifestation of our design philosophy at Studio Celiberti. We believe in luxury without limits, of customizable, amorphous creations that can be moulded to the vision of our clients.

Sharing evenings and delicious meals with friends and family by the fire, sitting looking at the sunset over the ocean with a loved one, summer evenings bathed in candlelight – Origin is the perfect accompaniment to life’s most powerful moments.

It is a reminder that the natural world is, above all, a place of adventure and romance and beautiful views. We need to take time out to enjoy it with the people that mean the most to us.

- Claudio Celiberti -



ÎLE MAISON
ARTEFUL LIVING

MICHAEL
GOEDHUIS
GALLERY



Guan Zhi 官志 | Lofty Mountains & Flowing Water | 2019
Ink and colour on paper | 125 x 69 cm (49 1/4 x 27 1/2 inches)

HONG KONG ART

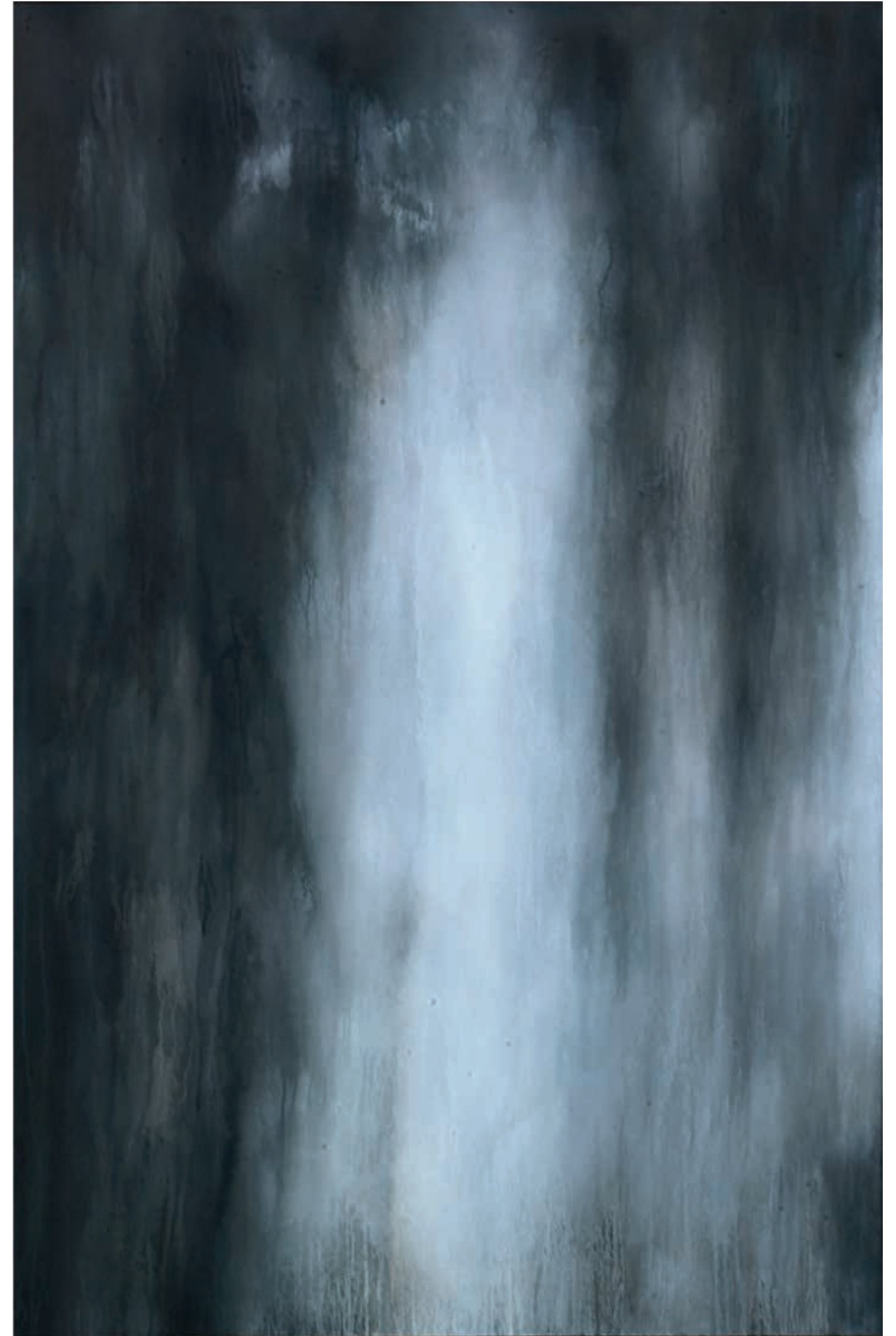
Friday, 4 October 2019 - Monday, 7 October 2019
MASTERPIECE PAVILION
Hall 3, Hong Kong Convention and Exhibition Centre
Wangchai, Hong Kong SAR



Lo Ch'ing 罗青 | A Maple Tree's Magnificent Autumn | 2018
Oil and colour on paper | 68 x 137 cm (26 3/4 x 54 inches)



Richard Hudson | Crab | 2018
Polished mirrored steel | 38 x 52 x 36 cm (15 x 20 1/2 x 14 1/4 in)



Noémie Rocher | Diptych | 2016
Chinese Ink, acrylic and resin on canvas | 195 x 260 cm (76 3/4 x 102 3/8 inches)



ALL THE BEST

Ling Lee



Ling Lee
Koshihikari Rice
The Glory of Koshi



天然美顏養生專家
李韓玲 著



Koshihikari Rice is produced in Niigata and considered the best variety of rice. The old name of Niigata was Koshi during the Meiji era. The Koshi prefecture was subdivided into upper, middle, and lower regions. Koshihikari literally means the light or glory of Koshi. The Niigata prefecture is situated in the middle part of Honshu or Main Island facing the Sea of Japan. It is an area well known for heavy snowfall each year. The coastal flat land is a fertile area for cultivating rice as it is irrigated by the Shinanogawa River, which is rich in minerals.

Koshihikari Rice owes its delicious taste to the sunny weather and long daylight hours in the summer in Niigata. The abundance of sunlight is essential for photosynthesis and the production of rich starch in the grains. The wide diurnal temperature range means that at night time, when the weather is colder, the grains need to retain the starch to keep warm. Thus, the resulting grains are packed with nutritious starch. Rice production in Japan entered a phase of production surplus in the 1970s. Cultivation of rice for quality rather than quantity became the new norm, and that explains why there are so many quality brands of rice in Japan today.

The yellow-breasted buntings are the guardians of our paddy fields. May to July each year is the mating season for the yellow-breasted bunting. These small beautiful birds will flock together and fly from the cold north to the warm flowering paddy fields of the south. They will build their love nests in the nearby shrubs. They will feed on locusts and other pests that could destroy the rice plants.

Thanks to these yellow-breasted buntings, our paddy fields avoid being decimated by pests. In mid-August, the golden grains bend the stalks, and the fields are ready for harvest. Then the buntings, in their new roles as parents, feed on the grains. Since they consume only a small proportion, the harvest is not affected much. In this sense, the yellow-breasted bunting and the rice farmers help each other in a win-win situation.



Unfortunately, in recent years, the number of yellow-breasted bunting has decreased significantly, and as a species they are on the verge of extinction. Massive numbers of the bird become dishes on the dining table as some people eat them as a tonic for the body. The decreasing numbers of yellow-breasted bunting mean that the onslaught of the rice plants by locusts and other pests could not be checked. As a result, paddy fields in some areas will have a poor harvest.

Maido uses yellow-breasted bunting as the trademark to remind people to protect the endangered bird, our paddy fields, and our environment. Please stop eating the bird. Many farmers leave a corner of the paddy field unharvested to feed these birds. They help us. So, please help them, too.

You can purchase rice here: www.linglee.com.hk



- Renia M. Orr -

ENHANCE YOUR WELLNESS THROUGH NUTRITION

- 7 Easy Steps To Nurture Your Body and Mind

The first step toward your wellness starts with loving yourself

Imagine dropping a stone into a beautiful, calm lake...

Can you see the rounds of ripples expanding across the water? It's called the ripple effect. Each of us can create a ripple effect in life. Imagine feeling vibrant, energized, and positive at work and at home. What impact would that have on your family and business?

When you feel vibrant, happy, and alive you not only uplift your well-being but you elevate the energy of every person around you.

These are the ripple effects that you can create when you nurture your body and mind. When you feel and look your best you become a better partner, parent, or friend. You shift the consciousness of the world making it a happier and healthier place. If you are committed to living your life consciously, it is time to finally put your wellness FIRST on your priority list.

From years of experience working with global jet-setters, A-list celebrities, and executives, I know that when you feel confident in your skin you become unstoppable in your career. You become a role model for

your family and friends. It is ESSENTIAL for you to focus on how you are nourishing your body and mind.

I'm bringing you the secrets, that I've used working with my private clients for 20 years. These are the exact steps I used to transform my own body, health, and career. Working with world renowned doctors and experts in holistic health and my own experience in wellness and the beauty industry gives me the confidence that you can do it too.

Your journey to create a beautiful body, vibrant health, and blissful life is a journey to nurture your body and mind on a deepest level.

You can start now.

THE BODY

STEP 1 | the essential nutrients

The question I get asked the most often is, "Renia, what's the #1 thing I can start doing today to get to my ideal weight and feel better?"

My answer is always the same, "Start sipping your greens, Darling!"

Studies show that the concentration of vitamins, minerals, enzymes, and antioxidants in green vegetables is the highest of any other foods. Green vegetables are the ultimate superfood and every Nutritionista's best friend.

The most delicious way to incorporate more leafy greens into your menu is by drinking green smoothies.

My Favorite Green Beauty Smoothie contains a handful of kale, 1 cup mango, 1 cup water, 1 scoop protein powder, and 1 scoop collagen. Blend and enjoy as a meal replacement!

STEP 2 | drink a glass of water with lemon in the morning

Sipping warm water with lemon in the morning has been a healthy ritual for celebrities like Gwyneth Paltrow, Gisele Bundchen, and Beyonce.

Studies confirm that this age-old digestive remedy can be an easy way to wake up your digestive tract, get your liver into a detox

mode, flush out built-up toxins, improve elimination, and promote the growth of friendly bacteria in your digestive tract.

Squeeze half a lemon into a cup of warm water and sip upon awakening and between your meals.

STEP 3 | take digestive enzymes

Digestive enzymes are not just beneficial; they are essential for improving your digestion and helping your body break down food faster.

Think about healthy digestion as a fast track to your ideal weight and to more energy.

When a body can't digest food properly, the food ferments in your digestive tract creating toxic waste and stimulating bad bacteria overgrowth. Also, these toxins in your body may impact your ability to absorb nutrients from food even if you are eating a healthy diet.

Take your digestive enzymes just before the meal to maximize their effectiveness.

STEP 4 | focus on the rainbow

Scientists discovered that the different colors in our food help our body burn fat, reduce inflammation, promote a healthy immune system, and strengthen the body against bacteria and viruses.

For example, the purple in grapes and dark berries drives up the fat-burning metabolism, red in tomatoes protects us from cardiovascular diseases, and white in garlic and onions has strong anti-viral and anti-bacterial properties.

Research shows that varieties of different colors in our diet are the most powerful when consumed together. They work as powerful teams to prevent fat and disease cells from developing. Use the science to get to your ideal weight and vitality faster!

One of the easiest ways to combine the rainbow of colors on your plate is having a large and colorful salad daily.

THE MIND

STEP 5 | pleasure is an essential nutrient

What I discovered over the years of coaching and through my own wellness journey is that if there is not enough pleasure in our lives we try to find pleasure in other sources like food. So today I invite you to get back home earlier from work and spoil yourself in a warm, luxurious bath with your favorite bath salts. This body cleansing ritual is not just a pleasure for your skin...it is food for your soul!

The other reason to start with a luxurious bath is that one of the ways the body releases toxins is through the skin. Toxins are stored in fat cells and when we release toxins the body can naturally get back to its ideal weight and vitality faster.

This ritual is also symbolic. It allows all that no longer serves you to be washed away. You step into a fresh feeling of freedom, lightness, and pleasure!

STEP 6 | live intentionally

You can create a beautiful body, vibrant health and a new lifestyle that you love by setting daily intentions.

This simple step allowed me to transform my health and body, find the love of my life, create an international business.

Writing intentions in my journal provides a sense of accountability and focus for each day.

Buy a beautiful journal and use it to get clear on how do you desire each day to unfold.

STEP 7 | affirmations, gratitude, and self-appreciation

We all flourish when we start to notice how wonderful we are. Practicing gratitude and self-appreciation has created magic in my life and the lives of thousands of my clients worldwide.

Say affirmations throughout the day and honor yourself each night by lighting a scented candle, writing a few Thank You Notes in your journal, and feeling proud of yourself.

Here are some of my favorite daily affirmations:

"I love myself. I choose health, vitality, and bliss."
"I love and respect my body. My body is my home."
"I nourish my soul with beautiful thoughts and I honor my body with vibrant foods."



Renia M. Orr is an international lifestyle coach and expert in wellness, health, and beauty. She is a speaker for Fortune 500 companies and was featured on NBC, Nightly News with Chuck Scarborough, Hamptons Magazine, Westchester Magazine, and on the Ladies' Room on LTV on LI. Renia is on the mission to help women become healthy and confident in their bodies and successful in their personal and professional lives.

More about Renia: www.ladolcevitanutrition.com



ANTI - AGE COLLAGEN



NATURAL
COLLAGEN
INVENTIA



the POWER



of complementary medicine and the healing benefits that can be achieved with spa treatments.

Aryn Sieber, Founder of CBD Essenstials in Conversation with Drew Patrick, Founder of Drew Patrick Spa.

ÎLE MAISON

Aryn Sieber

Drew Patrick is in many ways a perfect spa partner to feature CBD Essentials products. The services provided by the spa are in such alignment with what we believe can provide the most benefit with CBD touch therapy treatments. And Drew Patrick is known for excellence in the industry. But I’d love to know what attracted you to CBD Essentials...

Drew Patrick

CBD products and treatments have really become mainstream and our clients were expressing interest. When we look for new products or services, we are very careful with who we work with. From the equipment used in our medical spa treatments—right down to the candles we burn and sell in the store—we sample, test, and compare before ever introducing new things to our clients. CBD was no different, and we feel we made the right decision with CBD Essentials. The care with which the company selects ingredients (what goes into making the products, as well as what is left out), was important to us.

Aryn Sieber

It’s incredibly important to me that any product that comes in contact with those struggling with wellness issues, not only offer quality, but also not contain any masking agents that might distract from the real long-term results that are beneficial in a product. For example, we will never use lidocaine, camphor, or even turmeric, in our products, as they mask and detract from the real benefits that our premium CBD formulation provides. What are the results that you are looking to achieve for your clients with CBD massage services?

Drew Patrick

Our clients trust our guidance with the products and services we offer, and we value that relationship. With our CBD treatments and the products from CBD Essentials in our therapists’ hands, we know we can offer our clients enhanced relaxation, decreased pain and inflammation, and that means increased satisfaction in their services.

Aryn Sieber

When I was going through my battle with Stage IV cancer, I benefitted greatly from massage treatments using my CBD oils and creams. It’s part of the reason that I chose to pursue the work that I do in cannabis wellness as my life’s journey post-cancer. How do you find that oncology massage has impacted the patients that your spa works with?

Drew Patrick

Feedback from our clients who struggle with chronic pain or are experiencing serious illness has been very positive already. Seeing a smile on the face of someone battling cancer or other disease after a spa treatment is extra special for us. Our medical director is a Radiation Oncologist, so we have a unique relationship with those impacted by cancer. He is not only professionally skilled in the medical concerns people going through cancer treatments are dealing with, but his presence here means that our staff has an immediate resource to speak to about any of the myriad concerns facing their clients. We’re fortunate that Dr. Byrnes believes in the power of complementary medicine and the healing benefits that can be achieved with spa treatments.



Drew Patrick Spa, Bayshore, N.Y.



Fatou Jabbie

The Rising

Sustainability Leadership in the NYC Hospitality Sector: Are You Joining?

Global climate change is one of the most significant challenges we as an industry face today. Carbon emissions continue to increase across the globe, causing an overall rise in average temperatures and concerning changes to climate patterns. These changes directly affect the travel and tourism industry. Global travel and tourism expenditures contribute an estimated \$2.2 trillion to the world economy, while the U.S. industry alone generated over \$1.6 trillion in 2017. Of the 25+ sub-sectors that make up the travel and tourism industry, three accommodations - air, travel & food services - account for more than half of the total economic output.

New York City has just begun to experience the impacts of climate change firsthand: rising sea levels, increasing temperatures and heat waves, and more frequent and intense storms. The damage caused by Hurricane Sandy in 2012 provided tragic evidence of our obvious vulnerabilities. Sandy made landfall in October of that year, bringing heavy winds, rain, flooding and

widespread power outages that impacted over 50 million people.

Two weeks after Sandy hit, Manhattan below 39th Street was generally open and busy again. But some hotels in Lower Manhattan remained closed for weeks because of storm damage. Loss of electricity, heat, phone lines and other basic services made reopening difficult and complicated operations. NYC & Company, the City's official destination marketing organization for the five boroughs, estimated that about 30 of its member hotels had to shut temporarily due to Sandy.

Structural damages resulting in financial setbacks are bad enough, but collateral negative impacts to hotels related to Sandy (and other climate disasters throughout the United States) also include cancellations, no-shows and limited new bookings. Such revenue losses and unforeseen expenses warrant this revision to the industry's outlook on climate change.

To look more closely at what is at stake here, the accommodation sub - sector (aka buildings) accounts for almost a fifth of total travel and tourism-related spending, and food services accounts for nearly 16 percent. Travelers spent \$254 billion on food services in 2017 supporting almost 2.1 million U.S. jobs.

In New York City, buildings are responsible for nearly 70 percent of our carbon emissions. The accommodations and food services sectors in the travel and tourism industry maintain a significant part of the building stock that inevitably contribute to NYC's carbon footprint. This presents us with an opportunity to focus on the city's largest buildings, promoting energy efficiency, green roofs, and renewable energy, while discouraging continued reliance on fossil fuels. We can begin to cut down on harmful air pollution that causes respiratory illnesses and simultaneously save building owners' money over time by lowering operating expenses. City - provided data shows that:

- 69% of citywide carbon emissions is attributed to building stock
- energy used for space heating and domestic hot water production accounts for 57% of buildings-based carbon emissions citywide
- 90% of NYC's current building stock will still be here in 2050.

Guests Applying their Buying Power: The Case of the Hospitality Sector

With growing awareness of the impacts of climate change, more and more people are starting to travel green. Guests and tourists are ever more frequently using their buying power, choosing to stay in energy efficient hotels that

use environmentally friendly cleaning products and less plastic, greenly conserve with guest preferences on amenities, and make a noticeable effort to reduce the amount of waste sent to landfills. Since transportation accounts for a third of all global carbon emissions, when tourists drive or travel by plane, they now often look for companies that use carbon offset schemes (i.e., planting trees to counter the carbon emitted due to travel, etc.) to present a greener image.

Governments Are Using Carrots & Sticks: Climate Mobilization Act (CMA)

New York City, the largest city in the United States, has announced a new era of sustainability. It has set its 80x50 carbon - emission reduction goal, where an 80% carbon - emissions reduction is to be achieved by 2050, with a first-stage 40% by 2030 (40x30). To that end, the CMA details an ambitious effort to retrofit existing buildings in the city. As the regulations kick-in, the future of retrofitting existing and the design new building, energy and building management technologies and solutions, it is imperative for building owners and developers to push to forward-thinking and robust solutions. This is especially true for the large hospitality sector in NYC.

Here Is What We Know about the Climate Mobilization Act

In order to achieve the projected 40x30 and 80x50 targets, the implementation of local laws will undertake to determine building efficiency. This will be done via a letter grade/score, lighting upgrades, sub-metering law, and a carbon emissions budget, backed by the stern introduction of post-implementation period penalties. Additionally, the NYC CMA is assessing a carbon-trading scheme that would develop a marketplace for credit trading, pricing mechanisms and credit verification amongst buildings.



Some Exciting & Challenging Areas surrounding the CMA

Innovative, Forward-Thinking Solutions

Policies from the past decade with legal and technical requirements have now converged, mandating the need to accelerate the implementation of smarter technologies to achieve deeper carbon-emission reduction strategies. Using real-time data to quantify economic cost savings and carbon-emissions reductions is prerequisite to financial market-based carbon-emission trading schemes for a future, clean-energy economy.

It is now a priority to incentivize building owners to do the work of getting much of our city's structures to a greener future rather than simply settling for wrist-slap fines. Non-compliance to the carbon-emission limit which require us to reach goals reducing energy use and lower carbon intensity by 2024 will be backed by stiffer penalties, such as fines up to \$268 per metric ton of CO2e and carbon compliances.

Staff Training/Education, Guest Engagement & Behavior Modification

As building energy usage is based on people's patterns of energy consumption, employees, guests and visitors are central to realizing savings. Behavioral changes and tools that provide communication about real-time energy consumption are proving critical. Platforms that may transparently present energy consumption to their building stakeholders are essential. Presently, however, there is an unwanted gap separating education and training from actual building operations and maintenance staff, and even from senior management staff.



Hotels, along with other landlords and property management firms, realize the value of staff education to building operations and maintenance. In the future, they can expand the effectiveness of these efforts to informing management and supply chain partners about their larger corporate sustainability mission, empowering them to identify opportunities to contribute to the NYC Carbon Challenge goal, thus self-aiding their own compliance to local law.

New York City Mayor's Office of Sustainability has free technical assistance programs such as the NYC Retrofit Accelerator. Efficiency Advisors from this program can educate owners, landlords and hotels to help determine if their properties are subject to the new laws. They can also help them use the EPA Portfolio Manager tool to determine a building's current carbon footprint. Resources from the Mayor's Office of Sustainability are available to help the hotel project teams reduce their carbon emissions, improve a property's Building Efficiency Letter Grade and provide transparency to the hotel guests. They can assist, too, with local laws that galvanize the market to reward buildings that demonstrate better performance through increased value and fewer vacancies.

Moving Forward

Acknowledging both the demands of buyers and the requirements of government, it has become imperative for the hospitality sector to implement proactive initiatives to meet these standards. While the goal seems ambitious, leveraging an early start and the assistance programs from the NYC Mayor's Office of Sustainability could establish sustainability leaders within the sector.

Fatou Jabbie
Founder, USL Technology Inc

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- Costa Constantinides** - Council Member, Chair of the Committee on Environmental Protection
- William Shaw** - Director of Engineering, Knickerbocker Hotel
- Frank Ciccone** - Director of Engineering, Four Seasons Hotels and Resorts

Session Chair:

Fatou Jabbie LEED AP BD+C (Efficiency Advisor, NYC Retrofit Acceleration Program; Principal USL Technology)

Co-Moderators:

- Fatou Jabbie** LEED AP BD+C, Principal USL Technology Inc
- Kevin Hamilton** President & CEO, NuEnergien

More information: www.ilemaison.com/event



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GLOBAL CLIMATE SOLIDARITY

The "Climate Solidarity" conference is behind us!

Lech Wałęsa, Polish prodemocracy activist who served as the first democratically - elected President of Poland, and the leader of Solidarity for which he received the 1983 Nobel Peace Prize is calling for global climate solidarity.

On September 29, the European Solidarity Center hosted the first of a series of conferences devoted to the idea of Solidarity for the 21st Century developed by Lech Wałęsa. Special guests of the event were Antonella Calle, spokeswoman for the YASUNIDOS movement, and Manari Ushigua, a shaman of the Sapara tribe from Ecuador, who are fighting for the preservation of invaluable tropical forests in the Ecuadorian part of the Amazon, which are the property of the native Indian tribes and whose existence is threatened by the brutal practices of oil companies to which the Ecuadorian authorities grant mining licenses in spite of Indian protests. The conference was led by an excellent journalist, specializing in climate issues for many years, author of, among others the popular "Antymatrix" blog, Edwin Bendyk.

Manari Ushigua

The current model of development, prioritizing competition and getting rich, is unsustainable. Each country does not look at ecology but at itself.”

- Lech Wałęsa -

The "Climate Solidarity" conference gathered several hundred guests in Gdansk who jointly debated the progress of climate change and the threat of a recent climate disaster if the global community fails to take decisive action to protect the environment and the climate. The speakers agreed that the biggest obstacle in the fight against climate change is the thinking by the government and global business only in terms of short-term profits, without taking into account environmental costs. All participants agreed that this issue requires new global solidarity and a sense of responsibility for the future. They emphasized that science provides us with decisive evidence of progressing climate change and suggests solutions on how to counteract them - but decision makers in most countries around the world are not ready to introduce them.

The conference, organized by the Lech Walesa Institute in cooperation with the City of Gdańsk, the Marshal's Office of the Pomeranian Voivodeship and the European Solidarity Center, began with the projection of the film "The Curse of Abundance" directed by Ewa Ewart. The material was an introduction to the discussion of President Lech Wałęsa on climate solidarity with special guests from Ecuador - Antonella Calle and Manari Ushigua. The president said that the current model of development, prioritizing competition and getting rich, is unsustainable. **"Each country does not look at ecology but at itself"**, he said. He appealed for joint discussion and agreement on divisions regarding climate protection.

Manari Ushigua and Antonella Calle talked about the origins and development of the Yasunidos movement, as well as their experience of the struggle to stop oil production in Ecuador, which is ongoing and needs support from the international community. They called for the search for common denominators between different movements fighting for climate protection and influencing politicians. "In the end, we all breathe Yasuni air," they emphasized. Guests from Ecuador, together with the president, took part in a press briefing during the conference.

The subject of the first panel with the participation of invited guests were good business practices related to climate protection. In this part, the following speakers presented their ideas: Rafał Sonik, creator and author of the Clean Tatra project, Olga Malinkiewicz, an outstanding Polish physicist and inventor of the cheap method of producing solar cells based on perovskites, which may revolutionize the acquisition of solar energy on a global scale. Katarzyna Broniarek, IKEA Communication Director in Poland, spoke about the future of solar cells, and the panel was summarized by Kamil Wyszowski, representative and president of UN Global Compact Network Poland, who through the presentation of the results of many studies and scientific studies presented the scale of the threat for the whole world, has called on participants to act.

The second part of the conference was devoted to good practices in local government policy and was started by the spontaneous speech of Dr. Justyna Glusman, the Director of the Sustainable Development and Greenery Coordinator (Warsaw City Hall) on behalf of President Rafał Trzaskowski. Piotr Styn, Director of the Ecology Department of the Marshal's Office of the Pomeranian Voivodeship, spoke about voivodship investments related to climate protection, while the initiative "Gdańsk without plastic" was presented by Piotr Borawski, Deputy Mayor of Gdańsk for entrepreneurship and climate protection, conference co-organizers. The speech of the President of Świdnica, Beata Moskal-Staniewska, showed the guests how smaller cities in Poland deal with the issue of climate protection, while Andrzej Gula, the founder of the Polish Smog Alarm, talked about the fight for cities without smog, which introduced the topic of smog to public debate in Poland. This part of the conference was closed by Ewa Chodkiewicz, a representative of WWF Poland, in an educational presentation on the WWF project addressed to local governments entitled "Zero-waste commune".

Special guests of the event were also representatives of the Youth Climate Strike from around the country, who in the closing speech spoke about their postulates and activities, as well as the need to take immediate action on the climate. Their important and interesting performance (Małgorzata Czachowska and Sebastian Radzimiński) met with an extremely warm welcome from the audience, which gave a standing ovation.

The conference ended with a reading by Adam Domiński, President of the Lech Wałęsa Institute, of a letter signed by the Nobel Peace Prize laureates, including Lech Wałęsa, supporting the Global Climate Strike and calling for global climate solidarity. A group of more than 50 people surprised everyone with a unique performance - they sang the song "Will you grab my hand", telling a story of the common struggle for a better environment. The president also met with the striking youth, supported them and invited them to cooperate.



Lech Wałęsa

Photo Maciej Kosycarz | KOSYCARZ FOTO PRESS/KFP | www.kfp.pl

24th HUBLOT POLO GOLD CUP GSTAAD

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Clinique La Prairie: victory of an open game

Sunday afternoon at the Saanen airfield the audience was treated to all the spoils of international polo. With perfect weather and breathtaking alpine views it was only fitting the Final be equally spectacular, and as expected, the teams boasting some of the world's best didn't disappoint. Today, rising to the occasion of the 24th Hublot Gold Cup Gstaad was none other than Team Clinique La Prairie.

True to the spirit of polo, the other teams joined in the celebration this afternoon. The best amateur player of the tournament, American Marco Elser, wore his trademarked grin while explaining that despite the clear defeat (10 - 5) there was no place for disappointment at the awards ceremony: "Being a finalist is already a great success in and of itself, and the winner was a beautiful team which produced a beautiful game with effective team organization and very good horses."

Lucas Labat, handicap 6 and Clinique La Prairie's backbone, admitted it wasn't that difficult to win with a team which has both talent and chemistry, "I think this team is one of the best I've played with here in Europe, where I've been playing since 1998. The team worked together perfectly, the conditions were ideal, and the organization a well - oiled machine. For me, Gstaad is one of the best tournaments in Europe. This win wasn't complicated because we decided to return the ball from the first shot and we didn't waste

time dribbling. As I have a strong enough swing, my job was to send the ball to my forwards who could then chain the goals. This is the type of polo I believe in, and I am convinced that in the future we must return to this kind of open game."

It is also one of Lucas' "forwards", Juan Manuel Gonzales who was the best scorer of the tournament with 10 goals including 4 in this single final.

In the match for 3rd and 4th, Banque Eric Sturdza made good on their promise to try for the best result despite being dethroned of their title by Clinique La Prairie. In a much tighter game, they beat Gstaad Palace, where the highlight was when the extraordinary "goloso" Brazilian Joao Novaes registered a goal with a shot longer than 153 yards (beyond the middle of the field) and from the left side - an exceptional feat in polo! It was a rare moment that for most was never before seen, even in Argentina!

Rare like this incredible tournament in a mythic setting at more than 1,000 meters of elevation, 2020 is sure to be an even more beautiful edition as it will be its 25th anniversary. With Pierre Genecand and his teams at the helm, the quarter century celebration is sure to amaze all who gather in Gstaad from August 20th to the 23rd.





Final of the 24th Hublot Gold Cup

Gstaad, Switzerland
22 - 25 August 2019



Multi-modal Expressionism of WU XIA in modern times

DAMOWANG

Spring/Summer 2020 Collection

NEW YORK *Fashion* WEEK

DAMOWANG SS20 continues to take WU XIA, a representative culture in modern China, as a conflation of modern and traditional elements; contrasting the ever changing fashion trends with the reserved temperament of the contemporary independent woman. The end design is a fusion of the Chinese element of external grafting with the inner temperament devoid of symbolism where image and entity are intertwined.

There is no fixed boundary between WU XIA and the realm in which it resides. The image is a blend where ancient and modern are entangled. It is only with the help of modern design techniques and materials that the designer can rescue WU XIA from strangulation of contemporary culture.



"Where ancient and modern are entangled"

As a designer, Mr. Han Lei believes that people are living in fragments, and each fragment of reality is superposed into memory. The memory he uses in the SS20 Collection, is that of WU XIA. By adopting his usual splicing alongside other elements: the mixing and matching of layered fabrics, wool, flax, organza, coating, rope, animal texture, fish net, sheepskin, meteor hammer, bamboo tube, headscarf, cloth bag, etc. All these elements play a crucial role in the DAMOWANG show, enabling the designer to specify his role in the virtual and real space of both the scene and image. The designer has turned the classical square plaid pattern, oversize shoulder-pads, various colors, the splicing and superimposition of different materials into a wonderful adhesive-collocating the ancient and modern elements in a new way. The extensive use of hat ornaments and shawls also adds to the erratic and elusive characteristics of WU XIA.

Leveraging the positive feedback from the shoes co-branded with MYWANTS last season, the two designers increased collaboration this season by using classic elements of raw edges, worn-in styles and splicing to deliver an array of flats, sneakers, boots and slippers with artistic and modern characteristics.

Another collaboration partner is MESHEEN on bags; reshaping life elements such as bamboo, ropes, and dim sum patterns, so as to extend the depth of DAMOWANG's potential in fashion.





Magdalena Abakanowicz | no name

Sopocki Auction
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WOMEN in ART



WOMEN in ART



Eugeniusz Eibisch | Portret kobiety w czerwieni
olej, płótno dublowane | 92 x 65 cm | sygn. l.d.:Ebiche



Maksymilian Piotrowski | Portret dwóch dam
olej, płótno dublowane | 81 x 67 cm | sygn. M.A. Piotrowski

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