

PALM BEACH

ILLUSTRATED

**SEW
MUCH FUN**
MILLY PARK'S NEW LINE
OF FAIRYTALE DRESSES

MILLY PARK WITH DAUGHTERS MIA AND CANILA

**VISUAL
POETRY**
ERIKA LARSEN
DOCUMENTS
THE UNSEEN

**THEN
AND NOW**
A PALM BEACH
FASHION STORY

WONDER WOMEN



"I bid farewell to summer with some sips courtesy of Chateau d'Esclans at Café Boulud Palm Beach and now I need to stock up on Whispering Angel for the holidays." *Chateau d'Esclans, esclans.com*



"I love this Watch Hunger Stop timepiece by Michael Kors because they will donate 200 meals for each watch sold." *Michael Kors, michaelkors.com*

"First introduced in Tom Ford's Fall Winter 2003 collection, Gucci reimagined this bag for 2023 and it is gorgeous." *Gucci, gucci.com*



THE SPIRIT OF GIVING

Don't you just love this time of the year? A few cool breezes start to sweep through our tropical evenings and glitzy society agendas get rolled out in time for all the pomp and circumstance of the season. The events are hot and the fashion is fabulous. But it's the concept of giving back that really anchors the reason for the season. In this annual *Giving Issue*, we celebrate the spirit of giving in every sense of the word. From local philanthropic powerhouses to the ultimate gift guides, we hope this issue inspires you to relish the joy of giving. It is at the very core of the community,

and we aim to continually celebrate philanthropic leaders like our cover star Brittany Peltz Buerstedde, who is an entrepreneur, style maven and mom of four who grew up in Palm Beach—she is such an inspiration. I hope you enjoy the issue and here are some of my holiday favorites!

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"I'm so excited that LA-based STAUD is opening at The Royal Poinciana Plaza. Their pieces are fresh and fabulous." *STAUD, staud.clothing*



"The new Louis Vuitton Blossom Fine Jewelry collection is stunning. The collection interprets the outline of the Maison's monogram star-shaped flower, inspiring a daring but organic look." *Louis Vuitton, louisvuitton.com*



"I love Tammy Fender's products. Not only is she a local expert with locations in both Palm Beach and Delray Beach, she is a holistic pioneer." *Tammy Fender, tammyfender.com*

PHOTOGRAPHY: GLORIA RUTH; PHOTOS COURTESY OF THE BRANDS

GOOD NATURE

FULL CIRCLE

THE GIVE-AND-TAKE OF RELATIONSHIPS STARTS FROM WITHIN

BY TAMMY FENDER

Over the years, my garden has informed my perspective on how to create lasting relationships and savor the beauty of the moment. For instance, I always plant lavender and marigold next to my kitchen herbs to deter chewing insects from damaging their delicate—and delicious—leaves. I rely on chamomile to attract pollinators, increasing the abundance of anything planted nearby. On a wider scale, I love to think about the way plants like calendula and alfalfa restore soil health by absorbing certain environmental impurities and increasing valuable nitrogen stores.

These cyclical relationships exemplify what I like to bring to my own relationships, whether with family, friends, clients, or neighbors. After all, forming enriching connections relies on some of the same principles of carving out a special place and a nurturing environment in which to spend time with those you love.

Being the kind of person who can turn any gathering into a special occasion is a real art, and I'm sure that, on a fundamental level, the world's best hosts would agree that spin-



ning that magic starts with intention. For me, that means showing up when I'm grounded and present. As I've come to realize, I nourish others best when I feel deeply nourished myself. It's a daily practice of weaving my awareness of others into my self-care routine, acknowledging that what I do to take care of myself also has a flow-on effect, benefiting the lives of those around me. Taking the time to prepare to meet others, without rushing, can be a key part of enjoying that togetherness.

To that end, walking on Palm Beach's Lake Trail and moving in nature is a great way to prepare for any



event, as is working with an essential oil like sandalwood, which is so warming and grounding. Try press-

ing a drop onto the soles of your feet (where it is easily absorbed) or into pressure points around the face and head. You don't need to be an expert in reflexology to reap the benefits; simply apply pressure to any point that feels good to activate an unseen network of support. Just like with plants, these practices will help nourish you at your roots and enable you to share your glowing abundance with others. «

CYCLICAL RELATIONSHIPS AND PRACTICES CARRY IMPORTANCE THROUGHOUT PERSONAL INTERACTIONS AS WELL AS WITH THOSE FOUND IN THE NATURAL WORLD.

