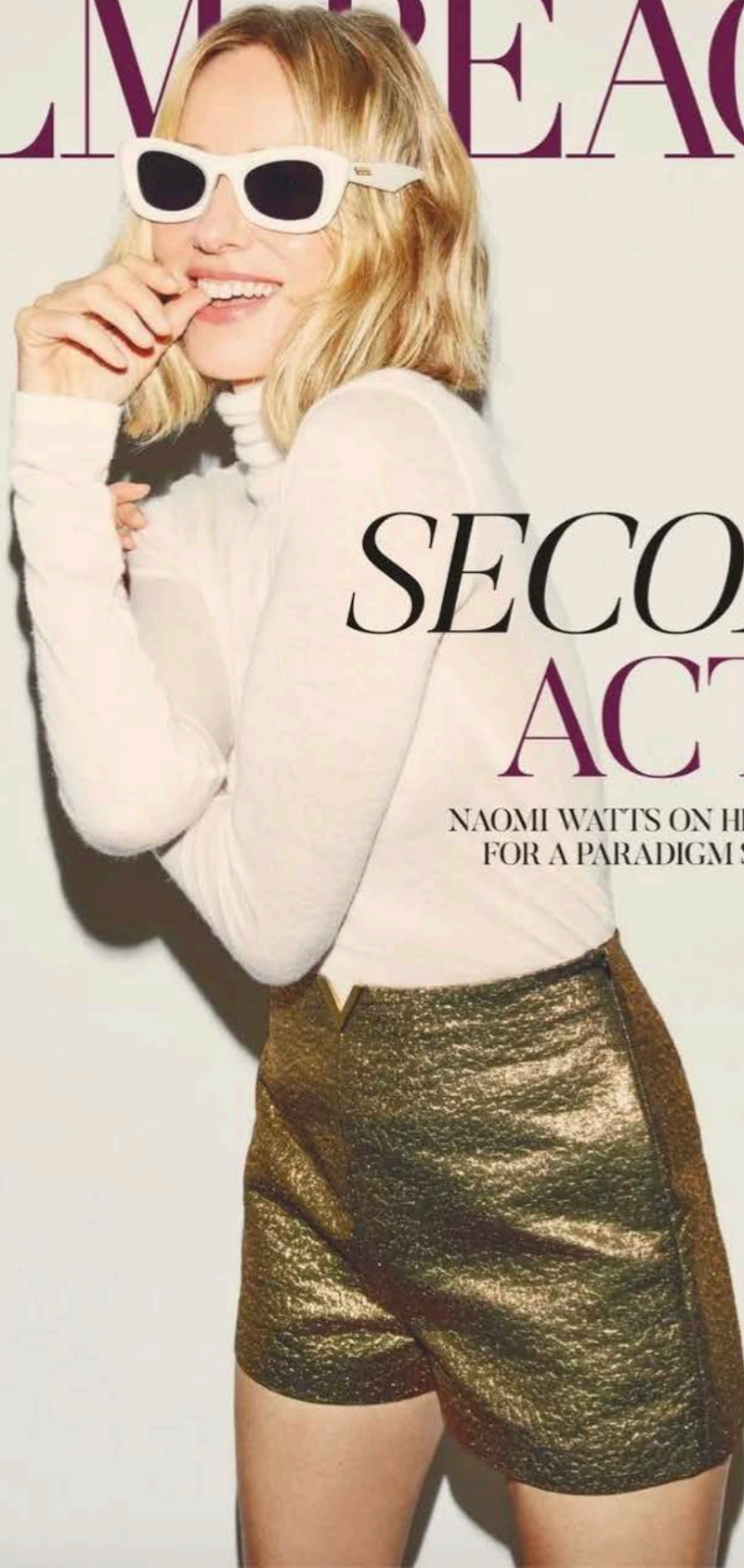


MODERN LUXURY PALM BEACH



PORTRAIT OF THE ARTISTS

The Creatives to
Know Now



14 Women Inside the
Palm Beach Artist
Collective

SECOND ACT

NAOMI WATTS ON HER PUSH
FOR A PARADIGM SHIFT

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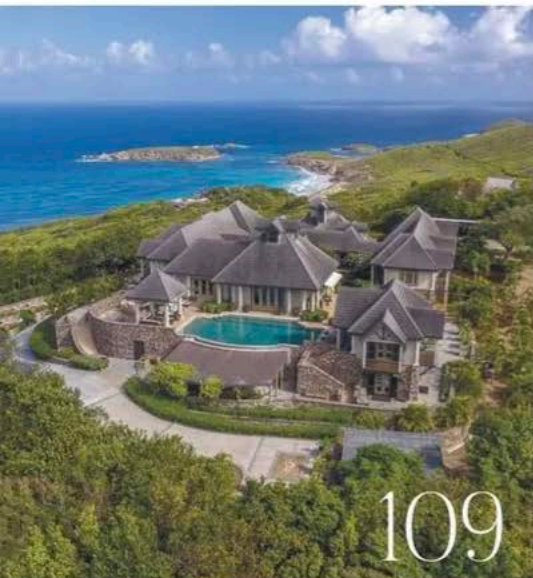
Stunning scenery and immersive cultural experiences make DuVine bicycle tours ideal for active travelers.

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JET SET

Ultraexclusive Caribbean island Mustique offers guests the protected paradise they crave.

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CLOCKWISE FROM TOP: PHOTOS BY PATTI LUCCI PHOTO/COURTESY OF DIVINE; BY AVARLU PHOTOGRAPHY; COURTESY OF MUSTIQUE



THE HEALER

In search for the ultimate in skincare secrets, we caught up with Florida-based holistic wellness guru Tammy Fender.

BY KARA FRANKER

For Tammy Fender, holistic skincare isn't a trend, it's a practice that she's been honing for more than 25 years. It's no wonder the Palm Beach elite, plus celebrities like Gwyneth Paltrow and Julianne Moore have gone to her for advice and treatment. Her spa in downtown West Palm Beach is an institution, and she has another location at the Opal Grand Resort and Spa in Delray Beach, with plans to expand. She gives an exclusive look inside her approach to living and how she gives every client a completely unique and personalized experience through her signature essential oils reading.

How do you describe your approach to healing and holistic skincare? I emphasize and use a holistic approach to healing and to skincare—for me, everything is interconnected. A holistic lifestyle—what we eat, how we sleep, how we manage stress and which skincare formulas we choose—are all intimately connected with our overall well-being, in body, mind and spirit. Of course, the skin, as our body's largest organ, plays a big role in helping us

attune to the organism as a whole. When we are happy, balanced and healthy, it shines in radiant, naturally beautiful skin.

Why is the healing component so important? As someone who learns every day from nature's most potent healers—the plants themselves—I know that when we work at the level of the roots, that's when we see the best results. For me, gently investigating the root causes of a skin condition and supporting healing on the most fundamental level is always a more holistic and long-term solution to any imbalance. While some practitioners may offer quick fixes, I am dedicated to nurturing restoration at its core.

Your connections to Palm Beach County run deep. What is it about this community that means so much to you? Palm Beach County holds a special place in my heart because it's where we've raised our family and cultivated deep community ties. South Florida is also a place of true inspiration, where the natural beauty of this ecosystem, with its stunning sea, bountiful fruit

trees, and natural foliage, deeply resonates with me.

What is your most requested treatment and product? Our Holistic Custom Facial with Reflexology is something our clients find deeply nurturing and profoundly healing and combines all of our celebrated facial techniques with reflexology, which is performed on the feet simultaneously. It is truly a head-to-toe experience of exquisite holistic care. Our most requested formula is ultra-concentrated Quintessential Serum, which is blended with precious rose and rejuvenating frankincense to nourish, restore and protect the skin. It's unlike anything else out there, and many experience the beauty of its effects after just one drop.

What does the future hold for you and your practice? Looking ahead, we are continually evolving our treatment offerings in our spa locations, and eagerly anticipate launching some new innovative products in 2024.

PHOTO COURTESY OF TAMMY FENDER