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RIDE A KITE



In our last issue, we highlighted surfing, one of the most popular board exercises in our area and nationwide. This month, we're looking at a lesser-known board sport that is rising in popularity. Kiteboarding is a fun and challenging activity that offers strenuous exercise and unparalleled thrills. "Kiteboarding is the fusion of multiple other sports, such as kite flying, wakeboarding and windsurfing," says Gael Pasquet, an instructor at Kiteboarding Palm Beach. "This fascinating combination realizes man's eternal dream of flying. With kiteboarding, it is possible to get insane air. Experienced pilots are getting 20 to 40 feet of air and performing amazing aerials." For beginners looking to try the practice, Gael dishes on the basics and benefits of kiteboarding. (561-502-8623, kiteboardingpalmbeach.com)

PBI: What makes kiteboarding a good form of exercise?

GP: Kiteboarding combines aerobic and resistance exercises, and this combination is perfect for keeping a balanced weight, molding your figure and gaining physical strength.

What areas of the body does it engage?

It tones your body, especially the upper area [including] arms and abdomen. It strengthens your abdominals, resulting in a physical improvement of the abductors and legs, too. You increase the strength in your arms by holding the kite, your legs by bending over the table to ride and the muscles of your hands by grabbing the bar.

What are other physical and mental benefits of the practice?

Riding on the board is a great way to improve your balance. ... As you have to keep the kite in the air with one hand while you enter the water, grabbing the board with the other hand, you are focused on several tasks at once [so] your coordination and your concentration improve.

How do wind conditions affect kiteboarding?

You can only do kiteboarding on inshore or side-shore wind—any offshore wind is not good. Beginners can ride from 12- to 25-miles-per-hour winds.

GARDEN OF LIFE



The business of being healthy is booming. Based in Palm Beach Gardens, **Garden of Life** has turned a passion for healthy living into a successful line of wellness supplements and organic food items. Garden of Life's goal is to empower others to attain extraordinary health, and it accomplishes this through products that promote good digestion in the belief that a strong gastrointestinal tract is the key to health and vitality. In addition to a variety of vitamins, Garden of Life creates living foods that feature raw, whole ingredients. A few items to sample and stockpile: organic whole food bars sweetened with honey made with live probiotics and available in flavors like chocolate raspberry and apple cinnamon; organic plant protein, composed of 13 enzymes and packed with 15 grams of protein per serving; wheatgrass juice powder, for those mornings when you can't get the juicer working; and organic chia seeds, for that chia seed pudding recipe you've already put on your to-make list. (866-465-0051, gardenoflife.com)

SKIN CELEBRATION

TAMMY FENDER, THE WEST PALM BEACH-BASED PURVEYOR OF BOTANICAL BEAUTY, HAS UNVEILED A DUO OF HEALING THERAPEUTIC MASKS, ALLOWING FENDER FANS TO ACHIEVE A HOLISTIC GLOW AT HOME. BOTH MASKS AIM TO PURIFY AND RESTORE THE SKIN THROUGH THE ANCIENT PRACTICE OF HERBAL REMEDIES. THE PURIFYING LUCULENT MASQUE (\$215) COMPRISES FO-TI, ILLITE CLAY AND GREAT BURDOCK—THREE INGREDIENTS CELEBRATED FOR THEIR ABILITY TO DETOX AND REVITALIZE SKIN. THE RESTORATIVE RADIANCE MASQUE (\$235) BOASTS LOTUS, JASMINE AND BAOBAB AND PROMISES TO RESTORE THE SKIN'S NATURAL LUMINESCENCE. (561-659-2229, TAMMYFENDER.COM)

ORGANIC PHOTOGRAPHY



better brew

*Fermented foods and drinks have long been linked to good gut health and digestion due to their abundance of probiotics. Kombucha, a fermented drink made from tea, sugar, bacteria and yeast, has grown in popularity in recent years because of its purported health benefits and can now be found in national grocery chains and hip eateries. In Palm Beach Gardens, **One Kombucha** takes a craft approach to the tea, offering eight flavors on tap, including grape, passion fruit, ginger lemon and apple spice—all of which are certified organic. Owner **Danny Mancini** describes the taste of kombucha as "slightly sweet, with a light tang from the acidity" and praises its vitamin B content. When you purchase a bottle, glass or growler of **One Kombucha**, you're not just enjoying a healthy sip but also contributing to a good cause, as Mancini donates a portion of proceeds to the Cystic Fibrosis Foundation. (561-469-8478, onekombucha.com)*