

THE SOURCE FOR INTELLIGENT LIVINGSM

AVENTURA

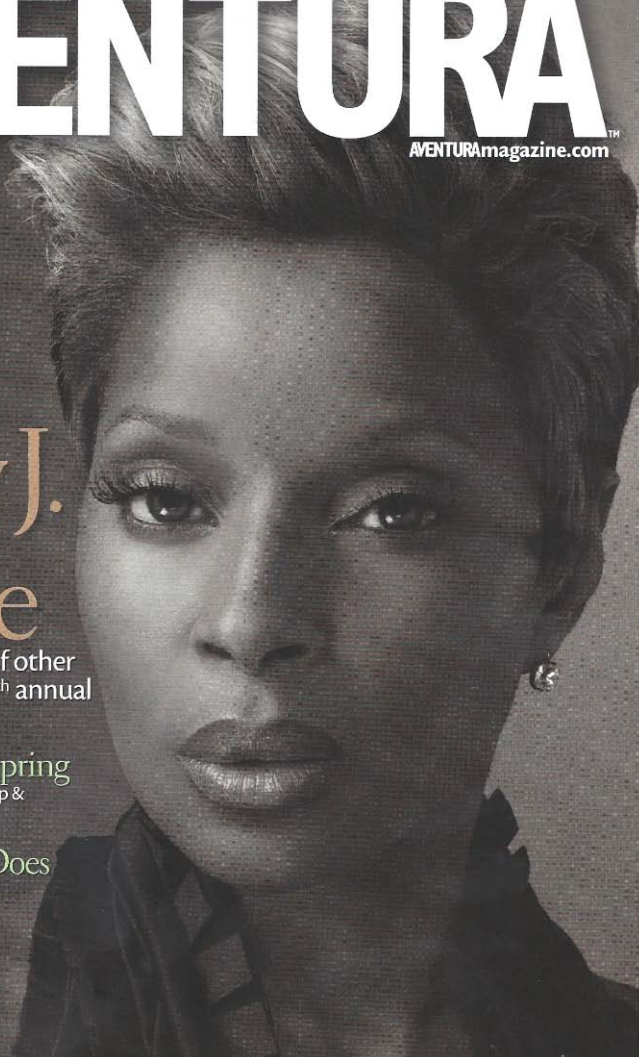
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Mary J. IS IN THE House

Along with a host of other superstars for the 5th annual Jazz in the Gardens

Rejuvenate for Spring
Organize, de-clutter, freshen up & slim down — you can do it!

Spring Fashion Does
Neutrals Right



AVENTURIST | hot sheet

what's going on now around South Florida

Feed Your Brain

MINDFUL NUTRIENTS ARE NOW AVAILABLE AT EMENA SPA IN THE DESIGN DISTRICT.

Emena Spa in the Design District is now carrying the patented, professionally formulated essential and fitness supplements, Mindful Nutrients. Created with strictly tested vitamins and minerals that improve strength and increase energy, Mindful Nutrients helps improve overall health and wellness, naturally. "Whether you're looking to reduce fat, slow the effects of aging, improve digestion, cardiovascular health or memory, or just improve your overall health, this line offers something for everyone," says Mindful Nutrients creator Ginny Simon (right), a holistic practitioner and chef based in Miami. The Mindful Nutrients line offers 18 products geared to different health objectives. For more information, call 305-438-3777 or log on to emenaspa.com.

