

REFRESH THE SENSES

Rigors of the day to day grind take their toll. Packed schedules at the office and at home can make it difficult to find balance between responsibility and revitalization. It's important for us to remember that a healthy lifestyle involves finding time to enliven and unwind - from stimulating the taste buds to reliable ways to relax, below are dependable methods to refresh the senses.

GREAT TASTES

Simple, pure refreshment comes bottled in **TAU Spring Water**. Reflecting its



name, which comes from an ancient Welsh word meaning "to be silent," the water exhibits an easy elegance in its clear bottle and contemporary monochromatic label. Water is essential to our health, and TAU is manufactured to promote healthy living and a healthy environ-

ment. It is sourced on land managed with organic principles and designed to have as low an environmental impact as possible. TAUSpringWater.co.uk

For a combination of water refreshment with a subtle flavor,

Natural CocoWater provides an invigorating zest. Made from fresh green coconut, the quietly sweet drink is all natural with no preservatives and is also fat and gluten free making it a guilt-free way to spice



up your hydration. They also offer natural GojiWater and AloeWater for different tangs. NaturalCocoWater.com

Another delightful jolt to the palate comes in the small yet flavorful **La Vie Hard Candies**. The authentic fruit-



shaped French candies are available in several classic fruit flavors – from raspberry to orange, strawberry and more – that communicate a timeless tradition. Delicious flavors are stocked in distinctive tins that convey a simple sophistication, just as the candy itself. Available at fine gourmet retailers and import shops.

We devoted a recent LuxeTrends® newsletter entirely to chocolate, but would be remiss if we weren't to mention the delicacy when discussing satisfying treats. The designer of fine chocolate creations and gourmet delights, **Vosges** is a trusted name for quality. Their exotic chocolate bars, including the organic Dominican Milk bar and the Indonesian coconut infused Woolloomooloo bar, entice with out of the ordinary, quality ingredients. VosgesChocolate.com



RELAX AND RECHARGE

Reaching a healthy balance also requires a rejuvenation of mind, body and spirit. Achieve stability with the mindful ways to relax and invigorate that were featured in the most recent Luxury Portfolio International™ Magazine.

Thumb through the printed version or visit the **LuxuryPortfolio.com** homepage and click on the link to view the digital version of the



magazine. From hammocks created with not only relaxation, but philanthropy and environmental harmony in mind, to a digital shower system, an in-home meditation pod and much more – take a look at more refreshing ideas in the **LuxeTrends®** article. Or, watch the trends come to life in short videos on Luxury Portfolio TV. Go to LuxuryPortfolio.com/video and click on the LuxeTrends tab.

Luxury Portfolio provides you with a wealth of new luxury discoveries in each issue of LuxeTrends® – it's a great way to familiarize yourself with current trends and also spark your own ideas in the areas travel, design, fashion and food trends and much more. You can also stay on top of current happenings in luxury real estate and all things luxury by subscribing to the Luxury Portfolio Blog, frequently updated with stories on spectacular luxury homes, home design, entertaining, luxury lifestyles and several other categories. Subscribe at LuxuryPortfolio.com/blog.