

KENSINGTON

LOCAL LIFESTYLE PUBLICATION

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Tapping into True Love

Romantic love, the notion of The Pair, the merging of yin and yang, two souls, into the perfect whole, is a concept as ancient as time.

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5 Valentine's Day Gifts

for Gem & Jewel Aficionados

By Merilee Kern, 'The Luxe List' Executive Editor

According to the National Retail Federation, among the estimated \$19.6 billion Valentine's Day consumer spending last year alone (courtesy of more than half of United States adults celebrating the occasion), \$4.7 billion of that is earmarked specifically for the jewelry category. It's clear that our collective adoration for adornments is serving the retail channel

well, with this year's holiday sales expected to impress just the same. With this in mind, but with so many stores from which to shop, below are a few noteworthy options in the space that are worthy of your sweetheart-driven spending spree.

Armitron Watches
www.Armitron.com

Surprise and delight your loved one this Valentine's Day with a stylish watch, perhaps a "his and her" set, from Armitron. The company offers a leading and certainly comprehensive line of fashionable and affordable dress, sport and outdoor adventure varieties for both men and women. For over 65 years, Armitron has been creating stylish watches for every personality type and every occasion, including Swarovski crystal and diamond-embellished styles, along with bracelet, leather strap, digital and solar-powered fitness options, among an array of others. I'm particularly fond of Armitron's black dress watches like the Black Dress Bangle Watch with a shiny solitaire Diamond Accent for gals, and the Black IP Stainless Steel Analog Bracelet Watch for guys that are dramatic, sophisticated and work beautifully as a set. I also like their Stainless Steel Mesh Bracelet Watch options for both men and women that exude a simple elegance and can pair with nearly any outfit, day or night. Since pioneering many of the first affordable digital wristwatches, the company's mission has remained to make fashionable and functional timepieces that are accessible to every person—and that nurture the spirit of individuality.



Talia Jewelry
www.MyTalia.com

For some customized jewels, check out TALIA Jewelry. This company believes that style is a matter of individuality—a true celebration of a woman's self-expression ... and I couldn't agree more. With a radically new approach to jewelry design, TALIA invites customers to co-create their own unique

pendant and charm pieces, giving life to their personal style and beauty. Each TALIA Jewelry piece features an original, patented mechanism, so you can always easily change, rearrange and expand on your modular design and create unique combinations. Browse their collections, select the design you love, and then choose your favorite jewelry parts from a wide variety of options. Mix and match pieces to see what works best for you. Alternatively, you can opt for one of their ready-made kits with no work necessary. Either way, you can always reformat and change your TALIA Jewelry to best match your ever-changing needs and wants. All TALIA pieces are made from 925 sterling silver, are nickel-free and are plated with two layers of palladium and rhodium. Their jewelry is also hypoallergenic and provides lasting shine and durability. And, TALIA's Rose Gold jewelry also features real gold plating. Each individual piece is reportedly subject to four different inspections at four different production stages to ensure it meets stringent quality standards.

Martina Vincenzo Fine Silver Jewelry
www.MartinaVincenzo.com

For Valentine's Day, while it's quite common to gift chocolates and flowers to your significant other, jewelry offers a timeless gift opportunity that endures. Martina Vincenzo Fine Silver Jewelry embraces this notion, striving to not just sell products, but rather to build authentic moments. With its collections and pieces inspired by great women in history, like the hugely revered Princess Diana and the 18th Century mathematician Sophie Germain (who pursued her obsession with number theory and calculus), the company crafts premium 925 sterling silver



items plated in rhodium and white 18-carat gold that celebrate these great ladies. From highly unique rings to earrings to necklaces, MartinaVincenzo.com offers many different styles for any occasion. I personally adore the "Tempo" necklace design that's inspired by Louise Farrenc—a music composer praised as being ahead of her time. This is a modern and delicate, solid sterling silver two strings necklace that beautifully complements any outfit. Pair it with the "Moonlight" ring also inspired by Farrenc, which simply features a polished crescent moon, for a clean and refined fashion-forward look.



Stauer Affordable Luxury Jewelry
www.Stauer.com

As one of the largest direct retailers of luxury jewelry, watches and accessories in the United States, Stauer Jewelry offers rare and precious gemstones from around the world as well as unique American stones, Italian-made leather handbags and accessories and other items well-suited for your loved ones. When it comes to Valentine's Day, Stauer suggests that it's time to break away from traditional diamonds and experience beautiful gemstones, instead. A key recommenda-



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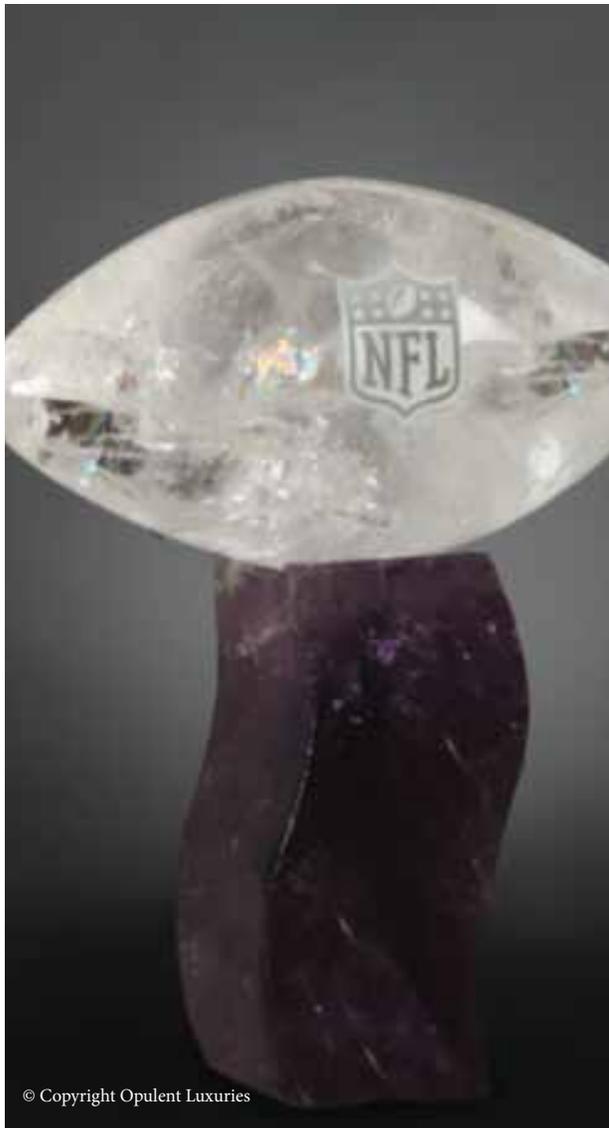
tion among these is Amethyst—a meditative and calming gemstone said to work in the emotional, spiritual and physical planes to promote calm, balance and peace, and eliminate impatience. One gift-worthy example is the Stauer “Lusso” Necklace—a gorgeous and dramatic statement piece boasting 200 carats of genuine amethyst. It’s a true testament to the preciousness of the stone, and a great gift all the same. This impressive necklace features 25 polished amethyst cabochons (a polished, non-faceted gem) that’s hand-set on double-knotted jeweler’s thread. This stunning 18-inch necklace, with a 2-inch extender, secures with a gold-finished lobster clasp. Stauer’s Lusso Necklace is a beautiful option for dressing up for a night on the town, or going casual at the office or day trips.

Gemstone Décor

www.OpulentLuxuries.com

Valentine’s Day adornment gifts can extend far beyond body-worn baubles, to include remarkable décor items that suitably make the cut for this heart-driven holiday. One such purveyor, Opulent Luxuries, has seemingly raised the bar with custom décor pieces made exclusively from the finest semi-precious gemstones. The company uses stones, extracted throughout the globe, to hand-craft giftable artisan wares like vases, candlesticks, bowls, figurines, glassware, lighting, coasters and more—all designed by hand with perfect symmetry by the world’s most gifted craftsmen through an incredibly painstaking process. From liquor glasses fashioned in Amethyst, to candle sticks and vases crafted from Phantom Quartz and much in between,

Opulent Luxuries has the ability to yield virtually any design imaginable for the most discerning consumers. There are even etched design options that are perfect for sports fans. The company employs a grading scale synonymous with diamonds with respect to cut, color and clarity to ensure only top-quality gemstones are utilized. 📌



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As a branding pundit, wellness industry veteran, consumer health advocate and influential media voice, Merilee Kern spotlights noteworthy marketplace innovations, change makers, movers and shakers. Also a two-time fitness champion, her ground-breaking, award-winning “Kids Making Healthy Choices” Smartphone APP for children, parents/caregivers and educators is based on her award-winning, illustrated fictional children’s book, “Making Healthy Choices – A Story to Inspire Fit, Weight-Wise Kids.” Merilee may be reached online at www.LuxeListReviews.com.

Some or all of the accommodations(s), experience(s), item(s) and/or service(s) detailed above may have been provided or arranged at no cost to accommodate this review, but all opinions expressed are entirely those of Merilee Kern and have not been influenced in any way.

5 Digital Diet Solutions

Slimdown Success this New Year

By Merilee Kern, *'The Luxe List' Executive Editor*

With the 2019 CES show having debuted multiple diet-focused consumer technologies, including devices that analyze the gases in people's breath to uncover what diet improvements would be helpful for them, there is much ado about progressive digital solutions fostering slimdown success this New Year and beyond. With that in mind, here's a roundup of five savvy tech solutions poised to help us shed those stubborn, unwanted pounds easier, more effectively and more sustainably for the long-term:

1. Lumen and FoodMarble

Showcased at this year's CES show, both are pocket-sized devices that users blow into. They pair with smartphone apps that tell people things like how well they are digesting food or burning calories. The firm behind Lumen states that their device provides a way for people to monitor their metabolisms. The device also has the capability of determining if the user is burning carbs or fats. Meanwhile, FoodMarble measures hydrogen levels in an attempt to make deductions about a person's digestive health. The thought is that the device can be to help people avoid foods that cause bloating, abdominal pain and other gastrointestinal symptoms.

2. TRAQ Smart Shoes

Here's some killer wearable technology for fitness-minded folks. TRAQ, Alegria's first smart shoe, is the world's first comfort smart shoes with built-in pedometer plus a personalized app community. The designs are made for walking, working and leisure, simultaneously allowing you to accurately count every step thanks to the smart Q-Chip embedded right in the shoe! Easily connect the integrated pedometer in the shoes to the accompanying Alegria TRAQ smartphone app to view your daily and monthly step activity. You can do everything in your daily routine while stepping out in intelligent, blissful comfort. Anyone can track their steps, connect with their friends and compete on a leaderboard. Cheer on your friends and family to walk together through the app! Oh, and there's no need to charge these smart shoes—ever—for the lifetime of the shoes.

3. HealthyWage

This app actually PAYS you to lose weight! With the HealthyWage app, you determine how much weight you want to lose, how long you want to take to lose it, and how much you want to wager each month. If you success

fully reach your goal by the end date of your challenge, you win your prize. The average HealthyWager prize is over \$1,200! You can also join team challenges, jackpot challenges, and step challenges through the app. Participants have collectively lost over 1 million pounds and gained over \$20,000,000 since the company's inception, and over \$13,000,000 in 2018, alone.

4. Escali Primo Digital Scale

Assurately due to due to the Escali Primo Digital Scale's accuracy, speed and simplicity, it's twice been rated as a best value by a leading independent consumer magazine, and was also recently named the "best kitchen scale for most people" by other key media. This device is capable of measuring in increments of 1 gram or 0.05 ounces and has the capacity to measure up to 11 pounds of food at once. Two-button controls facilitate ease of use, and a protective shield on the control panel prevents accidental spills from compromising performance. Battery life is also prolonged with an auto shut-off feature.

5. Naked Home Body Scanner

Leverage the power of infrared light to capture a 3D model of your body with the Home Body Scanner from Naked Labs. The scanner itself is built into an attractive smart mirror with sensors that measure important metrics and calculate measurements. An integrated app allows you to track your progress. The Naked body scanner is designed to help you visualize your progress and body fat percentage as it happens, with a focus on weight loss, performance and recomposition. You'll be able to literally watch your body as it changes each day.



Putting a high-tech spin on your weight loss makes the journey more interactive and hands-on, often notably bolstering the success of a weight-loss endeavor. Never before have our efforts, and the results thereof, been so tangible. Whether you're winning money for losing weight or tracking your body's progress in 3D, taking advantage of the digital tools and advancements in the weight-loss arena will surely make slimming down in the 21st Century a more efficacious undertaking. 📱