



## COVER UP IN STYLE

Whether relaxing at home or lounging at a spa, this lightweight poncho makes the perfect cover up. We were drawn not only to its opulent color and elegant design, but to its super-soft natural fibers (a blend of bamboo, cashmere, and silk) and the way it perfectly drapes the body. New from Viridis Luxe's Spring collection, the poncho is available in saffron, ocean, earth, pebble grey, daisy, black, and pearl. "The cut of the poncho takes advantage of the incredible drape of our natural fibers, showcasing the fluidity and sensual texture of the fabric without overpowering the wearer," say Hala Bahmet and Amadea West, designers of the line that debuted in 2007. \$250, [www.viridisluxe.com](http://www.viridisluxe.com)



## Light This Candle

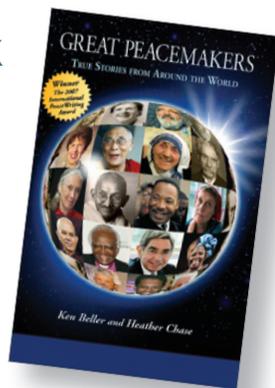
We're addicted to the scents of Calming Park candles—especially to one named Sequoia with its sensual (ylang-ylang) yet spicy (cinnamon) notes set in a base of sandalwood. Crafted in Grasse, France using 70 percent organic wax, the candles are becoming cult objects at spas such as Noelle Spa for Beauty & Wellness in Stamford, Connecticut. [www.calmingpark.com](http://www.calmingpark.com)

## buy this book

*Great Peacemakers: True Stories from Around the World* (LTS Press, 2008) is a lovely and uplifting read that recently won the 2007 International Peace Writing Award from the Peace and Justice Studies Association.

Co-authored by Ken Beller and Heather Chase, a husband-and-wife team, the book highlights 20 peacemakers in five categories: Choosing Nonviolence; Living Peace; Honoring Diversity; Valuing All Life; and Caring for the Planet. There are famous leaders, as well as lesser known people, who have made or are making a positive difference in our world.

\$21.95, [www.greatpeacemakers.com](http://www.greatpeacemakers.com)



## learn how to relax

Here's a handy little kit that will show you how to take a breather from the day-to-day pressures that can lead to stress. You can use this as your schedule allows, be

that an hour, or a day, or a weekend. *Unplug* is an interactive learning kit by Sharon Salzberg, co-founder of the Insight Meditation Society and the Barre Center for Buddhist Studies and author of several books, including *The Force of Kindness*. The kit comes with a workbook with tips and techniques for getting rid of habitual stressful patterns, 32 contemplation cards that will inspire, and two meditation CDs that show you how to "take refuge in letting go." Eight core topics are covered in *Unplug*, including Calming the Mind. Available in March. \$26.95, [www.soundstrue.com](http://www.soundstrue.com)

