

# INDULGE

Miami Herald

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**MEET THE GRUTMANS:**  
Miami Beach royalty  
with A-list contacts —  
and big hearts



## HOLIDAY GIFTS & GIVERS

**107!** SPECTACULAR  
PRESENTS

**TURKEY TIPS  
FROM A TOP CHEF**

**+  
SPECIAL  
SECTION:  
LUXURY  
WATCHES AND  
JEWELRY**



## the local LAUNCHING NOW

By Andrea Carneiro



### Zen on Demand

De-stressing from the seasonal rush (and traffic!) gets even easier this month with the opening of **Innergy**, Miami's first official meditation studio. Located in South Beach — across from Yardbird, so you can eat fried chicken and then relax — Innergy offers daily 30- and 45-minute drop-in classes (group and private) with pay-as-you-go options. The studio features comfy cushions for students as well as a communal space with seating, tea and juice stations, and a retail shop. *1560 Lenox Avenue, Miami Beach; innerymeditation.com.*

### Keeping Cool



Miami might not be a destination for downhill skiing, but we sure know how to plan a fabulous cold-weather vacation. Here to help us with that is **SKI USA**, which opened its U.S. headquarters here this fall. An expansion of SKI Brasil, the second-largest ski tour operator in the Americas, SKI USA specializes in creating personalized, luxury ski experiences for individuals, families and groups of all skill levels. SKI USA curates all-inclusive packages at five-star resorts and ski destinations across the globe, including family-friendly Steamboat Springs in Colorado and heli-skiing atop Iceland's picturesque Troll Peninsula. *305-735-2100; skiusa.com.*



### STACEY'S PLACE

Just in time for the holiday social season, **Alice + Olivia** by Stacey Bendet brings its signature brand of fun and fashion to the Design District with a playful pop-up shop. Stop in to check out the label's bold prints, party-ready dresses and standout accessories (don't miss the Stace Face box clutch) as well as some fab décor, including New York artist Annie Arroyo's incredible woven wall art. The store relocates to a 3,240-square-foot, bi-level space here next year. *106 Northeast 40th Street, Miami; 305-375-6056; alicelandolivia.com*



### NYC to MIA

**Employees Only**, one of New York's original craft cocktail bars, is taking up residence in South Beach at the Washington Park Hotel. Timed to open before Art Basel and its throngs of thirsty night owls, EO will bring all the best of its West Village location, including late hours, tableside steak tartare and fun quirks like psychic readings and burlesque performances. Cocktails, too, will pull from EO's popular drink menu. We're partial to the Billionaire Cocktail: Knob Creek single-barrel bourbon shaken with fresh lemon juice, housemate grenadine and absinthe bitters. *1030 Washington Avenue, Miami Beach; 305-421-6265; facebook.com/employeesonlymiami.*