

Living Blissfully Well.™

unwind

WITH KELLYE DAVIS®

Online Version • Volume I

*MY BEST
SPA TREATMENT
PICK FOR 2016*

MOROCCAN HAMMAM TREATMENT

Russell Simmons

THE MOGUL MEDITATOR

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GET READY FOR 2016*

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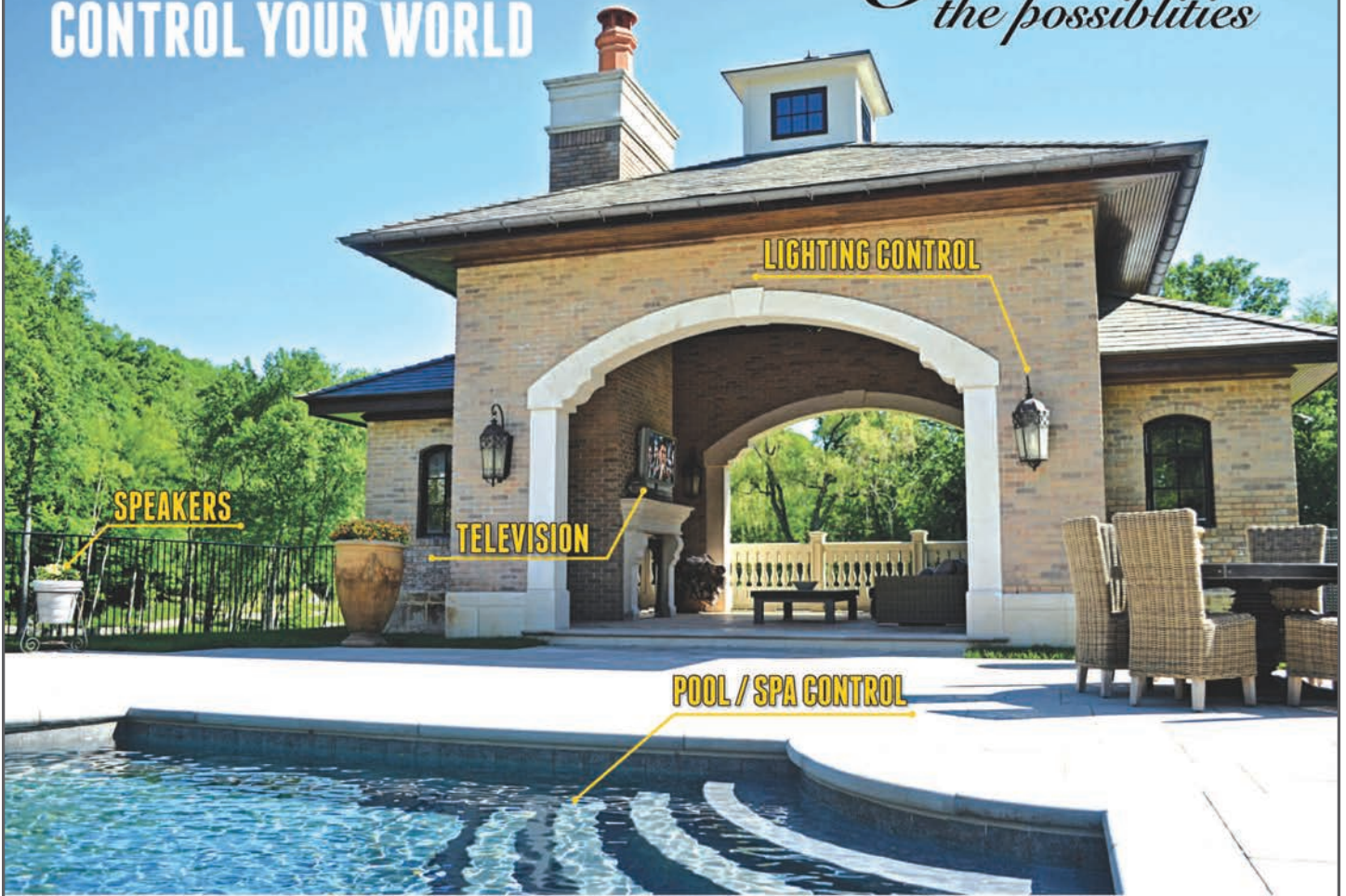
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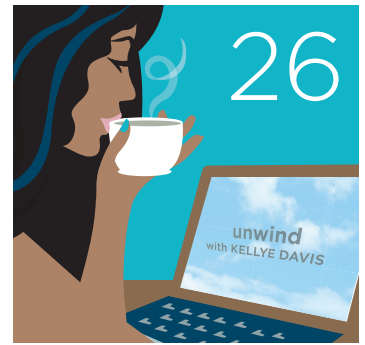
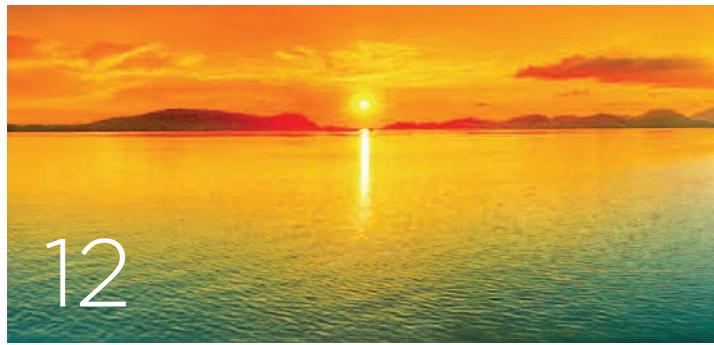


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WITH KELLYE DAVIS

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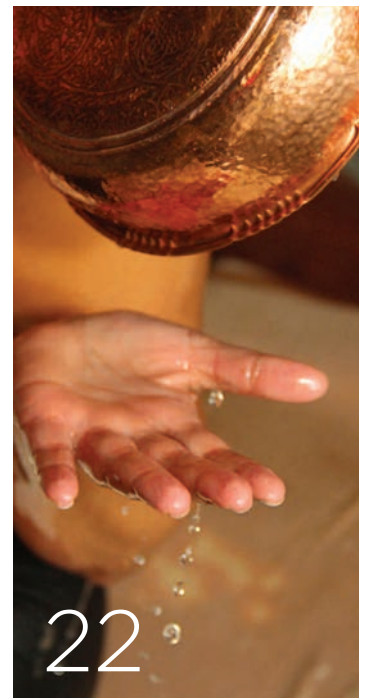
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Making Time... for Time Out

Welcome back!

I recently heard that a 2014 Gallup poll on work trends in the United States revealed that the average 40-hour work week in the U.S., runs an average of seven hours longer, than what's been traditionally reported. Wow, that's a lot of extra hours of work time.

Inside this issue of *unwind*, we have just what you need to tune out work, and tune into the down time you need and crave.

It's no surprise that if you work hard, you'll want to unwind hard. After all, leaving no time to unwind is a recipe for disaster. It's simply, not good for the mind, body and soul.

For many of us, not being able to tune out the office after work hours has a lot to do with those extra hours we take home with us. Cell phones are no help either, always at our finger tips and beck and call every second of the day. It's really impossible not to do business anywhere at any time. Smart phones are the real culprits. Portable savvy offices in the palm of our hands, they make it easy to work from even the most remote and distant locales.

We have just what you need to tune out work mode, in our **Down Time: Spa Talk** section. You can check out my beginning-to-end Moroccan Hammam bath spa treatment at the Trump Soho Hotel & Spa in New York. Very few spas offer this spa treatment in the tri-state New York area. I found it was worth the trip to NYC from Westchester County. The spa has Moroccan décor that makes you feel as though you're in a Moroccan palace. Better still, was that my spa treatment was majestically therapeutic. Water is the main ingredient throughout the whole treatment. They splashed me repeatedly from head to toe, and I could feel weeks of stress dripping off of me. My cell phone? Well, it was tucked away, in my spa locker, allowing it the rest it needed. After all, we all know cell phones and water don't mix... (Lol)

Speaking of Morocco, find out about Spa Sahrai located in Fez, Morocco in our **Down Time: Destination** section. I'm sure you will make this one of your top places to travel to, on your next getaway.

We are also excited to feature entertainment mogul *Russell Simmons* as our **Unwind Feature** story. Simmons' story will inspire you. Here's a man who has not only mastered the business world, but also makes time... to tune out his busy work life by way of tuning into meditation. He knows the value of what it means to unwind from the inside out. I'm sure you'll be inspired by his story and how his stress-free approach to life supports his success.

So as you read this latest issue, I personally hope that you will enjoy all the other goodies we have inside that will inspire you to unwind. Until we meet again, *stay calm and carry on!*

Be well,



Unwinding at the Oasis Day Spa, Dobbs Ferry, N.Y.
Photo by Jen Parente

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Journey to Fertile Ground

by **KATHERINE MIKKELSON**

Photo by Michele Bell

Before she was coming for a living, Betsy Kase was stressed to the max. Kase worked as an information specialist for a nonprofit, staffing an HIV/hemophilia hotline. She then became a patient coordinator at a fertility clinic. One of Kase's duties was trying to find former patients to take custody of their frozen embryos as the clinic was going out of business. "I was having nightmares about giving embryos to the wrong people," she says. That's when Kase realized she needed to make lifestyle changes. She was a certified yoga instructor well before the current yoga boom and taught part-time. Kase wondered how she could turn that into a full-time, lucrative opportunity.

Stress at Play

After years of teaching yoga at different gyms, studios and clients' homes, Kase took the plunge and opened Yoga Haven in Tuckahoe in 1997. "The space was cheap, crummy and tiny, just a little one room studio but my students helped me fix it up."

Then she and her husband decided to try to get pregnant. She tried for a year without success, then turned to fertility drugs, despite not falling into the typical categories of advanced age or family history. She had several rounds of artificial insemination. The process was taxing. "I felt crappy after treatments. My system was out of whack."

A year later, Kase took a break from the fertility treatments and embarked upon a holistic regime. She had massages on a regular basis, acupuncture twice a week, and drank cooked Chinese herbs. "I wanted to understand the bigger connection between my body and stress. I wondered if my stress level was getting in the way with my ability to conceive?"

Breakthrough

After six months, Kase decided to give artificial insemination one last shot. This time, she was more centered and relaxed from the yoga and other holistic practices. It worked. Her son Jonah was born in 2001. "I felt that my system was 'on.' I felt clearer and more balanced," she says.

Since becoming a mom, Yoga Haven expanded to a second location in Scarsdale. Kase now shares teaching duties with 30 other teachers. Running her business is challenging, but Kase feels blessed to be both a mom and doing what she loves. ■



Betsy Kase, owner of Yoga Haven, with her son, Jonah.



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ONE PETAL AT A TIME:
The Artichoke



Artichokes have super powers. This vegetable, which is really a flower bud, is absolutely loaded with magnesium, providing the body with a huge energy boost, especially on your most stressful days. Artichokes are simple to eat, whether steamed or made into a simple, yet delicious dip. Artichokes make an easy lunch that you can bring to work and eat at your desk.

Steam It

Steam your artichokes until the outer leaves can easily be pulled off. As you eat it, gently pull one leaf at a time, one breath at a time. Eat the bottom part of the leaf where it's soft, meaty, and fibrous. Dip each artichoke petal into your favorite sauce and remember to breathe with each dip you take. ■

Favorite sauce choices to make it interesting:

- Mayonnaise
- Soy sauce
- Melted butter
- Ranch dressing

“Artichokes have super powers.”



MID AFTERNOON SNACK!

Artichoke & Spinach Dip with nacho chips



A perfect comfort food lunch.
Serve it up to slow down your day.

How to make

Mix one jar of artichoke hearts, ½ teaspoon pepper, 3 large handfuls fresh spinach, chopped, with ¾ cup of plain yogurt and one cup of grated parmesan cheese. Chop that up. Mix in two minced cloves of garlic and two tablespoons of chopped basil. Mix and serve with multi-grain nacho chips or crackers.

Make a sandwich

Gotta a little dip left over? Don't hesitate to spread it in between two slices of your favorite bread for an artichoke dip sandwich.

Ready made

No time to prepare your own artichoke dip? No worries. Sabra makes a sensational spinach and artichoke hummus. Spread it on crackers, pita chips, celery stalks, or pepper slices. Crunch, crunch. At 70 calories a serving, the dip will leave you feeling satisfied. Make pals at the office by bringing in extra!

Calm Down & Breathe

ARE YOU BREATHING? That is the question you need to ask yourself the next time your meeting runs over, or your report is due, and you have misplaced the document. Work stress is a negative. But you need to make sure that you are not compounding the problem by not breathing right. Don't block your own breath. Stress is contracted energy in the body, and that's exactly what it does to our breathing when we are stressed out. So what do we need to do? Take a breath, of course. To effectively combat stress, we need to activate the body's natural relaxation response with deep, calming breaths. That helps to increase the supply of oxygen to your brain and stimulates the parasympathetic nervous system, which serves to slow the heart rate, and promotes a state of calmness and quiets your mind. ■



Workday Calming Breath Tip:

by **KELLYE DAVIS**

*Stand or sit quietly in a relaxed way.
Inhale deeply through the nose,
expanding the abdomen until the air
fills up in the ribs and lungs, and then
all the way up to the throat.*

1.

Hold this breath for 4 seconds at the throat region, comfortably, while simultaneously relaxing the neck and shoulders...

2.

Then, slowly exhale, through your mouth with slightly-parted lips, all the way down from the throat to the ribs, and then finally down to the diaphragm...

3.

Exhaust the last bit of air by pulling the belly button towards your back...

4.

Release and go back to normal breathing and feel the calm....

5.

Repeat this a few times until you feel ready to return to business.

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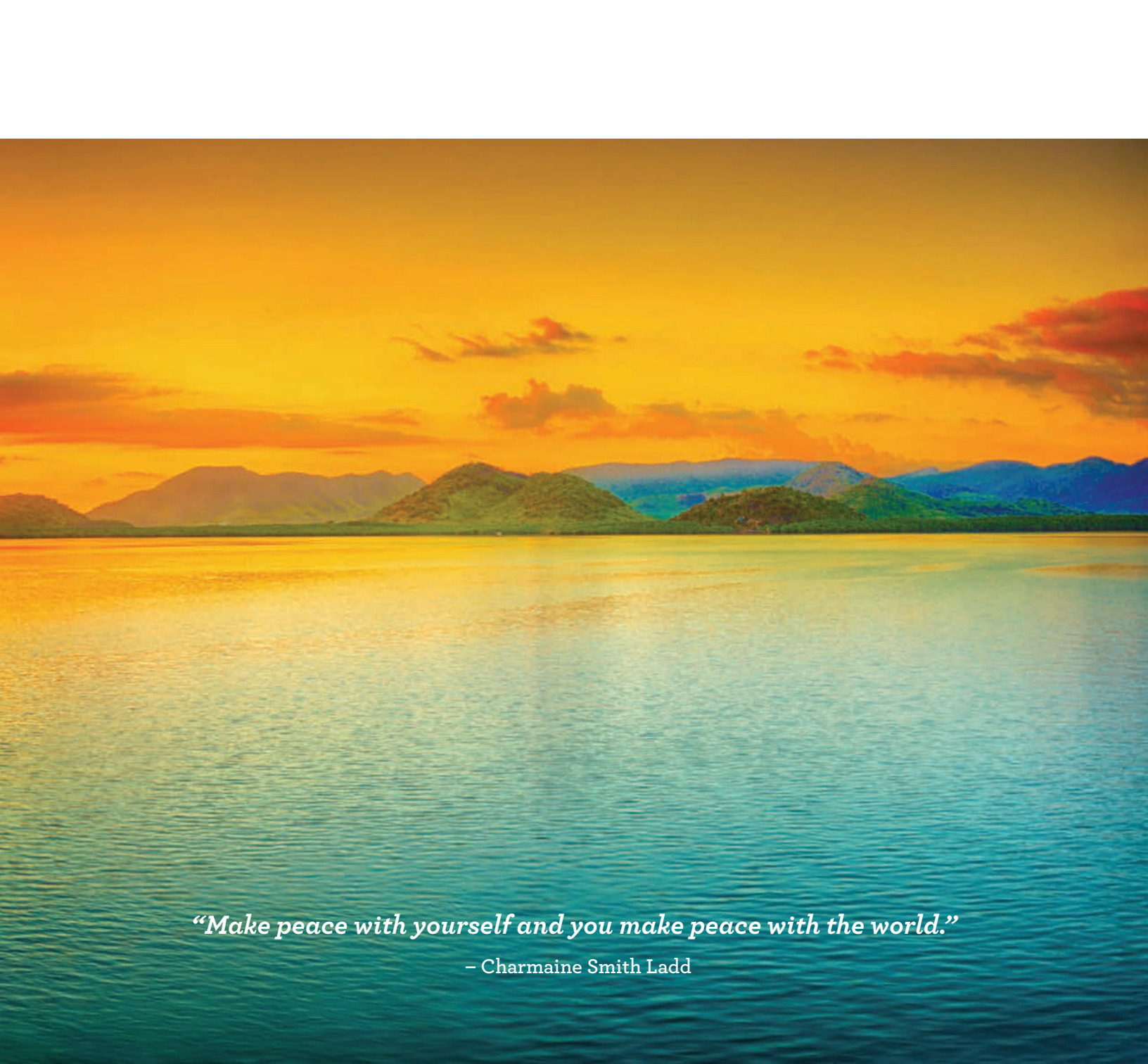
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“Make peace with yourself and you make peace with the world.”

– Charmaine Smith Ladd



“You have to be thoughtful and clear to be successful. The more present we are, the more we can succeed.”

The Meditating Mogul

RUSSELL SIMMONS

BY KELLYE DAVIS

When you listen to Russell Simmons speak about the power of stillness, doing yoga, and meditating to benefit your work and personal life, you forget you're listening to a business mogul. You think you're listening to a Yogi transplanted from India.

Born and raised in Hollis, Queens, Simmons witnessed the drugs, gangs, and violence going on around him during his teen years. In 1977, after attending a party at a small club, Russell decided to try his hand at promoting parties featuring Hip-Hop artists. He rented out venues, negotiated, and promoted local acts. One of Russell's earliest successful groups was that of younger brother, Joey Simmons (a.k.a. "Run" of the pioneering Hip-Hop group, RUN DMC.) Simmons attended City College briefly, but left school to promote musicians full time, and later partnered with acclaimed producer Rick Rubin to create Def Jam Records in 1984. He later sold his share of the company for \$100 million.

His business ventures span from entertainment to fashion, to financial services, and beyond. He started the Baby Phat clothes line with ex-wife Kimora Lee Simmons in 1998, which became a 900 million dollar international brand. So the question is: Does this Master Entrepreneur and Hip-Hop Mogul know something that we don't when it comes to success in the midst of stress?

At 55, Simmons looks younger than ever. In an interview he conducted on the O Network with Oprah Winfrey, he states he initially began taking yoga 20 years ago. "There were no guys in yoga. None!" he says. "It was like a whole room full of girls. Sixty girls." After he got past the women in class, Simmons says that he was hooked on the practice. Yoga has since become a daily ritual for the Hip-hop godfather. "I take time every single day. Meditate twice a day, and go to Yoga," Simmons says. "It's a moving prayer."

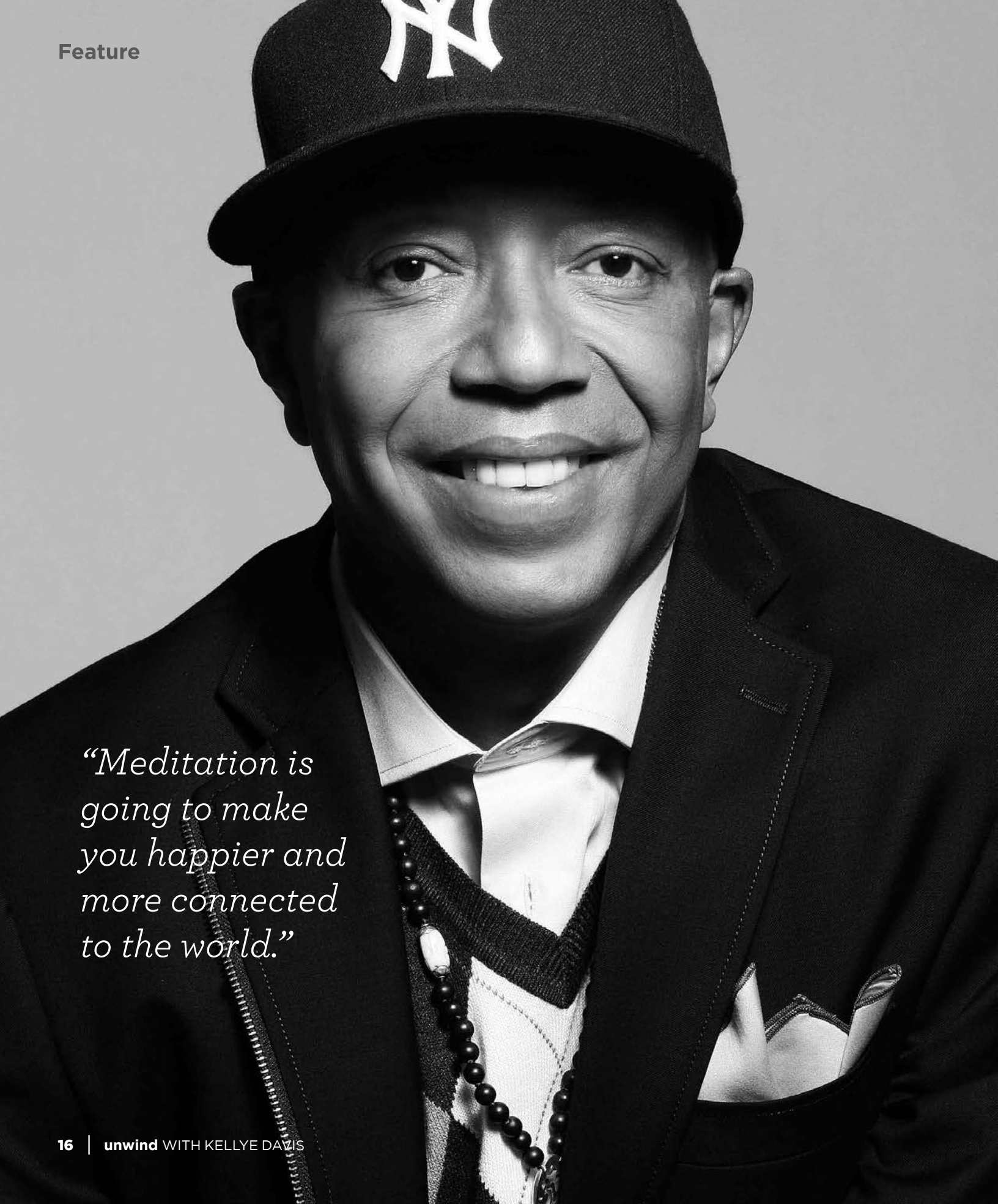
In one of his latest book's called, *Success Through Stillness*, Simmons shares his perspective on the connection between inner peace and outward success. So how does stillness lead to success? According to Russell Simmons, "you have to be thoughtful and clear to be successful. The more present we are, the more we can succeed."

Simmons is quick to tell other business leaders what works for him. Whenever he's interviewed, he is sure to say, "No matter what you do, no matter how busy you perceive yourself to be, carve out 40 minutes a day for meditation. I promise you it will not only make you a better entrepreneur, but a better and healthier person as well."

Simmons talks about some of the people who have been influenced by meditation.

"You might not associate them with stillness, but one

The Meditating Mogul, *continued on next page*



“Meditation is going to make you happier and more connected to the world.”

“Whenever you can approach all of your work with a smile and make no distinction between success and failure, the world is going to open in front of you.”

group of people that I always noticed almost instinctively understood the connection between stillness and creativity were the great rappers I worked with. From Jay Z to Chuck D to the late Biggie Smalls, no matter how crazy things were getting in the studio around them, those guys were able to shut out the distractions around them and tap into their inner stillness. Which is why they always managed to create such innovative and timeless music.”

He goes even further beyond the business scope. “If everybody meditated, there would be no war,” he says. That’s what Russell Simmons told a roomful of people who were exploring the idea of meditation. Simmons observes that once we are sitting in quiet time, “ADD disappears, blood pressure drops, immune system boosts, brain functionality improves.” He believes this message so much that he has been working with Chicago schools to bring quiet time into the classroom. His own two daughters, both under 14, have been practicing meditation for years.

An advocate for many causes, Simmons is the founder of the Hip Hop Summit Action Network, the Rush Philanthropic Organization, and the Foundation for Ethnic Understanding. One of his latest ventures and collaborations is with the world’s leading Smartphone manufacturer to help new artists called ADD52. It is a platform for finding and developing artists. One thing is for sure, he will be taking time to get still and present. As he puts it, “I don’t do s---t until I meditate!”

Russell Simmons can tell you a thing or two about being successful in business. In his book, *Super Rich: A Guide to Having it All* (Gotham), Simmons says that you need to put passion in front of money. He says, “I’ve poured my passion into ventures that made me happy before they ever made me a red cent.” Simmons also says that you need to project a positive can-do attitude. He says, “Whenever you can approach all of your work with a smile and make no distinction between success and failure, the world is going to open in front of you.” ■

Photo courtesy of www.entrepreneur.com

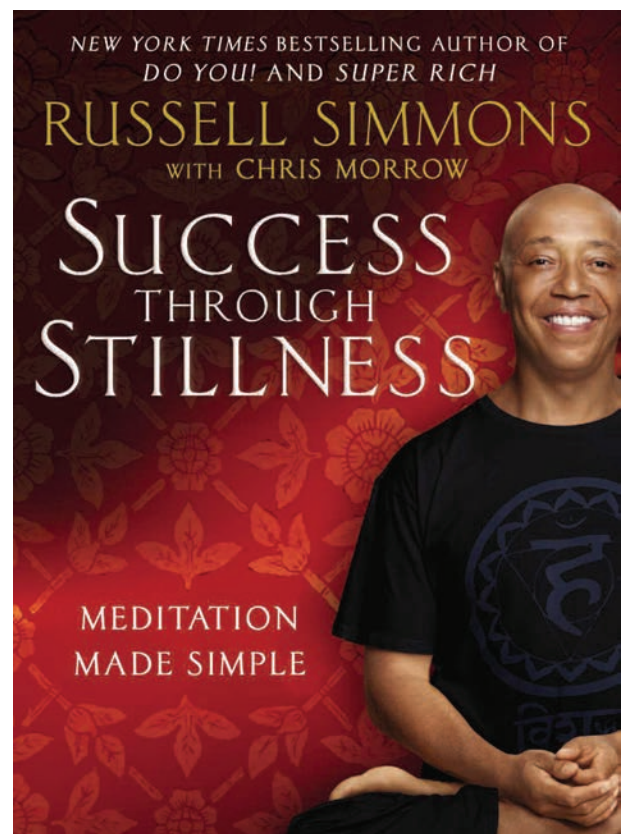
What Russell knows...

What will happen when you start meditating?

According to Simmons, “When you sit quietly and let your mind settle, all the innovative, inventive, and inspired ideas that have been hiding out in the depths of your mind are going to begin to bubble to the surface.”

Meditation is not just for hippies.

“People have this misconception that meditation will chill you out and make you soft, but the opposite is true,” says Simmons. “I meditate every morning when I wake up and almost the second my session is over I’m eager to tackle whatever is on my plate for that day. Forget about a cup of coffee or even going to the gym—meditation is all you need to get your mind sharpened and ready to go!”





Don't stress the small stuff...

SMILE :)

BY JAMIE KYLE MCGILLIAN

Coworkers got you down? Numbers aren't crunching right? Computer glitches giving you heartburn? Manager not pleased with your latest presentation? What are you going to do about this latest round of work problems? If you're smart, and want to keep the stress your feeling at bay, its best put on a happy face. Say what?

Yes, smiling can help you, even in the workplace. For starters, it will help you look your best. So while you are wearing that smart brown suit, don't forget the smile. It just may be your most powerful accessory. According to the *European Journal of Social Psychology*, smiling makes you more alluring to the people around you. That means coworkers and difficult clients will find you irresistible (or, at least not repugnant). A smile makes you look more open and friendly. And while we are at it, smiling also makes you look younger.

A study conducted by Tara Kraft and Sarah Pressman at the University of Kansas in 2012, suggests that smiling, even planting a fake smile on your face can substantially lower your heart rate. In the study, researchers had 169 volunteers arrange their faces in genuine smiles, fake smiles, neutral expressions, or with chopsticks propping their mouths into forced grins. Then the participants performed a series of stressful tasks while maintaining a specific facial expression. The result was that the participants who smiled, even if it was a forced smile, had lower heart rates than those wearing neutral expressions.

As you go through your busy work day, keep in mind that the more you smile, the more virtuous you will seem to those around you. In a recent study at the University of Pittsburgh, people who smiled were considered to be more trustworthy than their frown-wearing counterparts. In the study, subjects looked at photographs of 45 female models. The study concluded that increased smile intensity resulted in increased trustworthiness. As a busy professional, don't you want to be perceived as trustworthy? Of course you do. Put on a happy face!

Rosa K. Barskdale, a Westchester native knows all about the power of smiling. The Westchester business leader and owner of Barksdale Home Care Services has been using her smile to improve her business for more than 30 years. "My smile sets the tone for the day," she says. "It extends throughout the day to my employees. A smile puts everyone at ease, and it is highly-contagious. It runs rampant throughout my office like a herd of horses. My philosophy is to say it with a smile as some say it with flowers." Another thing to remember is that smiling can be healing. Many studies show that smiling releases endorphins, natural pain relievers, along with serotonin, which is associated with many feel-good properties. Studies also suggest that smiling helps the body relax. This helps the immune system react more quickly and effectively when it needs to.

Even if you need to do something unpleasant, such as fix the copy machine or give your staff bad news, smiling is the best policy. A study found that even when people put on phony smiling expressions during unpleasant medical procedures, they felt a lot less pain than those who didn't smile. That means that if you have a tension headache or some joint pain, you may be more successful if you smile while you muddle through the work, than if you don't. Another interesting fact is that smiling while having your blood pressure taken actually helps to lower it. So, it stands to reason that if you are on a tight deadline and you are feeling the pressure of it, as in dry mouth or bad mood, start smiling, and expect those symptoms to lessen.

Another reason to smile, and this one should make all the CEOs in the county very happy, is that smiling makes us all more productive. The best way to explain this phenomenon is by thinking about the "whistle-while-you-work" mentality. Jen Dawber, director of Days of Wonder in Dobbs Ferry agrees that smiling works wonders, especially with the issue of productivity. "It's kind of like when my three year olds put away the books and toys. When we sing silly songs while we do the work, it takes half the time as when we don't sing at all. :) ■

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SAHRAI,

THE MOROCCAN WORD FOR MAGIC:

A magical international spa retreat
by VICTORIA DILLON



A bold new resort concept has appeared on a hilltop in Fez, Morocco. It's called **Hotel Sahrai** (hotelsahrai.com). It's a magical destination for *unwind* readers to explore. Morocco, Fez is a land of cultural and ethnic fusions, of Berber, African, Arab, and later French and Spanish influences. Today, Fez is experiencing a renaissance. The locals have been buying and restoring riads, traditional Moroccan houses. Sahrai offers a new brand of luxury. It serves as a fashionable retreat. It has both French and Moroccan restaurants, the Givenchy Spa, which also offers a traditional Moroccan hammam, an infinity pool, and a DJ bar. These elements give guests a chance to relax, transform, and ultimately, heal in a place that transcends time and space. Visitors can experience all the



*Sahrai offers a new brand of luxury.
It serves as a fashionable retreat.*

richness and diversity of the walled-ancient part of the city, known as the medina, while residing in an exclusive hotel that offers the ultimate in modern comfort. Derived from the Moroccan word for magic, the Hotel Sahrai makes a beautiful promise - and keeps it. With a heady fusion of ancient and modern, Hotel Sahrai delights in its cliff-top position and sumptuous design. If you plan to go, Morocco is considered a safe international destination, according to Trip Advisor. Getting there: Morocco's airline is Royal Air Maroc. It takes eight hours from NY, and almost all major airlines travel there. ■

The Moroccan Hammam Treatment: *Splash Away the Stress*

BY KELLYE DAVIS

I found out that there are not many places offering the traditional Moroccan Hammam Treatment in the New York metro area, but discovered one in downtown Manhattan at The Spa At Trump Soho, located at 246 Spring St., New York, N.Y. (trumphotelcollection.com). It was worth the trip from Westchester county because what I experienced took days of office tension away, leaving me feeling invigorated and ready to take on the world. The Hammam, meaning spreader of warmth, is a traditional Moroccan steam room ritual-based body treatment, that includes, water therapy, aromatherapy, steam, massage, and ultimately relaxation. This treatment plays out like a ritual of healing, that detoxifies and releases the body, from tension and strain.



1. Its 6 am. I'm ready for my Hammam spa treatment. It's been a rough week. I can't wait to unwind.



2. I was greeted by the stately belly stone water fountain, which sits in the spa foyer. So exquisite....



3. This is the Moroccan mosaic-tiled treatment room. The grand water bowl is in place for my first splash of water. An enormous treatment table made entirely of Calcutta marble is heated to over 100 degrees Fahrenheit.



4. My treatment starts with an all-over invigorating exfoliation. My skin nice and moist, my pores are gently scrubbed with a loufah glove with natural black soap made from olives. Then the water therapy begins.



5. A detoxifying blend of rhassoul clay, essential oils of rose, eglantine, jasmine, blue tansy, Ylang-ylang and clove is applied from head to toe. (I was told that Rhassoul clay is found only in eastern Morocco, deep beneath the Atlas Mountains.) The clay coats my skin for a soothing 15 minutes. I can feel my body releasing tension with each tingle. I am repeatedly doused with warm water from head to foot. Each splash melts away the clay, and the stress from the week . . . It was awesome! ■



Lights, Camera, Action:

Hanging out at Jacob Burns Film Center

BY JEN PANERO

“Known, as a celebrity hangout, you never know who may be sitting right next to you on any given night.”

Hey film buffs, looking for some fun down time after work for you and your office mates? Whether it's on a weeknight or over the weekend, check out Jacobs Burns Film Center, conveniently located in Pleasantville, N.Y., at 364 Manville Road (burnsfilmcenter.org). It's the scene for the best independent documentaries and world cinema. Many fans also say the seats are plush and the snacks are awesome. Millions gather each year at the center to enjoy the state-of-the-art complex, which consists of a 27,000 square-foot media arts lab, and a residence for filmmakers from all over the world. Known as a celebrity hangout, you never know who may be sitting right next to you on any given night. In recent past, such famous faces were seen as Woody Allen, Clint Eastwood, Meryl Streep, Ron Howard, Cary Elwes, Jon Stewart, Bruce Dern, Richard Gere, and many others ■



The Daily Show host and first-time filmmaker **Jon Stewart** appeared at the Jacob Burns Film Center for the opening night of the annual “Global Watch: Crisis, Culture & Human Rights” film festival with a screening of his film *Rosewater*. He was interviewed by JBFC President Janet Maslin (L) following the screening. They are joined by JBFC Executive Director Edie Demas. *Photo: Lynda Shenkman Curtis*



Academy Award-winning actress **Anjelica Huston** sharing at an evening of film clips and discussion with JBFC President Janet Maslin about her candid memoir, *Watch Me*. *Photo: Lynda Shenkman Curtis*



Actor and author **Carey Elwes** at the Jacob Burns Film Center for a screening of the film, *The Princess Bride*, followed by a Q&A and book-signing for his memoir, *As You Wish*.

Photos Courtesy of Jacob Burns Film Center

Q&A with KELLYE DAVIS



Q: *At work, I am on my feet a lot. By the end of a busy day, my back is aching. Do you have any thoughts about how I can lessen the pain and treat my back with kindness?*

-L.P. Rye, NY

A: Discomfort causes stress, no matter what. The truth is that anatomically, the feet, knees, and back, are all structurally-connected. If your back is aching, your feet are probably also hurting. But if your work requires you to stand a lot, I recommend you do two things: nurture and prepare.

Try these unwind tips:

Before work: Nurture and prep your feet. Rub 1-2 drops of peppermint or lavender oil on your feet before you start your day. (This helps to increase blood circulation and calm tension.) You'll feel like your walking on a bed of feathers.

At work: Prepare to make some time. Do some chair yoga for any tension that's building in and around your lower and upper back. The simplest is a spinal stretch. What you do is ... find a chair with a low back. Not too high or too low

- a chair that will touch the middle of your back. Now, cross your arms over your chest with feet firmly on the floor. Lean against the back of your chair and allow the mid-back to curl over it, lifting elbows up to the ceiling and allowing your head to follow your neck. Hold for a moment. Feel a gentle stretch. Then, return to an upright position and repeat 1- 3 times....

After work: Comfort is king at the end of the day, when your ready to unwind. Change into your comfy shoes before you leave the office, or towards the end of the work day I recommend Merrell Shoes. (www.merrell.com) They are therapeutic and comfortable, and people are raving about them. One woman told me she had painful bunions, but her Merrels were a delight for her during her busy day. If your back pain persists, contact your doctor. Be well and unwind.

Q: *In my new role as a marketing manager, I will have to give a lot of presentations. I'm all right once I am up there, but my problem is I get very nervous and stressed out prior to speaking. Can you help me with this?*

-D.S. White Plains, NY

A. Congratulations on your new job! A new job or role in your company can bring on anxiety. Also, having to give a lot of presentations can be extremely stressful. I still get a little antsy whenever I have to give a presentation. I can feel the pressure of people's expectations on every word I speak. So, when the tension is on, I just "breathe." Yes, it is that simple. I breathe deeply a few times before I start speaking. What I have found is that the breathing clears the mind, and gets you grounded at the same time. That prevents anxious thoughts from getting in your head. Check out our Work Day Calm tip on page 10 in this issue, for deeper instruction. Try it before your next presentation. Let me know how it goes. ■

Be well!
Kellye

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Mr. Bigshot rolled up in a roaring high-performance Italian sports car, dropping attitude like his \$14,000 watch made it okay for him to be rude. That's when I decided to roll up my sleeves and teach him a lesson.

"Nice watch," I said, pointing to his and holding up mine. He nodded like we belonged to the same club. We did, but he literally paid 100 times more for his membership. Bigshot bragged about his five-figure purchase, a luxury heavyweight from the titan of high-priced timepieces. I told him that mine was the *Stauer Corso*, a 27-jewel automatic classic now available for only \$179. And just like that, the man was at a loss for words.

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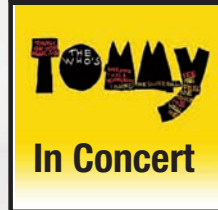
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