

GNAZZO GROUP

Winter 2023/2024

# lifestylas

SOUTH FLORIDA

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/ contents



ON THE COVER  
Gwyneth Paltrow and Sarah  
Wetenhall in the new goop villa  
at the Colony Hotel.



12

## IN THE NOW

### The Brew

*Our picks of unmissable South Florida events. 11*

### Objects of Affection

*A treasure trove of timeless design. 12*

### Skin Tale

*Alexis Rose and LILFOX. 14*

### The Weaver

*On the value of storytelling and gorgeous accessories. 15*

### Yes, Chef!

*Brad Kilgore's Miami itinerary. 16*

### The Sweet Fairy

*Bunnie Cakes. 17*

### Bead Of Her Own Drum

*How one local designer keeps pushing the boundaries of creativity. 18*

### Shear Talent

*Myles Shea's Miami Music Week. 19*

### Bringing The Heat

*Amaris Jones knows a thing about spice. 20*

### American Swagger

*Todd Snyder opens in Bal Harbour. 21*

### The Gables Rider

*Oscar J. Arellano, Jr. 22*

### Bash-Ful

*A look back at our ten issues. 24*

## NOTEWORTHY

### British Revival

*MOKE International returns stateside. 45*

### Fashion Canvas

*Louis Vuitton's Artycapucines collection. 46*

### Shutter Stories

*Avedon 100. 50*

### Time & Place

*Alexandre Arrechea's work reaches the West. 52*

### Well Heeled

*How Sarah Jessica Parker built a shoe empire. 54*

### Style Ethics

*Nilufer Bracco pajama party. 58*

### Women Who Watch

*Female collectors on their love for watches. 60*

### Labor Of Love

*New wellness center opens in Miami. 62*

### In Search Of Serenity

*Portugal steps up its wellness game. 64*

### Island Gem

*Dunagan Diverio deliver a masterpiece. 66*

### Top Of The World

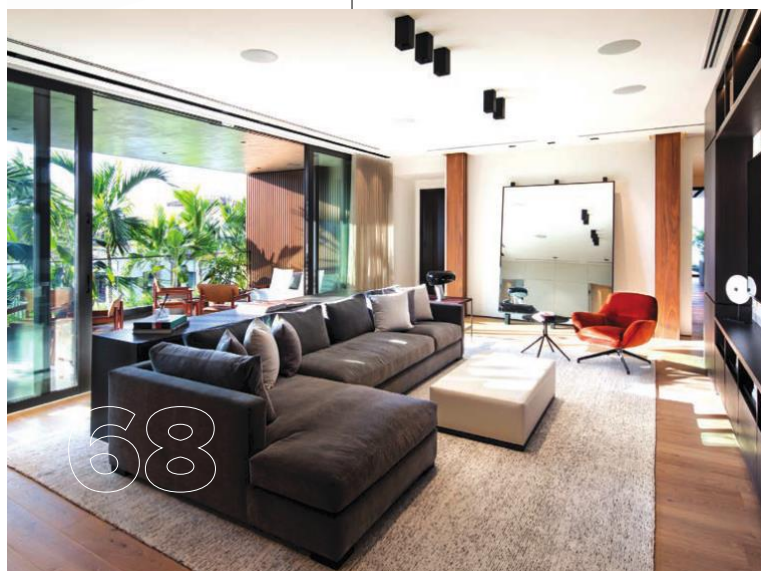
*Les Fermes de Marie. 71*

### Android Affect

*AI and real estate. 74*

SOUTH FLORIDA  
PROPERTY COLLECTION 76

MAKER'S MINUTE 88



68



/ noteworthy

SELF

## labor of love

The new women's pregnancy wellness mecca in Edgewater exudes elevated calm while offering holistic pre and postnatal services, classes, and resources for expectant mothers.

BY LIANA LOZADA

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**I**t may take a village to raise a child. But what about their mothers? Moms will tell you it takes a village to uplift them, too.

That's where One Tribe—a new integrative pre and postnatal wellness and educational center in Edgewater—hopes to step in.

"We are in service to the mother," explains One Tribe CEO and Founder Emilie Veloso. "If the mother isn't doing well, nothing functions—not at work, in the family, or the partnership."

One Tribe's mother-centric mission means hosting dozens of virtual and in-person courses, services, and resources to support women on their journey from pregnancy to parenthood. Think acupuncture, psychotherapy, lactation, massages, pre-natal yoga, pelvic floor therapy and rehabilitation, new parent school, sleep training, nutrition, and more—all housed under one holistic roof.

One Tribe's six-thousand square foot space features soft, welcoming cream and neutral walls hugged by rounded archways. The entrance lobby also has a retail shop curated by its in-house specialists with products like Ever Eden Golden Belly Serum, Kegel Exercise Weights, and Coconut Butter Mousse. There are four classrooms, a dividable movement room, and seven multifunctional rooms for spa treatments and one-on-one appointments—the latter can be reached through a private entrance.

Veloso's framework pulls from centers like New York City's Ula and progressive maternity practices across the globe—particularly in France. "In France, every woman goes through twelve months of pelvic floor physical therapy...and we don't even talk about pelvic health unless it is so bad that you need it."

Veloso also reflected on her pregnancy complications when organizing One Tribe's services and searching for a central location.

"I suffered from hip and pelvic issues when I was pregnant with my first child. I had trouble walking the entire 3rd trimester—nine weeks. I suffered through it, thinking it would be fine. I then spent a year postpartum fixing all the issues with a PT and chiropractor," Veloso explains. "I also went to lactation support classes, a Mommy and Me class, yoga, etc. I was frustrated by how much work it took to find the resources, book them, and eventually drive in all directions to get to each place. I wished they were in one place—a one-stop-shop."

Services aside, Veloso also hopes One Tribe becomes a communal beacon for expectant mothers.

"Pregnancy and motherhood can be so isolating," notes Veloso. "To have somewhere to go once a week with those in a similar experience can be life-altering. Even when we might be fortunate to have great partners, beautiful homes, and a grandparent present, we might sometimes wonder, 'Why do I feel so alone?' It's because we are meant to do this tribe. In our entire human history, motherhood was done alongside other people."

Mental healthcare is a core principle within One Tribe's halls, and Veloso has tapped a clinical advising team with lauded psychotherapists and specialists. Mental health professionals also trained the One Tribe staff to ensure a conscious client experience.

No doubt, visiting One Tribe is a privileged experience. Veloso aims to find opportunities to reach Miami's underserved communities to deliver similar services to those who desperately need them. One Tribe will begin that initiative by hosting events to support ICU Baby, a local nonprofit supporting families through ICU's unexpected emotional and financial strains. A labor of love, indeed. | [theonetribe.com](http://theonetribe.com)

SHUTTERSTOCK, COURTESY OF ONE TRIBE (2)

