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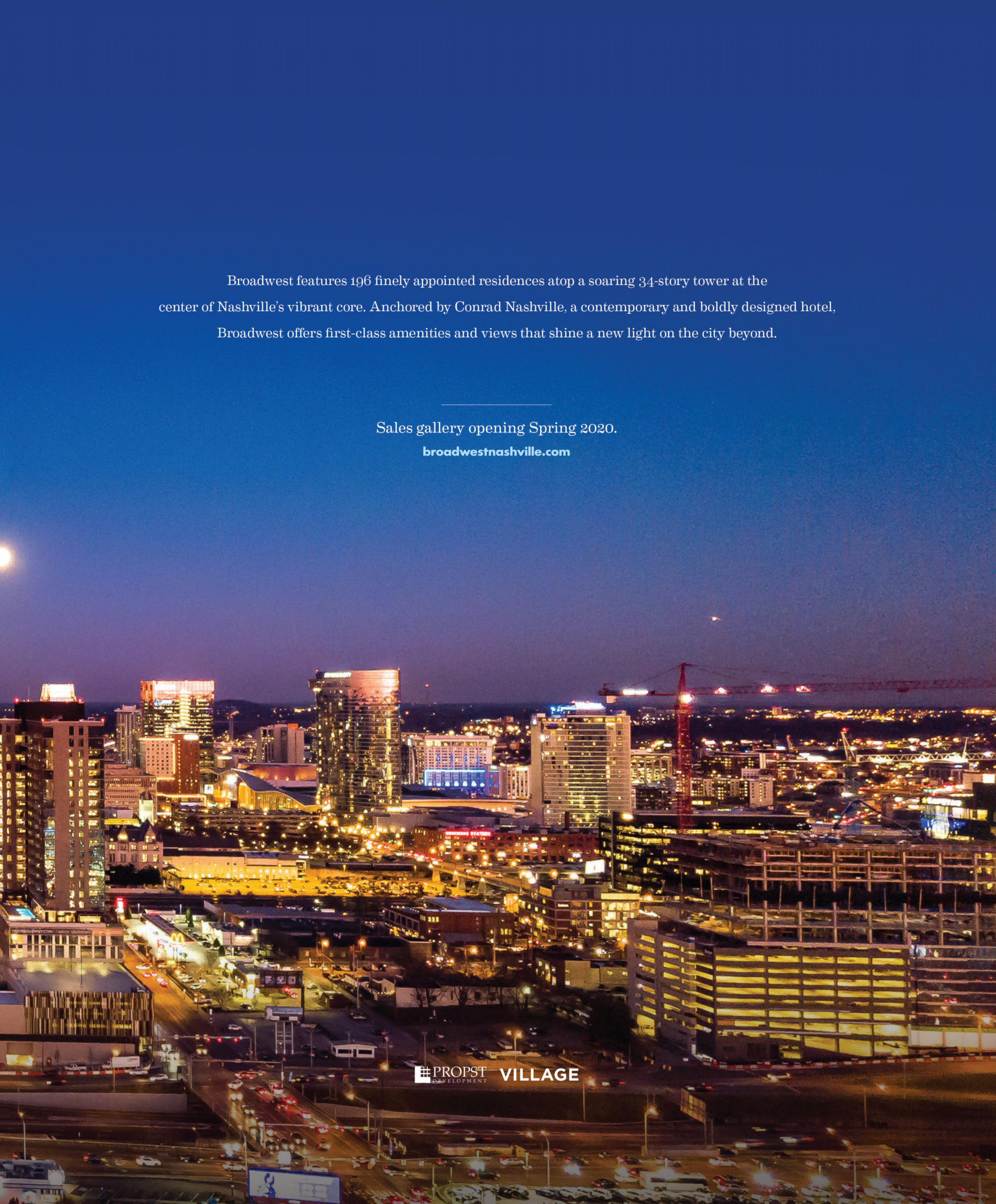
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Broadwest features 196 finely appointed residences atop a soaring 34-story tower at the center of Nashville's vibrant core. Anchored by Conrad Nashville, a contemporary and boldly designed hotel, Broadwest offers first-class amenities and views that shine a new light on the city beyond.

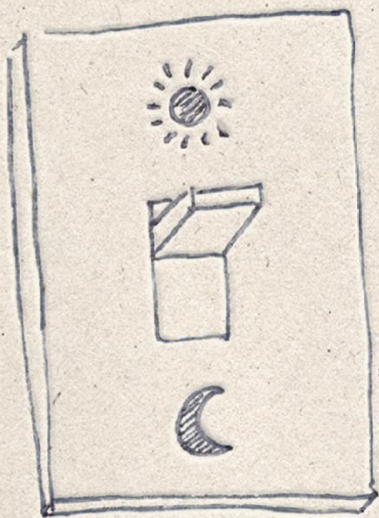
Sales gallery opening Spring 2020.

broadwestnashville.com

A nighttime aerial photograph of the Nashville skyline. The city is illuminated with warm yellow and orange lights from buildings and streets. A prominent red construction crane is visible on the right side of the image. The sky is a deep blue.
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CONCERTS & CAVES

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Catch a lively concert with Crabgrass Conspiracy opening up for headliners Colin Ray and Jeff Parker at 7 pm on April 3, 2020, at the Cave City Convention Center. If you can't make it that day, plan your visit around a variety of other shows scheduled throughout the year. While you're in Cave City, be sure to stay a few extra days to explore a town filled with fun retro roadside attractions to discover, fascinating caves to explore, and an eclectic mix of restaurants, shops and accommodations to delight all of your senses. Plus, Cave City is a great – and convenient – home base for exploring everything there is to see and do at nearby Mammoth Cave, the longest known cave system in the world! Venture below ground to take a fascinating tour, or stay above ground to float, paddle and zip to your heart's content. Once the day's adventures are done, browse local shops and enjoy a great meal before resting up for another day of play.

cavecity.com



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Explore the flavors of Kentucky along the Wine & Whiskey Trail highlighting four award-winning wineries (Forest Edge, MillaNova, Wight-Meyer, Brooks Hill) and two iconic bourbon brands (Jim Beam and Four Roses). Connoisseurs who complete the trail are awarded a uniquely designed souvenir glass!

travelbullitt.org

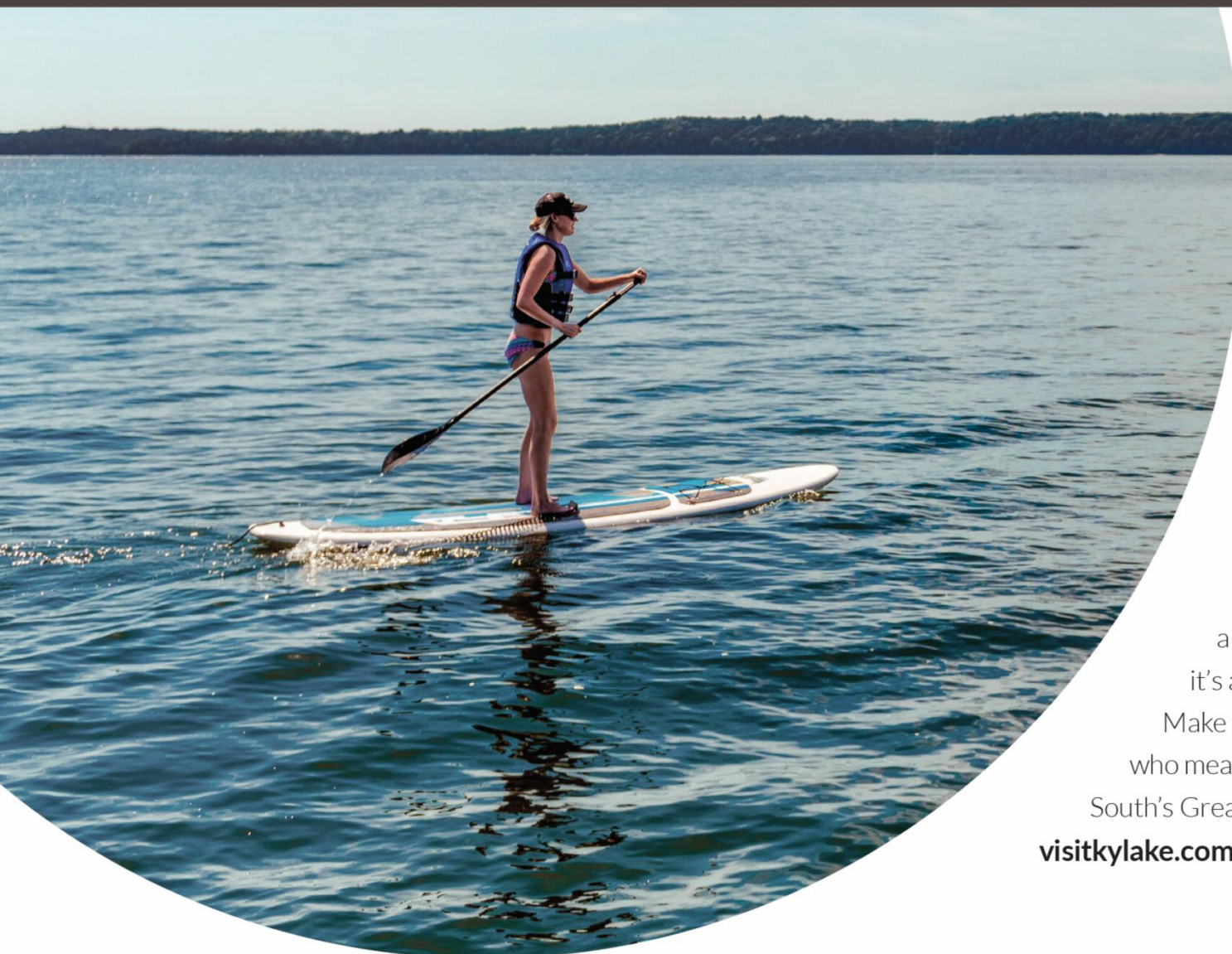


LAKE CUMBERLAND FUN

In Somerset & Pulaski County

As the "Houseboat Capital of the World," Lake Cumberland is the place to go all in. Dive into water sports like surfing and wakeboarding, or just kick back and relax in your boat or cabin. Take a hike through spring flowers, then enjoy local brews and bottles during a wine tasting or craft brewery visit.

lctourism.com



RECONNECT & RELAX

Feel the Magic of Kentucky Lake

Have you felt a little disconnected lately from those you normally hold close? Skip the crowded beaches and congested cities this summer to reconnect with the ones you love during a more intimate and enjoyable getaway at Kentucky Lake. You'll enjoy endless sunny days, beautiful starry nights and plenty of fun – and adventure – on and off the water.

While you're here, explore nearby Land Between the Lakes with boating, hiking, wildlife, ATV trails and more. With two great destinations so close, it's almost like getting two vacations rolled into one!

Make the most of your summer vacation with those who mean the most to you. It's time to escape to the South's Great Lake in Marshall County, Kentucky.

visitkylake.com

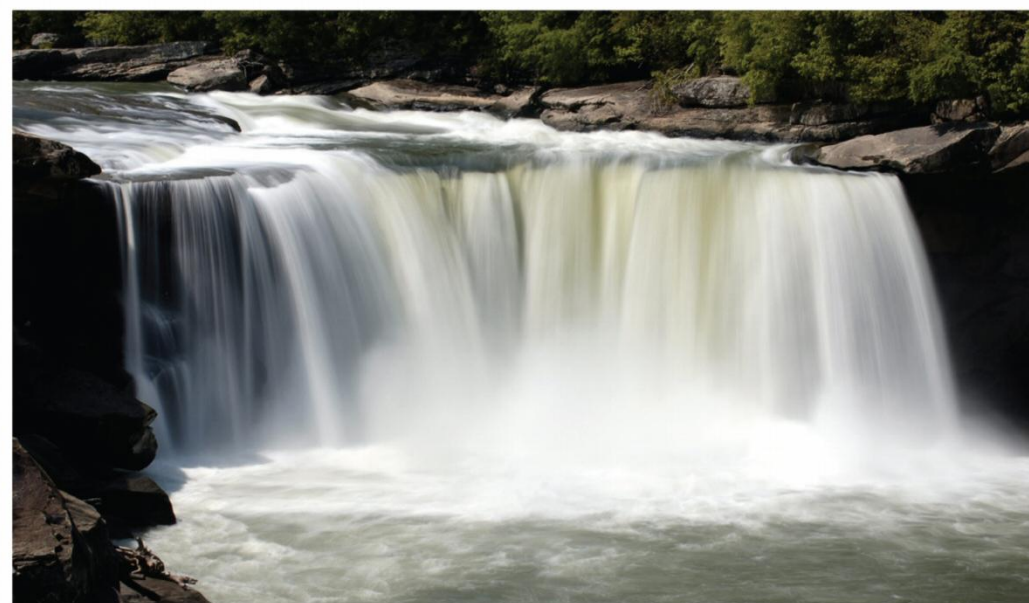


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Conveniently located between Cincinnati and Lexington, Grant County is home to epic attractions like the life-size Ark Encounter and equally grand outdoor adventures at parks, lakes, trails and more. After a day of play, tour historic sites, browse specialty shops, visit a local winery or catch signature events happening all year long!

visitgrantky.com



OUTDOOR ADVENTURE & BEAUTY

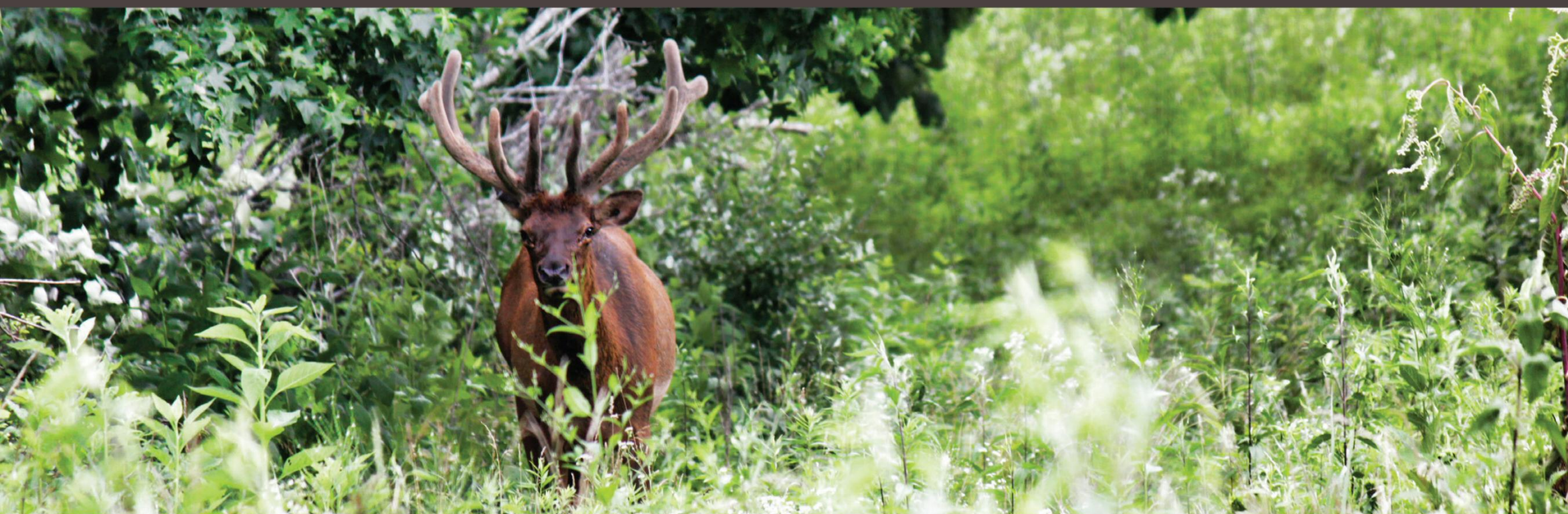
In Daniel Boone Country

The drama of nature's untamed splendor offers plenty of excitement in Daniel Boone Country, where adventure meets relaxation in Kentucky's grand outdoors! Soak up magnificent views and then hike, bike, climb, fish, explore through woods, waters, rocks and trails in the Red River Gorge, Daniel Boone National Forest, Laurel Lake, Black Mountain Off-Road Adventure Area or can't-miss Cumberland Falls.

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ON THE PRAIRIE, OFF THE ROAD

Cadiz and Trigg County Rev up the Fun

Be a National Geographic photographer for the day – or at least pretend like you are – when you watch and snap elk and bison roaming the prairie at Land Between the Lakes National Recreation Area in Cadiz and Trigg County. Afterward, you can really get your adrenaline pumping by racing wildly around Turkey Bay Off-Highway Vehicle Area, providing a

safe place to cut loose behind the wheel. Or maybe you're looking for a great place to take the children or a great spot to host your next family reunion? Look no further than Prizer Point Marina and Resort, combining plenty of amenities with kid-friendly fun.

gocadiz.com

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Throughout the year, Ashland offers a pleasing blend of history, culture, natural beauty, outdoor recreation and signature festivals guaranteed to provide you with true Southern Hospitality. Enjoy outstanding performances, diverse cultural experiences and arts programs at the Paramount Arts Center, a historic theater that has been a landmark for entertaining guests since 1931. Stroll through 52 acres at Central Park, an oasis right in the heart of Ashland, then explore this riverfront city's hiking and biking trails, year-round signature events, restaurants, shops and more. While you're here, come see three new giant sculptures along the riverfront that are among the largest in the country located in one place!

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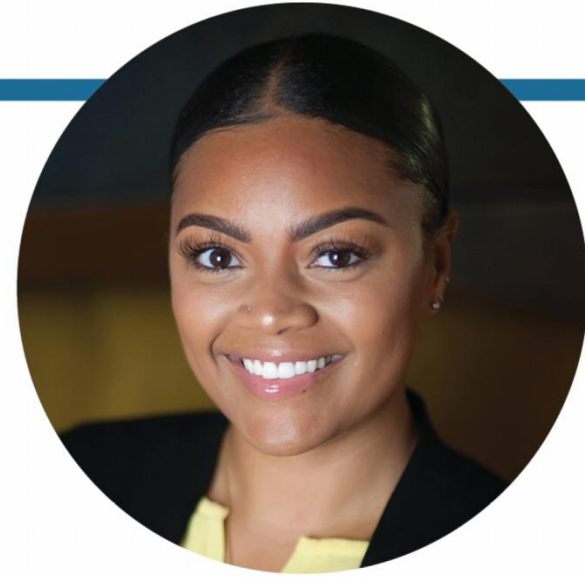


Understanding Runs Deep

Congratulations to the 2020 Class of Nashville's Top 30 Under 30!

This elite award recognizes 30 of Nashville's top professionals, philanthropists, & civic leaders under 30. By committing to a 16-week recognition program and philanthropic competition they will add tomorrows for children and young adults living with cystic fibrosis.

Each class of honorees is nominated by colleagues, family and friends for their local, charitable and professional work, competitively raise funds for the Cystic Fibrosis Foundation and are individually recognized and awarded for their efforts at a celebration gala - this year's event took place on Saturday, February 1, 2020 at the Sheraton Grand Downtown Nashville Hotel.



**TOP HONOREE
1ST PLACE**

Tiara Coleman
Enterprise
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**TOP TIER
2ND PLACE**

Jeanette Opheim
Fishbowl Spirits, LLC
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**TOP TIER
3RD PLACE**

William Upchurch
Schneider Electric
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**TOP TIER
4TH PLACE**

Will Loeffel
Franklin American Mortgage
\$15,000



Ann Murphy, Ann Ralls Brown, Ben Bartholomew, Cole Parrish, Courtney Vick, Daniel Goodman, Danielle Johns, Elam Freeman, Ellie Estes, Hannah Kay Freeman, Jeanette Opheim, Jordan Thomas, Kelsie Lancaster, Mallory Acheson, Patrick Thomas, Racquel Martin, Rob Eakin, Roger Waynick Jr., Sam Deaton, Sarah Neese, Sarah Mathews, Tabitha Robinson, Tiara Coleman, Tyler Cauble, Will Loeffel, Will Hatfield, William Upchurch

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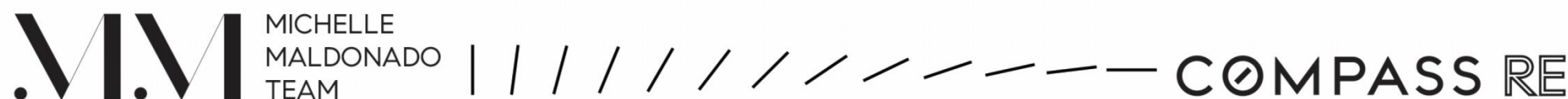
Available now.



A modern, open-plan living and dining area with a high ceiling. The living room features a large, multi-paned window looking out onto a lush green landscape. In the foreground, there are two white armchairs with dark wood frames. Behind them is a low, dark wood coffee table. To the left, a bright orange leather sofa sits on a light-colored wooden floor. To the right, a grey sofa is positioned against the wall. A long, tufted ottoman is placed in front of the grey sofa. A fireplace with a white, textured surround and a dark wood mantel is on the right wall. A flat-screen TV is mounted on the wall above the fireplace. Two tall, thin floor lamps with white shades are placed on either side of the grey sofa. In the background, a dining area with a dark wood table and chairs is visible. The ceiling has a large, dark wood beam running across it.

A modern kitchen with white cabinetry, a large white island with a dark base, and a dining area with a wooden table and chairs. The kitchen features a white countertop, a stainless steel sink, and a gas cooktop. The island has a white countertop and a dark base. The dining area has a wooden table and chairs. Large windows provide a view of the outdoors.

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J.M.W. TURNER

QUEST FOR THE SUBLIME

THROUGH MAY 31

Landscape paintings by Joseph Mallord William Turner (1775–1851), widely regarded as Britain's greatest painter, are now on view at the Frist. Come witness the power of Turner's palpable atmospheres, stormy seascapes, transcendent effects of light, and epic scenes of history.

Frist Art Museum

Downtown Nashville
919 Broadway, Nashville, TN 37203
FristArtMuseum.org

J.M.W. Turner: Quest for the Sublime was organized in cooperation with Tate.
This exhibition is supported by an indemnity from the Federal Council on the Arts and the Humanities.

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J.M.W. Turner (1775–1851). *The Blue Rigi, Sunrise*, 1842. Watercolor on paper, 11 3/4 x 17 3/4 in. Tate: Purchased with assistance from the National Heritage Memorial Fund, the Art Fund (with a contribution from the Wolfson Foundation and including generous support from David and Susan Gradel, and from other members of the public through the Save the Blue Rigi appeal), Tate Members and other donors 2007. Photo © Tate, 2019

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The podcast



TALKING WITH LANDYN

Landyn Hutchinson of *Living With Landyn* shares “all the things” about her her life as a blogger, influencer, and store owner.



RENAISSANCE WOMAN

Julie Stadler, a *Nashville Lifestyles* Women in Business alum, on her family legacy at Vanderbilt Children’s Hospital, the beloved Nashville Christmas Parade, and life as a ballroom dancer and head of the Dance Network.Parade and her life running the Dance Network.



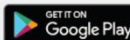
HOT TOPICS

The *Nashville Lifestyles* team gets real about resolutions and the people, places, and food we’re loving right now.

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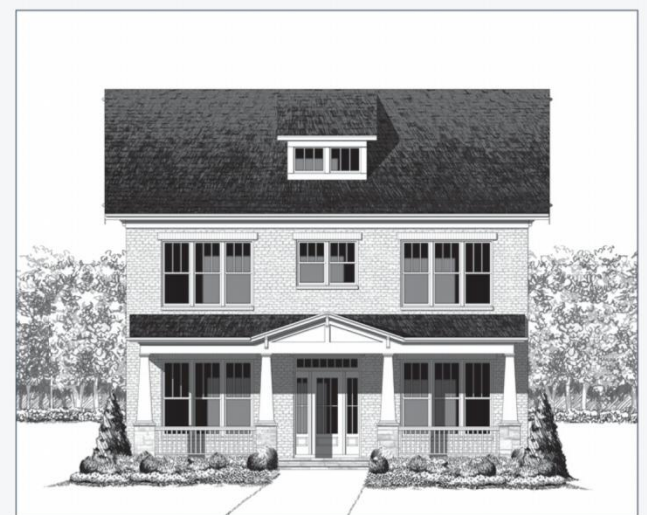
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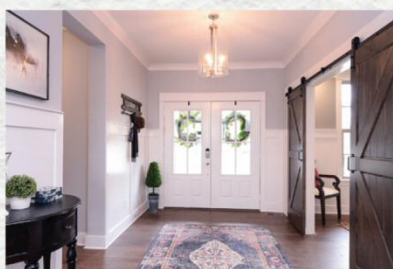


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{MARCH 2020}

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CLOUD 9

The Enneagram personality test is Nashville's new obsession.

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MAKING FACES

Celebrity hair and makeup artist Tarryn Feldman on Nashville Glam.

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OUR ULTIMATE BEAUTY GUIDE

Salons, spas, and more to get you looking and feeling your best.

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BACK TO THE BEACH

Plan an early spring break to one of these sandy spots.

COVER

Photographed by Romariolen/Getty

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What to wear and where to be for the 2020 Nashville Fashion Week. Hola Yoga opens in East Nashville. Jaclyn Kole is giving new life to found furnishings.

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Making perfect pasta with Nicoletto's Kitchen. Tailor Nashville's playful Spring Salad. A classic French Bistro is changing the culinary landscape of East Nashville.

103

Social

Jon Pardi headlined our annual Music in the City event. Stars for Wishes raised big bucks for Make-A-Wish. The Antiques & Garden Show celebrated 30 years. Nashville Fashion Week kicked off with a bang.





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The days move a bit slower here, perfectly timed with the laid-back lifestyle found along the coast. It's this simplicity - a day spent creating memories at the beach - that draws generations of families back to South Walton.





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I believe looking good and feeling good are closely related.

That is what this issue is all about! Does anyone remember two months ago when Jennifer Lopez performed at the Super Bowl? She's 50, just to put that in perspective. It is important as we age to take care of ourselves, to exercise, to hydrate. I mean, I'd like to be able to bend down and tie my shoes at 50, much less get out of a chair without grunting, much less swing around a pole at the Super Bowl.

Plus, there's more! Our interview with Brandy Clark, who I personally think is one of the best artists out there. And, who doesn't remember Vanessa "A Thousand Miles" Carlton? She's back with new music—and she's a Nashville resident!

Last but most importantly, it is beach time. I want to go on Spring Break tomorrow. I need a tan, some sand, and a drink with an umbrella in it. We've got a guide to beach getaways that has me more inspired than ever to book tropical trip.

Whether you take this issue to the beach with you, or use it to get beach-ready, we've got you covered.


BRIAN BARRY

THIS ISSUE BY
THE NUMBERS

9

Personality types in
the Enneagram test.

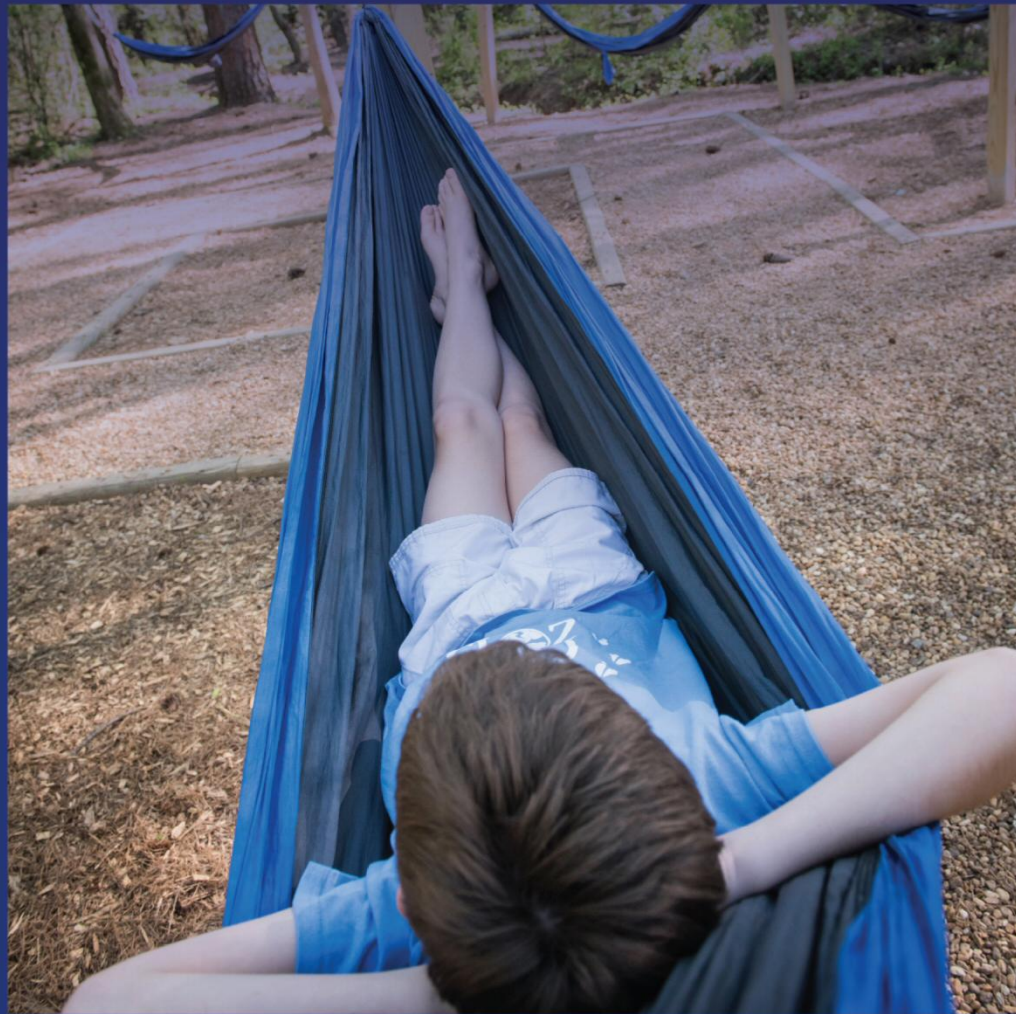
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March in Nashville is a confusing time.

We get that first glimmer of sun and we're ready to pack up our sweaters and get outside. Then, inevitably, we get hit with a blast of Arctic air and, sometimes, even a decent snowfall. It's a rollercoaster of emotions. And of layering.

But even though March's weather isn't always pretty, we've filled these pages with all things beauty. If you're looking to get glam, check out "Our Ultimate Beauty Guide," which lists blow dry bars, nail salons, and more for the gal (or guy) in need of a quick touch up.

If you're into fashion, check out this month "Editor's Picks," where I break down all of the Nashville Fashion Week events—and of course, what to wear to each.

Meet Tarryn Feldman, makeup artist to the stars, in "Making Faces." (Seriously, her Instagram is a who's who of Nashville and beyond.) I had the best time chatting all things makeup and Music City with her over coffee at Dose. I love a fellow East Nashville gal!

Speaking of East Nashville, Hola Yoga opened on booming Trinity Lane and has quickly become my new favorite Saturday hang. Owner Khrystyne Baltodano has created the most beautiful little yoga studio where she's curated a curriculum that pays homage to yoga's rich traditions.

If a few classes at Hola don't get you feeling completely zen, check out one of the three beaches we've profiled in "Back to the Beach." From North Carolina to Florida, these beaches guarantee sunny days and plenty of ways to find your center. Or at least to keep you busy enough to forget what's got you stressed out.

And if you need something to wind down to, may I humbly suggest downloading our new project, *Nashville Lifestyles* The Podcast? We've had some amazing guests so far, and this month we have even more incredible locals lined up to share their stories. Plus we've got all the restaurants, shops, and events you have to check out.

March comes in like a lion and goes out like a lamb, right? Well, this issue will have you ready to roar all spring long.

ALISON ABBEY HUDAK

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Volume 22 | Issue 3
Nashville Lifestyles
1801 West End Ave.
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LETTERS

We welcome your letters and comments. Send letters to *Nashville Lifestyles*, 1801 West End Ave., Nashville, TN 37203, Attn: Editor, or email wehearyou@nashvillelifestyles.com. The names and email addresses of our staff members and their individual departments are found on our website's "Contact Us" page.

WRITING OPPORTUNITIES

We are always willing to consider freelance writers and article ideas. Please send queries and/or suggestions to Alison Abbey, Editor, at alison@nashvillelifestyles.com.

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SPOTLIGHT

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CHRIS PHELPS

Drama Queen Singer/songwriter Brandy Clark pulls from personal experience to create relatable lyrics on her new album, *Your Life Is a Record*. >>>

March

GOODBYE, WINTER! HELLO SPRING EVENTS!



THE BLOODY MARY FESTIVAL

14 Sample the best Bloodys Music City has to offer. Bloody Mary lovers rejoice! The largest event of its kind, The Bloody Mary Festival is coming to Track One on March 14. The festival brings together the most innovative Bloody Mary mixes, curated by its team of Bloody Mary aficionados, and made by your favorite Nashville bars and restaurants. A wide range of Bloody Mary recipes and mixes will be featured from: Whiskey Kitchen, Saint Anejo, Loveless Café, Tavern, Bad Daddy's Burger Bar, Blue Note Bourbon, TC Craft Tequila, Walker Feed Company, Demitri's Gourmet Mixes, Seaside Grown, and more. Guests will have the opportunity to taste all of the delicious drinks before voting on their favorite to receive the "People's Choice Award." A panel of judges will also select the winner of "Best Bloody Mary in Nashville." In addition to the array of Bloody Marys, guests can look forward to a variety of local companies offering food and beverage samples. The festival will benefit Fannie Battle, a local nonprofit that focuses on teaching children, empowering families, and strengthening the community—making this yummy event a treat you can feel good about. (thebloodymaryfest.com/Nashville-3-14-20)

—Nicole Brown

1 COCHON555 TOUR
Loews Vanderbilt Hotel.
5 p.m. cochon555.com

2 PREDATORS
VS OILERS
Bridgestone Arena. 7 p.m.
bridgestonearena.com

2 BIG STAGE MONDAYS
AT 3RD & LINDSLEY
3rd & Lindsley. 2:30 p.m.
3rdandlindsley.com

4 POST MALONE
Bridgestone
Arena. 7:30 p.m.
bridgestonearena.com

5 PORT, SHERRY,
VERMOUTH, AND
MADEIRA: FORTIFIED
WINES CLASS City
Winery Nashville. 6:30 p.m.
citywinery.com

6-7 DAN + SHAY
Bridgestone
Arena. 7 p.m.
bridgestonearena.com



6 2ND ANNUAL
BE BOLD
Nashville Entrepreneur
Center. 12 p.m.
pathwaywbc.org

6 LIVE AT E3
CHOPHOUSE
E3 Chophouse. 7 p.m.
e3ranch.com

7 PLAY LIKE A GIRL
STEM+ SUMMIT
Middle Tennessee
State University. 8 a.m.
ipplaylikeagirl.org

7 FIRSTBANK FIRST
SATURDAY ART
CRAWL DOWNTOWN
5th Avenue of the Arts.
6 p.m. nashvilledowntown.com

7 VANDERBILT VS
SOUTH CAROLINA
Vanderbilt's Memorial
Gym. 11:30 a.m.
vucommodores.com

8 FISK JUBILEE SINGERS
4TH ANNUAL SPRING
SING The Ryman. 7:30 p.m.
ryman.com

11 SCOTTY MCCREERY
The Ryman. 7:30 p.m.
ryman.com

12 THE ART OF
INTERNATIONAL
WHISKEY
TPAC's War Memorial
Auditorium. 6 p.m.
tpac.org

13-15 NASHVILLE
HOME +
REMODELING EXPO
Music City Center. 10 a.m.
nashvillehomeandremodelingexpo.com

13 MUSIC CITY IRISH
FEST PRESENTS
A BENEFIT FOR
MUSICARES
TPAC's War Memorial
Auditorium. 7:30 p.m.
tpac.org

13-June 28

MEL ZIEGLER:
FLAG EXCHANGE
Frist Art Museum.
fristartmuseum.org

13-June 28

JITISH KALLAT:
RETURN TO SENDER
Frist Art Museum.
fristartmuseum.org

17 PREDS & THREADS
Bridgestone Arena.
6:15p.m. bridgestonearena.com

17 ST. PATRICK'S
DAY: HANDS-ON
COOKING CLASS Green
Door Gourmet. 6 p.m.
greendoorgourmet.com

18-22 BOOK LOVERS
CON Gaylord
Opryland Resort and
Convention Center. 5 p.m.
bookloverscon.com

20-21
TEDXNASHVILLE:
PERCEPTION
TPAC's Andrew Jackson
Hall. 6 p.m. and 1 p.m.
tpac.org

24 BOARD WALK
OF FAME Music
City Center. 11:30 a.m.
nashvillemusiccitycenter.com

24 2020 ATHENA
AWARDS AND
SCHOLARSHIP PROGRAM
Country Music Hall of
Fame and Museum. 6 p.m.
nashvillecable.org



Nashville Fashion Week

24 THE PRICE IS RIGHT
LIVE! TPAC. 7:30 p.m.
tpac.org

26-April 5
NASHVILLE REPERTORY
THEATRE PRESENTS
MARY POPPINS
TPAC's James K Polk
Theater. tpac.org

26-29 SOUTHERN
WOMEN'S
SHOW Nashville
Music City Center.
southernshows.com/wna

26-28 DISCO FEVER
WITH THE
NASHVILLE SYMPHONY
Schermerhorn Symphony.
nashvillesymphony.org

27 BILLIE EILISH
Bridgestone
Arena. 7:30 p.m.
bridgestonearena.com

27-29 THE COLOR
PURPLE
TPAC's Andrew Jackson
Hall. tpac.org

28-29 DAFFODIL
SHOW

Cheekwood. 9 a.m.
cheekwood.org

28 CAFFEINE AND
CHROME
Gateway Classic Cars.
9 a.m. gatewayclassiccars.com

29 NASHVILLE BALLET
PRESENTS FAMILY
DAY AT THE BALLET
Nashville Ballet Studio A.
12 p.m. nashvilleballet.com

29 WHITE WINES OF
THE SOUTHERN
HEMISPHERE TASTING
City Winery Nashville.
3 p.m. citywinery.com

31-April 4
NASHVILLE FASHION
WEEK 2020 OZ Arts
Nashville. 6:30 p.m.
nashvillefashionweek.com

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What better way to kick off St. Patrick's Day weekend than a run through Music City with family and friends? Join the fun March 14 at 8 a.m., at Nissan Stadium, for the Mars Petcare St. Patrick's Music City Half Marathon, 10k, 5k, and Lucky Dog 1 Mile Wag 'n' Walk. The marathon proudly benefits PEDIGREE Foundation, with a portion of each entry supporting the nonprofit. In addition, all net proceeds from the Lucky Dog 1 Mile Wag 'n' Walk will support the organization. The PEDIGREE Foundation is dedicated to helping dogs in need find loving homes by supporting shelters and rescue organizations throughout the country with grants. So, start your weekend of St. Patrick's Day festivities off right by lacing up your running shoes for a great cause. (stpatricksnashville.com) — Nicole Brown



LOVE SONGS

Vanessa Carlton

Country music might be Music City's calling card, but true locals know Nashville is home to artists of *all* genres. That's why it isn't surprising that "A Thousand Miles" singer Vanessa Carlton has quietly found her place within the city's bustling creative community—one that's organically woven into the fabric of her sixth studio album, *Love Is an Art*, releasing this spring. Carlton co-wrote a majority of the album with singer/songwriter Tristen, her next-door neighbor. It's a convenience the three-time Grammy nominee calls "quintessential Nashville." The album's avant-garde sonic palette—courtesy of producer Dave Fridmann (Interpol, The Flaming Lips)—contrasts sharply with Carlton and Tristen's clear, contemplative lyrics. Carlton will take her new songs on the road in May and June on her "Love Is an Art Tour," where a dollar from every ticket benefits Nashville Ballet.

—Lindsay Williams



Age: 39

On Nashville: Carlton's husband, Deer Tick frontman John McCauley, first introduced her to Nashville. "I just fell in love with the town. Every time we went out, I was like, 'There's like 90 musicians in here.' It was such an incredible, organic community of artists, which was hard at the time for me to find in New York, just because as the prices were rising, a lot of the artists were moving out of Manhattan. John and I got a little bungalow in East Nashville, and we've been here ever since. We now have a studio in our backyard. Just things that you can't have in New York City."

The Art of Love: Relationships—including the one with her 5-year-old daughter, Sidney—became the inspiration for *Love Is an Art*. "I think so much of the record is about connection. So much of this is how human beings connect and love, and I think there is such complexity to that and such simplicity at the same time. I think that it's an art. So much of this came to fruition for me when I had my daughter and how I connect with her and how much I needed to heal within myself for me to be able to show up for her."



A New Stage: Carlton made her Broadway debut last summer as Carole King in *Beautiful: The Carole King Musical*. With eight shows a week, she says it was the most grueling challenge of her career to date. “I am a changed person from that experience. First of all, the work ethic of a Broadway performer reminds me of my early days as a ballet dancer. It’s *beyond*. I will never complain about touring ever again, because it’s now made everything I do seem so much easier. That production would not work missing one person. It doesn’t matter that I was the ‘lead’ of that show. That was teamwork. That’s what I learned about acting. Acting is so much an exchange of energy between people.”

Discussing Diversity: Coming from New York’s cultural melting pot, Nashville’s lack of diversity is not lost on Carlton; and through her art and philanthropic efforts, she hopes to help broaden the city’s demographics. “It’s important for us to talk about it. I think it’s really important, for my family at least and my daughter, to be in diverse environments that really reflect this country. Especially with so much wealth coming to town and pushing people out, it’s our responsibility to really take care of each other. People just need to be presented with how they can participate, how they can help. I think a lot of it is providing a handle for people to hold.”

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RECORD RELEASE

ONE TRACK AT A TIME

BRANDY CLARK PULLS POETRY FROM PERSONAL DRAMA WITH HER THIRD ALBUM *YOUR LIFE IS A RECORD*.

BY CHRIS PARTON

Through bold, borderline subversive co-writes like Kacey Musgraves' "Follow Your Arrow" and Miranda Lambert's "Mama's Broken Heart," Brandy Clark has earned a rep for infusing songs with sharp-tongued personality—even when the characters are fictional. But on her third country album, *Your Life Is a Record* (out March 6), the singer-songwriter is turning inward.

Following two critically adored albums and a trio of splashy Grammy nominations (but a disheartening lack of mainstream attention), the talented tunesmith decided to give her latest work a more personal touch. Lucky for her, life was providing plenty of source material.

"I did have fears about it because I'm really proud of my first two records, and I didn't know where to go after that," she says. "Being a music person, a lot of times I think of life through the eyes of music. Like, 'If my life were an album, what would the songs be?'"

It just so happens that Clark was dealing with the end of two important relationships at the time, so what emerged is a remarkably clear-eyed entry into the breakup genre. With a song cycle that traces the path of a mending heart, it's full of vulnerable admissions and soul-plumbing reflection as Clark works her way back to some semblance of normalcy, all wrapped in a sympathetic blanket of countrypolitan cool.

Turning away from the narrow path open to female artists at country radio, Clark instead challenged producer Jay Joyce to leave his usual tools on the shelf and started out with the idea of recording the whole thing acoustic. But at some point, the duo changed course, combining Joyce's rebellious rock quirks with lush orchestration from The Memphis Strings & Horns, a unique

new take on the classic 1960s "Nashville Sound" of icons like Patsy Cline.

"It is a breakup album, but in more than one way," the singer-songwriter explains. "With my last record I was disappointed it didn't get more support at country radio, because I worked really hard to get that done. I went through a personal breakup of a long relationship, and also a breakup with the idea of where I thought I fit as an artist. But in the end that was all OK, because it took the box I had put myself in away."

The set begins with Clark exploring where

you as a souvenir."

Later on, the stunning single "Who You Thought I Was" finds Clark in a healthier place, turning aspirational as her heart begins to heal. The title was inspired by a self-deprecating quote made by folk legend John Prine at the Americana Music Awards, leading to the soaring hook, "*I wanna be at least almost close to worth your love.*"

"It comes naturally to me—I am somebody who can look at my own stuff and see my part in things, even my mistakes," she says of the track.

"It doesn't even necessarily have to be about a lover; it could be a parent, anybody you've let down. When you're not who they thought you were, it's tough."

As in real life, the mood continues to brighten as time goes on, with big-name guests like Randy Newman and John Osborne helping Clark pull the poetry from day-to-day frustration on "Bigger Boat" and "Bad Car," respectively. And before long, full-blown optimism rears its head with "Who Broke Whose Heart" angling for reconciliation, and "The Past Is the Past" burying the proverbial hatchet for good.

"The truth is I wouldn't change anything now," she says, seeming honestly grateful.

The reaction from radio and the rest of the mainstream remains to be seen, but Clark says she's less concerned with that now. *Your Life Is a Record* finds her pencil sharp and her observational gaze even sharper and if it helps someone through a similar rough patch, that finally feels like enough.

"Somebody said if you've got a heart this record will break it, and if you've got a broken heart, it'll bring it back together," she goes on. "And I hope that's true."



she'll fit into the album of her ex's life, wallowing in regret on "I'll Be the Sad Song." "The thought of being somebody's sad song—that just hit me," she says of the Jessie Jo Dillon and Chase McGill cowrite.

But the emotional setting doesn't stay in woe-is-me mode long. Soon she's lashing out in good-riddance humor on "Long Walk," shooting a steely, side-eyed glance with a finger in the air for the track's chorus: "*So take a long walk, off a real short pier / Take a cinder block with*

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Character Reference

Strong protagonists make compelling literary companions in this month's roundup.

BY KATE PARRISH

Collected Stories by Lorrie Moore (Everyman's Library) One of Nashville's most revered writers returns with a collection featuring 40 of her short stories, all in one place for the first time. Moore, who teaches at Vanderbilt, is known for her ability to use dark humor to lighten the tragedies so many of her characters face. Her latest collection proves she is the master of the short story. (Available March 3.)

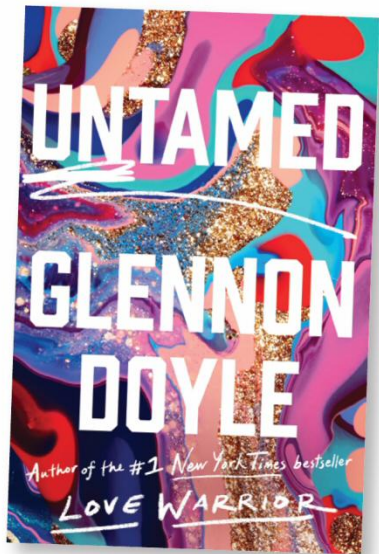
Untamed by Glennon Doyle (The Dial Press) In her latest memoir, the mommy blogger-turned-activist reveals how she quit trying to be good so she could be free instead. The bestselling author of *Carry On, Warrior* and *Love Warrior* shares how she found her own voice, learned to create a blended family after leaving her husband for retired pro soccer player Abby Wambach, and is teaching her children to live fully in this world. (Available March 10.)

Privilege by Mary Adkins (Harper) Annie arrives at Carter, "the Harvard of the South," on a music scholarship determined to fit in to her new environment. Bea, a biracial student from the northeast, still reels from her mother's death. And Stayja, a "townie," works at the campus coffee shop. Their lives intersect in this Nashville writer's latest novel when Annie accuses a popular senior of sexual assault and campus politics heat up. (Available March 10.)

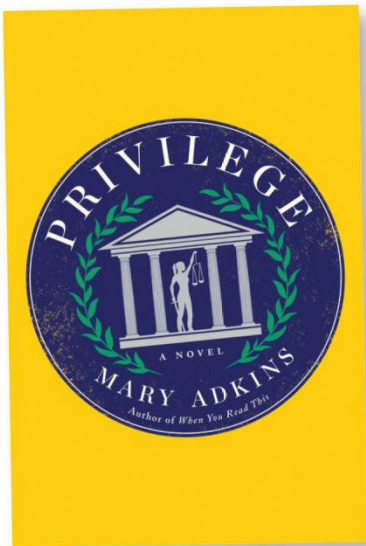
The Everlasting by Katy Simpson Smith (Harper) Set in Rome and spanning two thousand years, *The Everlasting* follows four characters as they reckon with their choices. Prisca is an early Christian child martyr during Marcus Aurelius' rule. Felix, a medieval monk, must watch the crypts day in and day out. Giulia is a Medici princess looking for a way out of her life, and present-day Tom is caught up in an illicit affair dissolving his marriage. Each must decide what it means to be good and what God will forgive. (Available March 24.)



Lorrie Moore



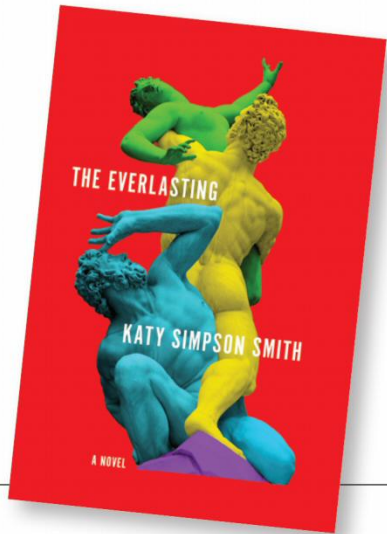
Glennon Doyle



Mary Adkins



Katy Simpson Smith



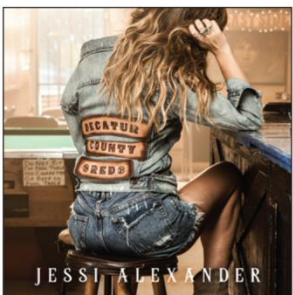
TUNES TO SPIN

Three albums to plug into this month. —Chris Parton

JESSI ALEXANDER

Decatur County Red

Powerful lyrics are often the raw ore needed to forge Platinum country hits like Lee Brice's "I Drive Your Truck," and Jessi Alexander has found the mother lode year after year. With *Decatur County Red* she steps out



of the mine and into her own spotlight for eight colorful standouts.

RON POPE

Bone Structure

Big-voiced DIY hero Ron Pope gets under the skin on *Bone Structure*, a roots-rocking epic written after welcoming his first child to the world. Seeking to clue her in on dad's unique point of view (should unforeseen tragedy strike), 14

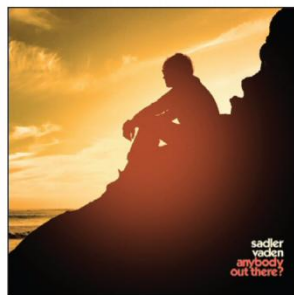


twisting tracks reveal a poet with renewed purpose.

SADLER VADEN

Is Anybody Out There?

Jason Isbell guitarist Sadler Vaden brings classic rock into the present tense with his second solo effort. Placing melodic six-string riffs on a pedestal and building from the sonic foundations of Petty, Clapton, Floyd and more, he



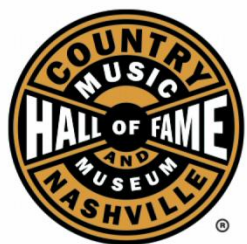
ponders the impact of our increasing tech addictions.

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DORI WALLER, EVENT PLANNER FOR THE SOCIAL OFFICE



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THE GOOD LIFE

EDITORS' PICKS | **RETAIL NEWS** | WELLNESS | ARTISAN SPOTLIGHT



Louis' New Look The expanded Louis Vuitton space at The Mall at Green Hills gets a Music City-ready makeover. >>>

SUPPLIED

WERK WEEK

NASHVILLE FASHION WEEK: WHAT TO WEAR AND WHERE TO BE

Nashville Fashion Week will kick off its tenth year at the end of the month. The annual celebration of all things fashion celebrates established and up-and-coming designers alike with runway shows, learning labs, and so much more. This year, almost all of the designers showcasing their work are from Middle Tennessee, which makes the tin anniversary even more special. And, as always, proceeds from NFW go to the Nashville Fashion Forward Fund, which is dedicated to supporting the next generation of fashion industry professionals with ties to Middle Tennessee by providing an annual financial award and resources for experiential professional development opportunities to advance the career of select local talent with demonstrated experience in a fashion-related field.

This is Nashville's most stylish week, and with a slew of fashionable events on the calendar it can be tricky to keep up. With help from NFW co-founder Marcia Masulla, we've compiled your ultimate guide to Nashville Fashion Week—where to be, when to be there, and what to wear. (nashvillefashionweek.com) —Alison Abbey Hudak



INFLUENCER MIXER

Bode Nashville

Date TBD, 5:30 to 7:30 p.m.

\$30 (includes a complimentary cocktail)

The fourth year for this interactive event will include some fun and fashionable hands-on experiences, including an influencer closet sale that's not to be missed. Dress in your most post-worthy happy hour lewk and expect some serious competition—many of these ladies post #OOTDs for a living!

MEN'S STYLE EVENT

Aertson Hotel

March 24, 5:30 to 7:30 p.m.

\$30 (includes a complimentary cocktail)

Let's hear it for the boys! This ultra-masculine event will include mingling and interactive activations like a men's style presentation, bourbon tastings, and hot shaves and beard trims from Scout's Barbershop. Gentlemen, rock your most dapper duds, and ladies, go glam or go full Annie Hall for a nod to the boys.

LEARNING LAB: "IN DIALOGUE: SUFFRAGE, STYLE, AND SOCIAL MOVEMENTS"

Tennessee State Museum

March 26, 5:30 to 7:30 p.m.

Sold Out

This inspirational event reminds us that fashion has historically been a powerful form of expression. Student designers will showcase their modern interpretation of objects in the museum's collection. Each artifact, chosen by a curator, represents a historical moment when a person or movement fought for social change. It's a reminder of the timeless and inspiring power of fashion. Go activist chic for this powerful event or dress the role of subdued spectator...but make it fashion.

FEAST ON FASHION—RABBIT HOLE SUPPER CLUB WITH PETER SOM

Henley

March 29, 6 to 9 p.m.

Reservations required

Join designer Peter Som and Henley Executive Chef Daniel Gorman and his team for an exquisite menu paired with a conversation on entertaining with style. Rock your best dinner with fabulous friends lewk. And remember, there's a designer in your midst. Bonus points for wearing his work.

FASHION TALKS: DIVERSITY + INCLUSION WITH FERN MALLIS The Mall at Green Hills

March 30, 5:30 to 7:30 p.m.

\$30

Fern Mallis, the creator of New York Fashion Week and all-around fashion legend, is making her sixth trip back to NFW and leading a conversation on the topic of diversity and inclusion in the fashion industry. Confirmed panelists include Nashville Fashion Week headlining designer, Tanya Taylor, and NFW's first-ever returning headlining designer, Timo Weiland, as well as celebrated fashion designer and creative director Peter Som. Joining the conversation to also bring a unique Nashville perspective is Barry Grider, the Chanel Ready-To-Wear Brand Ambassador at Nordstrom. While the focus of this event will be onstage, you'll still want to bring the style. A business chic look (think wide leg pants or a great white button-down) or casual but fashionable separates from any of the surrounding stores are a perfect way to see and be seen.

OPENING NIGHT RUNWAY SHOW

OZ Arts Nashville

March 31, Doors at 6:30 p.m., Show at 8 p.m.

General Admission starts at \$50, Seated tickets \$75, \$200

Runway Passes, \$400 All Access Passes

Tanya Taylor and Timo Weiland headline the first of 21 runway shows throughout NFW. Each runway event features five to six runway shows with a ten-minute intermission in between. A special presentation to Fern Mallis for the first-ever NFW Fern Mallis Mentorship Award will open the evening. This is the night to strut your own stuff. There are no rules on runway night—rock a timeless vintage find, a trendy new piece, or your highest fashion faves. Take note: There are photographers (and a photo booth) everywhere, so you'll want to smize all night long. The paps are always waiting!

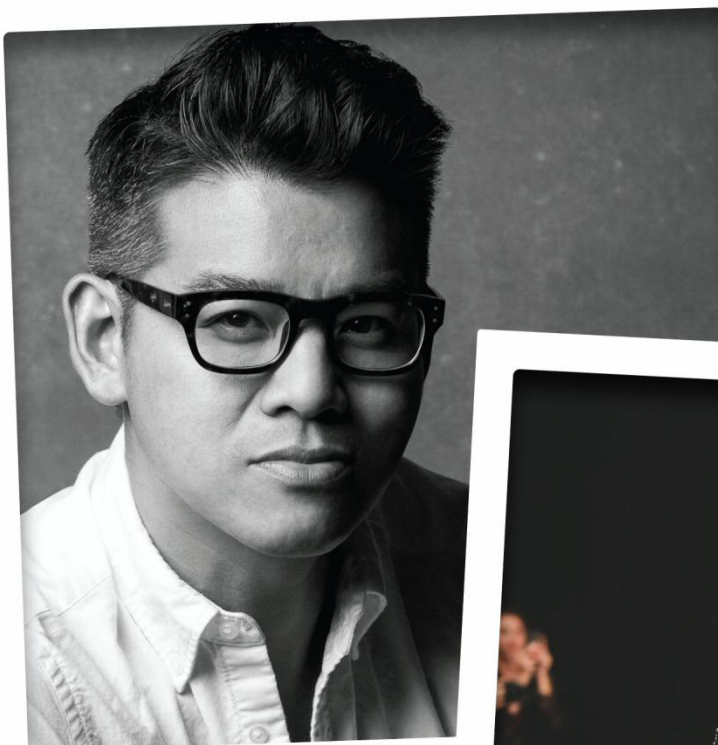
OPENING NIGHT AFTER PARTY

Dirty Little Secret at Dream

March 31, 10 p.m.

\$20

The evening's headlining designers will host meet-and-greets, with Timo Weiland stepping away to spin a DJ set.



CLOSING NIGHT

RUNWAY SHOW

OZ Arts Nashville

April 3, Doors at 6:30

p.m., Show at 8 p.m.

General Admission

starts at \$50, Seated

tickets \$75, \$200

Runway Passes, \$400 All Access Passes

The final night of runway shows will wrap the season's 21 catwalks, for a total of 201 designers showcased on the NFW runways over the last decade. Celeb favorite Any Old Iron will wrap the week with a show filled with their signature sequin looks. This is your last chance to make a show-stopping impression, so you better be ready to bring it. Whether you get your hands on an Any Old Iron look, or walk the walk in your own signature style, this is the night to leave it all on the runway.

CLOSING NIGHT AFTER PARTY

Stateside Kitchen + Parlour Bar

April 3, 10 p.m.

\$20

The closing night party always includes special guests, designers, models, and crew from NFW to mix and mingle with—and it always sells out, so get your tickets now!

NASHVILLE FASHION FORWARD AWARDS + 10 YEAR CELEBRATION

OZ Arts Nashville

April 4, 6:30 p.m.

\$100 (also included in NFW All-Access Pass)

Let's be real—the best part of the Oscars is the fashion, so why not skip the movies and go straight for the looks. The Nashville Fashion Forward Gala is designed to celebrate and support the resolute, entrepreneurial spirit of the Nashville fashion community each year, with awards including Style Icon, Rising Star, Fashion Forward, and the Face of Fashion. This year the gala will evolve from a sit-down dinner to a full-fledged party to celebrate all things fashion and NFW. The gala is not black tie, but rock your most fashionable finery and prepare for some seriously stylish people watching.



PURSE STRINGS

ROCK ON, VUITTON

THE NEWLY REOPENED LOUIS VUITTON STORE GETS A MUSIC CITY MAKEOVER.

BY NICOLE BROWN

Louis Vuitton has officially reopened in the Mall at Green Hills with a new look, thanks in part, to a Music City makeover. From the expansion in square footage, to its unique new features, the redesigned store proves that bigger and better go hand-in-hand.

The newly renovated store is an ode to Louis Vuitton's rich history and savoir-faire, accomplished through unique architectural and interior design elements. But it's not just the posh design of the new store that will delight shoppers. Thanks to an expansion in square footage, guests can look forward to a larger selection of LV's signature shoes, ready-to-wear lines, watches, and jewelry.

The new space also offers up some oh-so-Nashville details.

Located on the main floor is the Music Trunk. A live performance space replicating Louis Vuitton's iconic steamer trunk, this special space is the first and only feature of its kind in America. The trunk is made of Beachwood, which matches the traditional material used to construct the brand's heritage trunks. This unique event space combines the best of Louis Vuitton's history with the beloved culture of Music City.

But the Nashville connections don't stop there. The store also features work by local artisans.

Miranda Herrick's three-panel artwork is displayed throughout the store. Her pieces are inspired by the beauty of stained-glass windows, and made with post-consumer aluminum cans to create a color palette that mimics sunlight streaming through a stained-glass window, giving the space a bright and beaming vibe.

In the men's shoes and women's leather goods spaces, guests will discover

furniture by Masaya & Co. The Nashville-based company, which started as a restoration project dedicated to sustainability, created pieces for the store that were handwoven using sustainably sourced materials.

In celebration of the reopening—and in true Music City fashion—the company partnered with Gibson to create two custom guitars built on the values of unparalleled craftsmanship and innovation that both Gibson and LV share.

One guitar features the famous Louis Vuitton Monogram logo, and the other is emblazoned with the historical, graphic Louis Vuitton 'V.' Both of these limited-edition, 1959 Gibson Les Paul guitars are fully customized with mother of pearl fretboard inlays, a custom Louis Vuitton "LV" logo in the first fret, and hand painted artwork by one of Louis Vuitton's skilled in-house artisans.

A nod to Nashville in the midst of luxe Louis? That's music to our ears. (2126 Abbot Martin Rd., Ste. 27, 615-383-2964; us.louisvuitton.com)



NAMASTE EAST

SAY HELLO TO HOLA YOGA

A NEW STUDIO IS BRINGING AN INCLUSIVE YOGA EXPERIENCE TO EAST NASHVILLE.

BY NICOLE BROWN

Goat yoga, *Harry Potter* yoga, even beer yoga—it can be hard to keep up with the ever-changing fads sweeping through the fitness world. At Hola Yoga in East Nashville, you won't find any live animals roaming the mats (or wizarding wands floating high above them), but, what you will find is an inclusive yoga studio founded on education, quality, community, and joy; where people of all backgrounds can discover the authentic mind/body/soul connection derived from traditional yoga.

Owner Khristyne Baltodano believed in this “less-is-more” yoga approach, along with yoga's rich history and philosophy, long before she knew that she would open her own studio. In fact, her transition from student to teacher came as quite a surprise. Living in Boston and working a corporate job, Baltodano completed her yoga teacher training in 2015 simply to learn more about the practice she loved so much.

“I was really interested in diving in and doing more than just the physical postures—sort of learning the history and philosophies of yoga. I studied philosophy in college, so I always had an interest in some of those ancient texts,” she says. “I did my yoga teacher training really never with any intention of teaching. I had a full-time corporate job, it was really just kind of like, ‘I want to know more but I don't necessarily want to teach.’”

Working in downtown Boston's financial district sparked an unexpected passion for teaching when co-workers learned of Baltodano's certification and asked her to help improve corporate wellness by

teaching yoga classes at the office gyms. She loved teaching people who had no yoga experience, but who wanted an escape from their desk for some much-needed relaxation.

When Baltodano relocated to Nashville in 2017, she noticed a newly growing yoga community that was successful, but heavily fitness-oriented.



Not satisfied with her corporate work options, and with what started off as a joking, ‘Oh I should just open a yoga studio,’ Baltodano did just that. Now, two years later, she has opened Hola Yoga in East Nashville, where she offers a yoga experience less based strictly on heart-pounding fitness, and more based on education, history, and overall wellness.

“There are eight limbs to a yoga practice. One of those eight limbs [is] the physical postures that we do; meaning that one-eighth of yoga is the movements that we do, which is a

very small portion in my opinion. So, if you're doing yoga and you only think of the physical postures, there are seven-eighths of what a yoga practice is that you're missing out on,” says Baltodano. “It's the entirety of it. It's meditation, and breath, and the ethical rules, and all of these things of yoga... and I think we're selling ourselves

“It's a place you come meet people from your community. You want to feel like you're not just popping into class and popping right out. You're getting to know people; you're finding likeminded people; you're becoming friendly with your teachers and your fellow students. It's just feeling really integrated into the East Nashville community, and also finding ways to give back to that community,” she says.

The name Hola Yoga itself serves as an invitation. As a first-generation, bilingual, Spanish-speaking American, the name is a nod to Baltodano's culture and heritage; but it has evolved into an even deeper meaning.

“It was just like, hello to yoga. If you're brand new, I feel like it's a very welcoming, endearing greeting. I just feel like it makes the space feel approachable because it's a little whimsical in that way as well, and I want yoga to feel approachable to all people.”

With a diverse lineup of teachers and classes there is something for everyone at this vinyasa-based studio. But for Baltodano, it's far more than the excellent classes—it's the entire experience that encompasses her values of education, quality, community, and joy.

“You're really walking into an experience, moreso than just a fitness class. We're not just here to collect your money and throw you into class and hope that you like it. It's an experience from beginning to end, and I hope it's a place that people want to share with other people. We're trying to be more than just a yoga studio—more than just boutique fitness.”

TAKE A SEAT

REDESIGNING WOMAN

A NASHVILLE UPHOLSTERER IS GIVING FURNISHINGS NEW LIFE.

BY KAREN PARR-MOODY

Think it's impossible to anthropomorphize a chair? Think again. Artisan Jaclyn Kole does so regularly, attributing human personalities to the vintage furniture pieces she finds in their original "clothing" and, like Pygmalion, transforming them from dusty matrons into chic beauties. Such magic springs from her discriminating eye for color—the bolder the better—and her skills as an upholsterer.

"I love scrolling through Facebook Marketplace and seeing a cute chair," Kole explains. "I'm like, 'Oh my gosh, look how cute she is!' Then I re-imagine a different outfit for her. I think, 'What could she become?'"

"She" becomes a star among stunners at the Urban Housewife booth at GasLamp Antiques, located where Kole sells an eclectic mélange of transformed furniture hailing from design eras as far apart as Victorian and mid-century modern. Kole isn't just technically good at upholstery—she

has the gift of mixing fabrics and trims to create spirited works of color and texture. Think leopard print, velvet, and vinyl fabrications married to tones of bright teal, acid yellow, and deep pink.

"I've always really liked bold color," Kole says. "It's funny, because when I go to the fabric store, they're like, 'Can I help you find anything?' And I want to ask, 'Where's your neon section?'"

Kole doesn't just tease out the original splendor of an antique chair or ottoman per a customer's desires, as would a traditional upholsterer. She chooses her own color palettes and fabrics, then uses upholstery to redesign vintage furniture to suit a modern aesthetic. Pieces that seem in no way accommodating to a hip design scheme—say, a Victorian Eastlake chair—are made thoroughly modern in her capable hands.

It wasn't so long ago that the 31-year-old upholsterer honed her transformative powers at Middle Tennessee State University. There, she



graduated in the disciplines of textiles and fashion merchandising, then worked for Urban Outfitters. So, she knows a thing or two about cutting-edge trends and thinks the dizzying pace of today's style cycles can lead to unnecessary waste.

"In this modern day, we're so used to tossing something out when it no longer suits us instead of re-imagining it and updating it for our current life," Kole says. "That's what is most exciting to me—re-imagining these older pieces to fit in with our current trends and fashions."

It's hard to imagine this lithe young lady conquering an industrial sewing machine—a complex creature that requires one's entire body strength to command. Mastering this piece of equipment was the hardest part of Kole's journey, which began when she picked up an instructional book on upholstery.

"It's a challenge mentally, physically, and creatively," she says.

Kole sought education in the upholstery trade after becoming disenchanted with her original career pursuit of fashion. While searching Instagram using the hashtag #upholstery, she found Diane Montgomery, owner of Coventry Lane Upholstery in Nashville. The timing was right: Montgomery's own nascent career allowed her the time to take on Kole as an apprentice for a year.

"She taught me so much," Kole says. "That's the only way you can really learn. It's difficult to learn this trade since there aren't schools dedicated to upholstery."

As she launched her solo upholstery career under the Urban Housewife banner, Kole didn't take on upholstery projects from others.

"I have my own creative energy that I want to express," she says. "The hardest part is saying 'no' to people, because everyone has a chair they want done. I knew that, at first, I would make a lot less money doing my own pieces, but that overall it would be more beneficial. I don't want to get burned out doing somebody's grandmother's sofa in micro-suede. I want to create pieces as an art form." (*GasLamp Antiques, 100 Powell Place, 615-297-2224; gaslampantiques.com*)

A black and white portrait of Fern Mallis, a woman with dark hair and glasses, wearing a white jacket. To the right of the portrait is a dark grey vertical panel with white and pink text.

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FERN MALLIS
leading up Fashion Talks
at The Mall at Green Hills
with
Nashville Fashion Week
March 30, 2020

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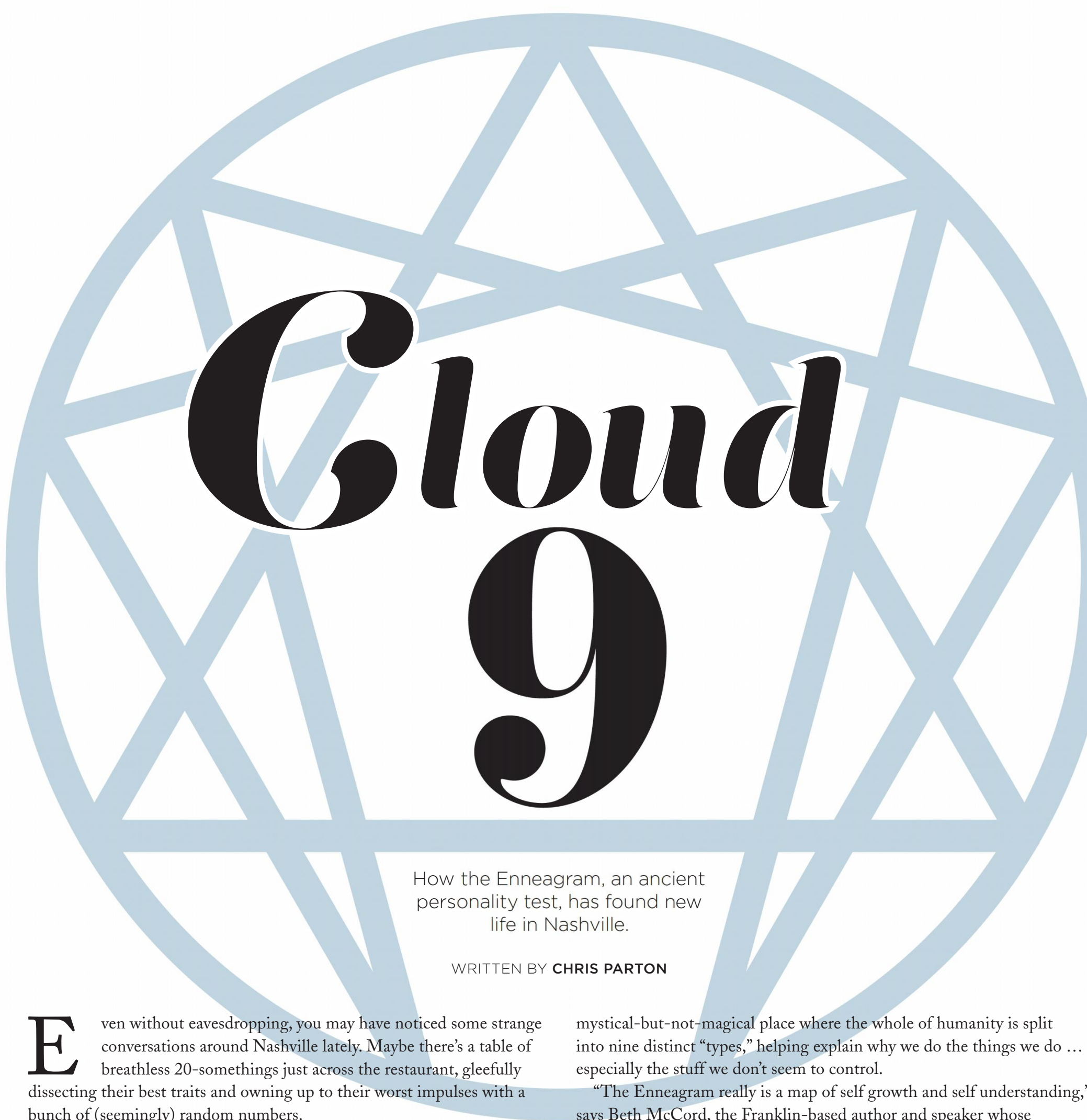
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BETH McCORD
JEFF McCORD



Cloud 9

How the Enneagram, an ancient personality test, has found new life in Nashville.

WRITTEN BY **CHRIS PARTON**

Even without eavesdropping, you may have noticed some strange conversations around Nashville lately. Maybe there's a table of breathless 20-somethings just across the restaurant, gleefully dissecting their best traits and owning up to their worst impulses with a bunch of (seemingly) random numbers.

"That's my six coming out," you might overhear. Or "My boss is a classic eight." Even the dreaded "Guys, I think I'm a one." But this is not some trendy new ranking system on the latest dating app. It's actually an ancient model of human behavior—the Enneagram—and Nashville is obsessed.

In any given month, you can find Enneagram meet-ups, stand-alone classes and multi-week training programs all over town. A quick search online pulls up the best coffee shops, brunch spots, and cocktail bars based on your Enneagram number. And once you get introduced, almost every chat with friends seems to eventually land in Enneagram land, a

mystical-but-not-magical place where the whole of humanity is split into nine distinct "types," helping explain why we do the things we do ... especially the stuff we don't seem to control.

"The Enneagram really is a map of self growth and self understanding," says Beth McCord, the Franklin-based author and speaker whose Instagram account @YourEnneagramCoach has more than 235,000 followers. "But we also describe it as our internal GPS. If we understand our personality type—the main way we view the world, interpret it, and react to it—the Enneagram is going to help us understand why we might veer off course. And, it's going to help us understand where the hell the destination is. It's like a non-judgmental friend: They'll tell you like it is."

She goes on, speaking with the comforting cadence of a counselor who's used the Enneagram to help everyone from overwhelmed students to couples on the brink of divorce. "People can definitely get obsessed with it, especially when they're new to it," she says.



“
The nine types see the world differently and interpret it differently as well, and therefore react differently.

—BETH MCCORD



The name means “nine” and “something drawn” in Greek, a reference to the model’s nine “types” and the chart that shows how they interconnect—but no one really knows where it comes from. It may go back as far as ancient Babylon, and at least three religions seem tied into its development, with Christians especially finding spiritual connections to its teaching. “The Christian world really enjoys it because they want to know their heart’s motivations, since that’s what God focuses on,” McCord explains.

But regardless of the Enneagram’s provenance, it came to the U.S. in the mid-20th century and has since stirred fascination with seekers of many stripes. Lately, it’s exploded in popularity in Nashville, with best-selling books, podcasts, and countless YouTube videos making Music City Enneagram ground zero. It’s even found corporate applications in the same way the DiSC assessment and Myers-Briggs spectrum have helped

co-workers maximize interpersonal efficiency. According to McCord, it’s likely found an incubator here because of the city’s unique characteristics: A place of open-minded dreamers from many different walks of life, living in a relatively tight-knit community, allowing for both authenticity and vulnerability. (Key traits of the Enneagram faithful.)

With names like “The Perfectionist,” “The Guardian,” “The Challenger,” and “The Peacemaker” (names vary depending on the source), each type is imbued with its own pros, cons, and quirks. And your type is mostly determined by unconscious-yet-recognizable motivations often set in stone during childhood.

“The nine types see the world differently and interpret it differently as well, and therefore react differently,” McCord says. “So think of it as nine different colored sunglasses, and each type sees the world from a



fundamentally different perspective. It helps us understand why we get frustrated with people, like ‘Well, I wouldn’t have said that! I wouldn’t have done that!’ Really at its core, the Enneagram is getting to why you think, feel, and behave in particular ways. That’s the biggest thing: the word ‘why.’”

Once you understand that “why,” it’s pretty easy to tell if you’re living as the best version of yourself or not, and then it’s all about following that “internal GPS” back to your particular path.

Those interested can take one of the many free questionnaires online to figure out which type they are—a delightful and alarmingly accurate pronouncement, usually—or they can check out a free PDF download of McCord’s core-motivations chart online. Introduce it to friends and family as a fun group-bonding activity, and you may even convert a few skeptics to its ancient wisdom.

“It’s kind of like a party game, like ‘Hey, let’s see what everyone lands on, what’s your main type?’” McCord says.

But be warned, you may open doors of intrigue that can’t be closed again. Just ask that table across the restaurant—they’ll be glad to tell you all about it.

(Beth and Jeff McCord will present their Becoming Us Live event in cities from coast to coast this spring. Books, journals and tour schedules are available at becomingus.com and yourenneagramcoach.com.)

Celebs by The Numbers

Stars are just like us—obsessed with their Enneagram types. Read on to find out who shares your traits.



BOBBY BONES

Radio host/*Dancing With the Stars* Champ/*American Idol* mentor Bobby Bones is a classic Type 8: The Challenger. He’s self-confident, resourceful, straight-talking, and in control, with a gift to use his strengths to better the lives of others.



RAE LYNN

The “Bra Off” singer is a Type 4: The Individualist. Sensitive and introspective, fours (and Raelynn) are highly creative.



CAITLYN SMITH

With a new album out this month, the singer/songwriter shows all the signs of a Type 3: The Achiever. Driven, success-oriented, and authentic, these hard workers strive to set themselves apart from their peers.

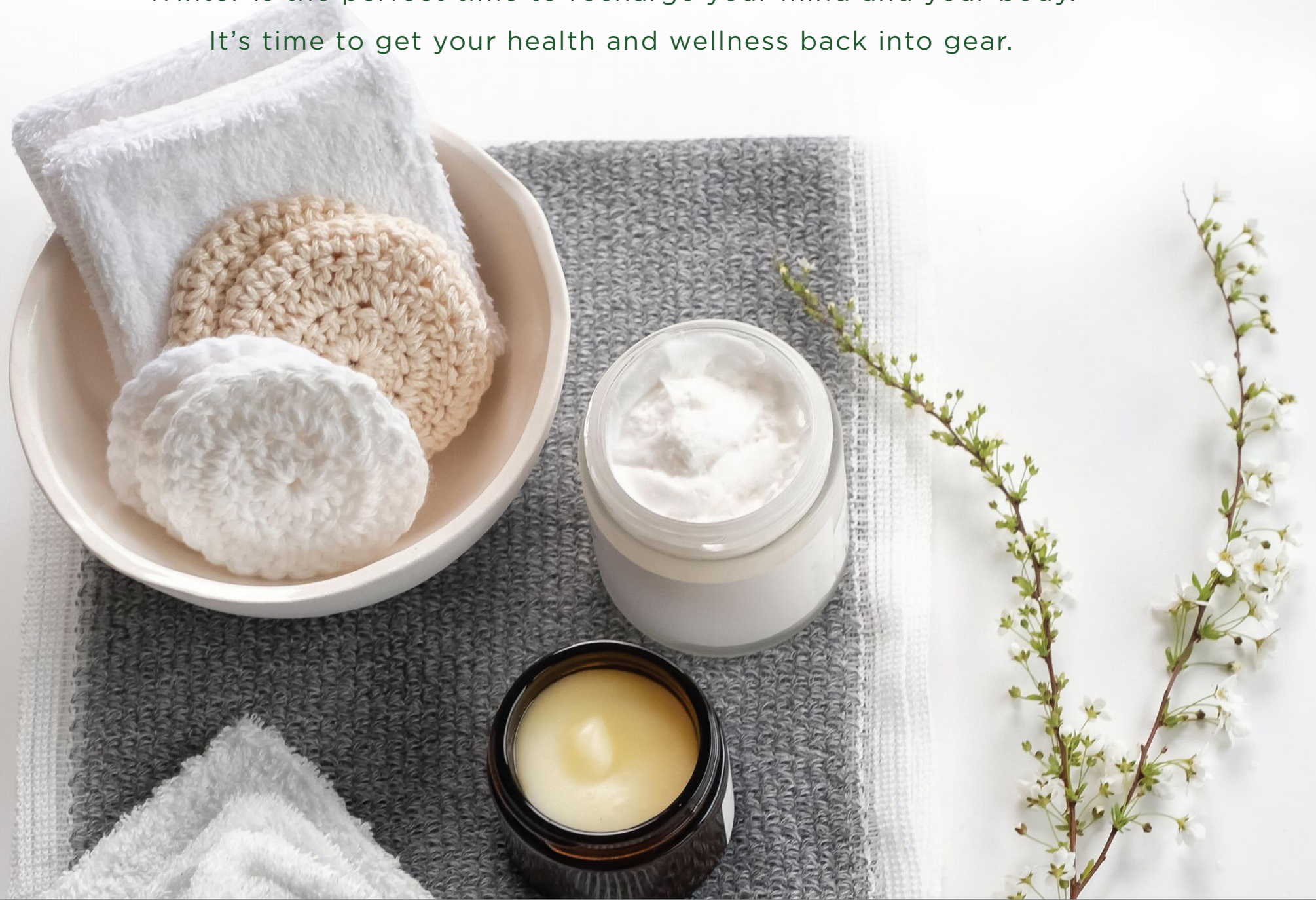


CAYLEE HAMMACK

The songstress is a classic Type 4 (The Individualist) Wing 3—from her energy and creativity to her drive to succeed to leave a lasting legacy in the world.

REWIVE

Winter is the perfect time to recharge your mind and your body.
It's time to get your health and wellness back into gear.



ESCAPE DAY SPA AND SALON

Q: *What self-care trend are you most excited about these days?*

A: Wellness has become a big part of the thinking and service menu at Escape Day Spa + Salon. Our new organic, holistic CBD services take the mind, skin and body and treat them as a whole. Our new organic Chill CBD facial, CBD ginger body scrub, chill soak and chill CBD massage provide that attention to the mind and body using Naturopathica's organic luxurious products containing high-quality organic hemp flower oil, the most CBD rich part of the plant, ginger root oil, that

provides ease of muscle soreness and joint stiffness and helps relieve mental stress, depression and anxiety. All these luxurious CBD treatments come together to chill the mind and soothe the skin.

TIP: Put a few drops of the Naturopathica's Chill Full Spectrum CBD Microdose Elixir in your favorite nighttime tea for the perfect mind calming combination and enjoy the most amazing restful night's sleep.



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Regaining Bladder *Control*.

Mother of three, Jennifer, and the experts at Female Urology of Nashville speak out about urinary incontinence and explain how the Single-Incision Sling helped change Jennifer's life for the better.



Q: What is urinary incontinence?

A: Urinary incontinence refers to the inability to hold urine, which can range from small drops of urine loss to complete bladder emptying. Almost 57% of women from ages 40-60 report urinary incontinence. The main types of incontinence are stress urinary incontinence, urge urinary incontinence and mixed urinary incontinence.

- Dr. Marcy Abel, Female Urology of Nashville

Q: What should I do if I have urinary incontinence or bladder leakage?

A: Contrary to popular belief, urinary incontinence happens to women of all ages. If you have bladder leakage problems, you should see a board-certified urologist to discuss your options. A trained urologist can diagnose your specific type of incontinence and any other urologic issues you may be experiencing. After talking through your symptoms, we can recommend a treatment that works best for you and your lifestyle.

- Dr. Harriette Scarpero, Female Urology of Nashville

Q: How do you treat urinary incontinence?

A: Treatment depends on the type of leakage. Stress incontinence can be treated non-surgically by improving collagen in the area, pelvic floor physical therapy and other techniques. However, sling procedures are the gold standard treatment for stress incontinence and have been effectively used since 1995. While older sling methods could be complex, the single-incision sling is a short, outpatient treatment using a one inch incision resulting in minimal recovery time.

Urge incontinence requires different treatment, such as physical therapy, medications, Botox and nerve enhancement devices.

- Dr. Tara Allen, Female Urology of Nashville

FEMALE UROLOGY

O F N A S H V I L L E

Abel · Allen · Scarpero

Fast relief—*no* *embarrassment* required.

When Jennifer found her bladder leakage getting worse, she didn't know what to do. She worked every day to help women with the same issues she was now facing, but she wasn't sure where to begin. At 40 years old and with three kids, she couldn't believe she was having bladder issues. Thinking this was only a problem for older women, she suffered in silence. Until finally, enough was enough. Urinary incontinence and bladder leakage had been holding Jennifer back from important moments in her life. Then, she talked with her doctor about the Single-Incision Sling.

In Jennifer's *Words*.

"If I had known how easy it would be, I would have done it a long time ago! I thought bladder leakage was only a problem for older women, and I didn't know where to turn. It really started to hold me back from moments in my life—like simply jumping on a trampoline with my kids—and I was constantly worrying. After my Single-Incision Sling treatment, I was back to normal the next day."

-Jennifer, Single-Incision Sling patient



To learn more about Jennifer's journey with stress urinary incontinence, visit **FUNurology.com/AskJennifer**.

Female Urology of Nashville is an all-female FPMRS led urology practice offering the region's leading urological care and advanced treatment for urinary incontinence, including the Single-Incision Sling.

SCHEDULE AN APPOINTMENT
615.678.5544 • FUNurology.com

FEMALE UROLOGY OF NASHVILLE

Q: What is Urinary Incontinence?

A: Urinary incontinence refers to the inability to hold urine, and there are different types of incontinence that have different causes and treatments.

STRESS URINARY INCONTINENCE is bladder leakage that occurs when there is pressure on the bladder. For example, some of the most common stressors include coughing, sneezing, laughing or jumping. Stress incontinence can have many causes, including age, race, genetics, lifestyle, childbirth, hysterectomy, pelvic injuries and more.

OVERACTIVE BLADDER refers to the sudden urge to

urinate, followed by leakage. Bladder leakage occurs when the bladder muscle squeezes too often, even when the bladder isn't full. This condition affects many women of all ages and causes can vary; however, menopause, nervous system diseases, or a history of lower back injury or surgery often experience overactive bladder.

TIP: Not all urinary incontinence is the same, and treatment will depend on whether you have stress urinary incontinence, overactive bladder or other underlying causes. If you have bladder leakage, you should see a board-certified urologist, who can help you understand your treatment options.

FEMALE UROLOGY OF NASHVILLE

310 25TH AVE N #202; (615) 678-5544; FUNUROLOGY.COM

CURCIO DERMATOLOGY

Q: How can I get glowing, healthier skin for Spring?

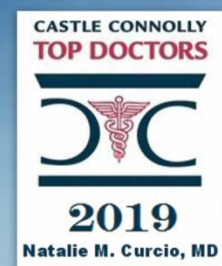
A: One treatment to get glowing skin quickly that you can find at your local board-certified dermatologist's office is the SkinBetter Science AlphaRet® Professional Peel System 30. A professional procedure system comprised of a triple acid formulation, alpha (Lactic and Glycolic Acids) and beta (Salicylic Acid) hydroxy acids and AlphaRet (a patented Retinoid conjugate). The Professional Peel System 30 was designed for patients with mildly photodamaged skin, including early signs of skin aging and blemishes. It can be applied once every four weeks with little to no down time. A series of 3 peels (treatments) is recommended. (\$150 per treatment)

TIP: Winter is the time when the sun's ultraviolet rays are weaker and many of us can take the opportunity to work on our sun damage (dull skin, brown spots, redness, and dry, flaky skin) so your skin is ready to glow for Spring.



CURCIO DERMATOLOGY
2125 BANDYWOOD DRIVE
615-679-9011
CURCIODERMATOLOGY.COM

DR. NATALIE CURCIO



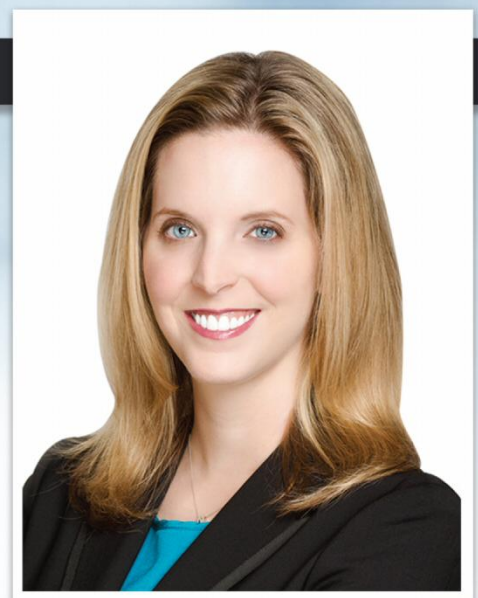
2020 AESTHETIC EVERYTHING AWARDS:
TOP AESTHETIC DOCTORS
TOP WOMEN IN DERMATOLOGY
TOP DERMATOLOGIST MIDDLE AMERICA

2019 CASTLE CONNOLLY
TOP DOCTOR

2019 NASHVILLE LIFESTYLES'
WOMEN IN BUSINESS HONOREE

Women
in Business
NASHVILLE LIFESTYLES

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- 🔗 Dr. Curcio performs all injectable (Botox, Fillers, Kybella) and laser procedures herself
- 🔗 One of Nashville's few Fellowship-trained Mohs Surgeons (for skin cancer)
- 🔗 National and International speaker and Advisory Board Member for Cosmeceuticals, Fillers, Neurotoxins, Lasers, and Mohs Surgery
- 🔗 State-of-the-art Lasers and Medical Facility in the heart of Green Hills



NATALIE M. CURCIO, M.D. M.P.H.
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IMAGE SURGICAL ARTS

Q: Why has PRP become so popular?

A: PRP, also known as Platelet Rich Plasma, is a cosmetic treatment in which we take a sample of your own blood and spin it down with a device called a centrifuge and extract the component of the blood that contains your own growth factors and proteins. This platelet rich plasma has the ability to naturally rejuvenate the skin and repair the signs of aging by using your own platelet rich blood cells. PRP is a very safe injectable treatment as essentially, you are using your own natural elements without the addition of any foreign products.

Q: What is PRP?

A: Essentially, PRP is a process by which the growth factors in your own

blood are used to regenerate tissues, rebuild collagen, and improve healing.

Q: What is PRP used for?

A: PRP has many wonderful uses. We use PRP as part of our non-surgical facelift, to decrease healing time associated with both surgical and non-surgical procedures, to rejuvenate the under eye area, stimulate hair growth, and improve scarring.

TIP: PRP can be used in addition to other treatments. Some of our most popular uses for PRP as a stand-alone treatment are for hair regeneration, under eye treatments, and for male and female sexual enhancement shots.

IMAGE SURGICAL ARTS

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IMAGESURGICALARTS.COM

RITZ MED SPA

Q: How much fat will WarmSculpting eliminate and when will I see results?

A: While every client is different, studies have shown up to 24% of fat cells can be destroyed in the treated area. * Most clients require a series of treatments to achieve the results they desire. Results can be seen at six weeks after treatment, with optimal results typically seen at 12 weeks.

TIP: How to get lasting effects of WarmSculpting.

The treated fat cells are permanently destroyed and will not regenerate. WarmSculpting is intended for clients who maintain a healthy lifestyle, yet experience stubborn fat in treatable areas, such as the flanks, abdomen, inner and outer thighs, and back. As long as significant weight gain is not experienced, clients will maintain their WarmSculpting results.

*Results vary.

RITZ MED SPA

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FRANKLIN

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RITZMEDSPA.COM



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Ritz Med Spa's WarmSculpting treatments with SculpSure technology help you safely reduce stubborn fat in problem areas such as the belly, love handles, back and thighs – with a treatment plan that is customized to the results you desire.

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MED SPA
Plastic Surgery & Aesthetics

The SculpSure device is a non-invasive laser body contouring system, intended to permanently eliminate fat cells through non-invasive lipolysis of the abdomen, love handles (flanks), back, inner and outer thighs. Individual results may vary and are not guaranteed. WarmSculpting treatments are not intended for weight-loss results or for people who are obese. Mild side effects may occur, including temporary tenderness, swelling, or tissue firmness in the treatment area. Please consult with your physician to see if WarmSculpting treatments are right for you.

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Q: What is Manduu?

A: Manduu is a groundbreaking electrical muscle stimulation (EMS) workout program.

Q: Is Manduu safe?

A: Yes! Manduu is the first FDA-cleared, whole-body EMS program licensed in the U.S.

Q: How does Manduu compare to the gym?

A: One 15-minute Manduu session is equal to six hours of traditional strength training.

TIP: Why does muscle matter? Because it's the key to increasing strength, boosting metabolism, reducing joint pain, and many more health benefits. Manduu is the fastest, safest way to build and retain muscle for people of all ages and fitness levels. What are you waiting for?

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(FRANKLIN)

211 FRANKLIN RD. #125
(BRENTWOOD)

615-818-0164; 615-716-2404; 615-750-2192

MANDUU.COM

DAN HATEF, M.D.

Q: Isn't it more common for a female nurse to be an injector?

A: Yes, there are definitely more nurses doing injections, and many of them do a great job. But as a plastic surgeon, I'm injecting the anatomy I see every day in the operating room. During my training, I led the team that uncovered the anatomy of the facial fat compartments, which underlies so much of what we do today with filler.

Q: What is your most common injection?

A: Because of my extensive training and background, I tend to see a lot of "botched" injections, where someone isn't happy with the work they've had done.

Q: What trends are you seeing in fillers?

A: Less is more! My research shows that fillers can be stored without concern for infection or structural change for 2 years; if you have some left over, it doesn't need to be injected somewhere just to use it.

TIP: Plastic surgery is exploding in popularity, and with that comes charlatans who don't have the right training to do facelifts, rhinoplasty, breast augmentation, liposuction, etc. When you are considering an aesthetic surgery procedure, watch out for those who call themselves "cosmetic surgeons". It's a red flag that means you will be **BOTCHED!** Choose a surgeon who is certified by the American Board of Plastic Surgery

DAN HATEF, M.D.

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– Mandy O., Lifelong Runner

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Q: *I need my skin to look good for my daughter's June wedding. What should I start using now?*

A: Laurie Hays, owner of the Facial Rejuvenation Center, suggests the fast-acting ACTIVE SERUM by IS Clinical. "You will notice a decrease in the appearance of fine lines, wrinkles, and pore size. Your skin tone will start to glow."

TIP: "ACTIVE SERUM IS THE GAME CHANGER FOR SKIN. IT IS THE GO-TO-PRODUCT IN MY PRACTICE FOR DULL SKIN BECAUSE YOU SEE RAPID AND NOTICEABLE RESULTS."

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Making Faces



CELEBRITY HAIR AND MAKEUP ARTIST TARRYN FELDMAN IS BRINGING HER SKILLS TO THE MASSES.

BY ALISON ABBEY HUDAK

Tarryn Feldman is living what seems like a Nashville dream. The celebrity hair and makeup artist works with the likes of Little Big Town's Karen Fairchild, *The Bachelorette*'s Kaitlyn Bristowe, and Kelsea Ballerini, who cast the glam gal in her "Club" music video.

But Feldman is quick to point out she's no overnight success, and that life in the world of beauty isn't always pretty. In between A-list clients and running her new blog, *Nashville Glam*, Feldman sat down to talk all things beauty, business, and breaking into Music City.

Nashville Lifestyles: How did you get into the industry?

Tarryn Feldman: I was born and raised in California—Los Angeles. I went to makeup school and hair school very young, but I'm a beauty school dropout. I worked at one salon and was like, "No, I'm never ever, ever going to work in a salon." Then I went to makeup school and loved it. I worked at every counter, did so many Fashion Weeks, tried it all—even special effects. There's so many facets and so many roads you can go down with beauty, and I tried as many as I could until I moved here. That's when I was like, "Oh, I only want to work with celebrities."

NL: What makes celebrity clients different?

TF: Working with a woman, whether she's a singer or an actor or whatever she does for a living, she knows the drill. Every once in a while, it's fun to work with a bride or with somebody who's never had glam before, but I would rather be a part of a well-oiled machine.

NL: You moved to Nashville in 2011. How hard was that to relocate to Nashville when you'd been working to establish yourself in L.A.?

TF: Nashville takes a minute. People here want you to prove yourself. But I've had so many full circle moments—people who didn't know me then who are trying to hire me now. It's wild. I'm happy I came here when I did because it can be a long, hard road. I still am navigating through what I'm doing, what my purpose is, and what I want. But I love Nashville, and I'm really happy where I am now.

NL: Was there a moment where you thought to yourself, "OK, this is all starting to come together?"

TF: I've probably had a few of those moments. When I first started working with Big Machine and I was working with Edens Edge, I felt good doing that. And then that grew into Danielle Bradbery or Maddie & Tae, working with different artists that felt like, "OK, this will work," or, "This is good. My hard work has finally paid off."

NL: It seems that people in the music industry—especially in country music—have their teams in place for years and years, or that they inherit them from other artists.

TF: It does, and I think that's why my approach is a little different. I'm signed with an L.A. and New York agent, so that's different about me. I don't have to be with one artist for everything that they do. If they have

different makeup and hair people, that's OK. I am most likely friends with them. I want my clients to have other people in different cities. I want what's best for everybody. I come from a place where there's a lot of really talented people, and you've got to just be who you are and do the best that you can and put your own little twist on it.

NL: Is it ever daunting to keep up with all the beauty trends out there? Or to outdo yourself every time?

TF: My job is to be constantly educating myself; learning new things about new products and new trends. I travel a lot and every time I go to L.A. or New York, I'll go into a PR showroom and I'll pull from the walls and I'll get all kinds of products and try them on. I follow people that ignite my passion and my need to learn. I don't keep a closed mind to anything. I love Nashville. I respect Nashville. However, I think the country music industry is changing and everything about it needs to change [with it]. Not so that it's completely lost, I think the music still has a country sound, but things are just elevating, so I think for a performer, their look has to as well. As an artist myself, I need to as well.

NL: What is the signature Tarryn Feldman look?

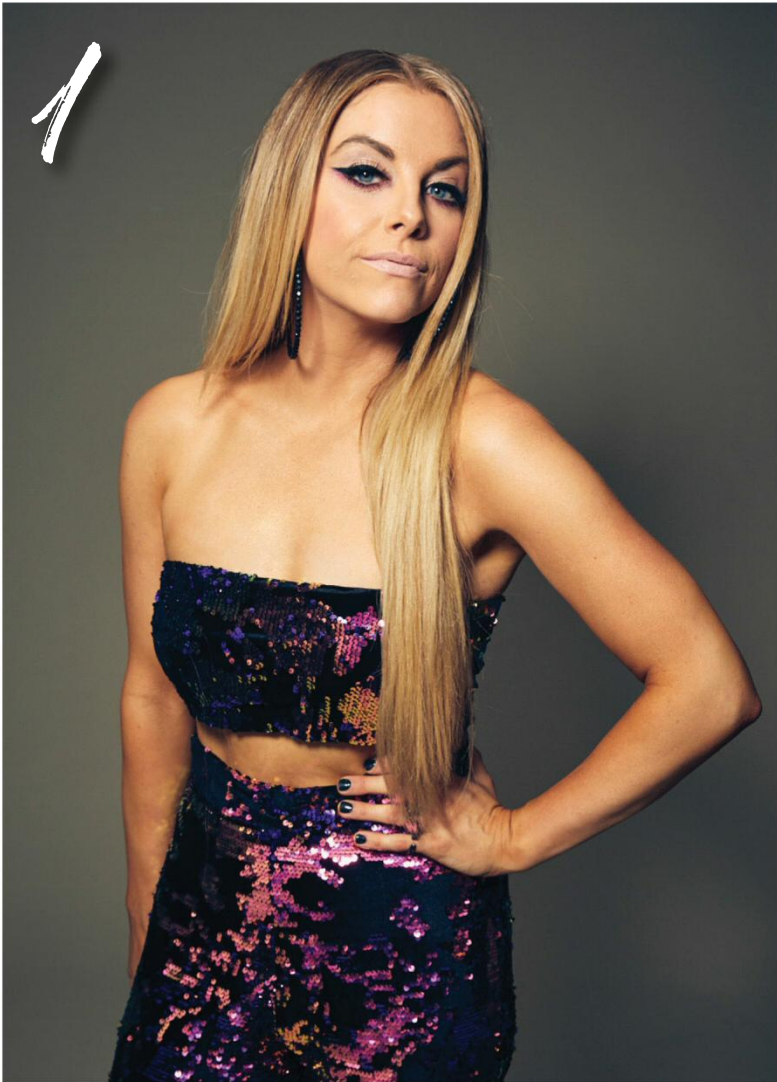
TF: I try to put my twist on an L.A./New York meets Nashville glam. I'm not very heavy-handed. My thing is really clean, pretty beauty because it's relatable. If you're at home, you probably feel like you could achieve that look. You see somebody like Kelsea [Ballerini] with hair and makeup and you're like, "I could do that! She loves the products I love." Ultimately, no matter what the music is, or the trends are, country music's defining thing is that every person is authentic and relatable. It's beauty, everybody should feel it. Everybody should live it. Everybody should own it. It's not just for the rich and famous.

NL: How did your beauty blog, *Nashville Glam*, come to be?

TF: Originally when I started Nashville Glam, it was a glam squad. It was a couple of my closest friends who also did makeup and hair, and it was awesome, and it worked great when it worked. Then everybody went off and did their own thing, so it didn't work anymore.

NL: So, you never planned it as a website?

TF: I never ever thought I would run or start any kind of blog or publication, but everyone's always asking me what do I use on this person? What do I do for this? Where should I go do this? I will always be the first to try a new treatment. I will get all the things done and then I'll tell everybody about it, so, it naturally made sense for me to start an online publication that was literally just about beauty and wellness and supporting all the people here that are doing the same thing. We launched *Nashville Glam* on December 10. People care about what is going into their skin, on top of their skin, what they're ingesting. They care about beauty now, and they're coming [to the site] to learn more, which blows my mind. I'm just kind of diving into what I love a little bit more and it's making me love what I do a little bit more. (nashvilleglam.com)



TARRYN'S TOP LEWKS

Feldman dives into her 2019 portfolio to share a few of her favorite faces.

1

Lindsay Ell, CMT Awards
"This eye was so much fun. I love a big-ass liner moment!"

2

Michelle Monaghan, CMT Awards
"She is such a mega babe and such a pleasure to work with."

3

Margo Price, Maternity Shoot
"Loved her hair so much... texture for days!"

4

Kelsea Ballerini, Barbie Event
"I adore soft, pretty glam, so this is exactly that!"



Pretty Picks

WE COULDN'T LET THE BEAUTY EXPERT GO WITHOUT ASKING FOR SOME OF HER TOP PICKS FOR SPRING. LUCKILY, FELDMAN IS ALWAYS READY TO DISH ON HER FAVES.



1

Nudestix: This multi-purpose brand is the jam! Their cheeks can be lips, their shadows can be liners. You can create a look with 2 or 3 products. It's amazing!



2



3

Fresh: As we make our way out of winter, our skin can get weird. My lips usually go through one last dry period, so I recommend a lip scrub and great balm.



4



Boy Brow: It's an amazing brow gel that doesn't flake...a MUST-have!



7



5



Face mist: I keep travel size bottles all over so I always have one.



6

1. Nudestix All Over Face Color Glow, \$32; nudestix.com.
2. Nudestix Intense Matte Lip and Cheek Pencil, \$26, and Gel Color Lip and Cheek Color Pencil, \$24; nudestix.com.
3. Fresh Sugar Lip Polish Exfoliator, \$24; fresh.com.
4. Fresh Sugar Peach Hydrating Lip Balm, \$18; fresh.com.
5. Dr.Jart+ Cicapair Tiger Grass Calming Mist, \$23; us.drjart.com.
6. bliss Rose Gold Rescue Toner Mist, \$12; blissworld.com.
7. Glossier Boy Brow Grooming Pomade, \$16; glossier.com.



Our Ultimate Beauty Guide

If you're ready for a spring makeover—or even just need a little glam for a night out—these salons, spas, and specialty shops will get you looking your best from head to toe.

WRITTEN BY **NICOLE BROWN**

BBC Nashville Salon

1600 8th Ave. S.
615-329-0032
whatisbbc.com

Bea Rose Salon

5020 Centennial Blvd.
615-760-5615
bearosesalon.com

Blowout Co.

(Multiple locations)
Belle Meade Location:
73 White Bridge Rd., 615-353-3002
Gulch Location:
700 12th Ave. S. 615-244-8243
Brentwood Location:
782 Old Hickory Blvd. 615-290-5080
blowoutco.com

CatLashed

4004 Hillsboro Pike, Ste. 155R
615-767-7688
catlashedtn.com

CRAFT Hair + Co

1008 16th Ave. S.
615-245-0105
crafthairco.com

CURED Nail Salon

813 Gallatin Ave.
615-953-6284
curednails.com

Darling Salon & Blowout Bar

1049 W. Eastland Ave.
615-200-7745
darlingsalon.com

The Dry House

2104 Crestmoor Rd.
615-678-7064
thedryhousenashville.com

Drybar at

Capitol View:
1100 Charlotte Ave., 615-349-2334
Brentwood Hill Center:
213 Franklin Rd., 615-866-3448
thedrybar.com

Elan

3756 Hillsboro Pike
615-269-0222
elannashville.com

CURED Nail Salon

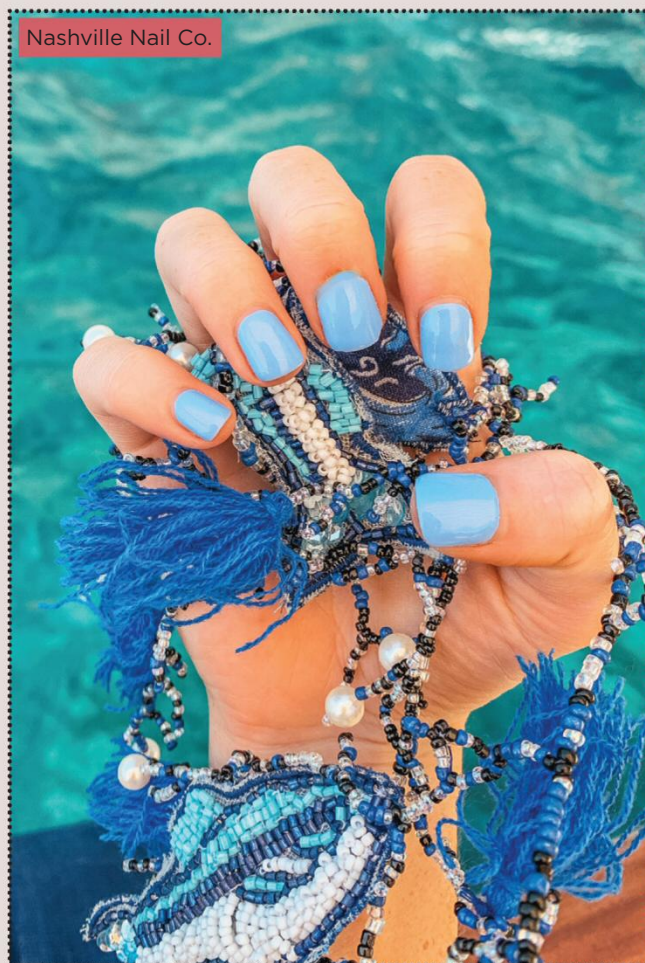


Polish Nails & Concierge



Blowout Co.





Element Salon

(Multiple locations)

Green Hills Location:

2002 Richard Jones Rd.

12 South Location:

2907 12th Ave. S.

Brentwood Location:

201 Franklin Rd.

East Nashville Location:

914 Woodland St.

615-385-5500

elementsalon.com

Elizabeth Marshall Salon

2308 Elliston Place

615-678-5097

Escape Day Spa & Salon

6000 TN-100 #102

615-352-3545

escapenashville.com

Euphoria Salon Nashville

633 W. Iris Dr.

615-739-6966

euphoriasalonnashville.com

Green Pea Salon

12 South Location:

1113 12th Ave. S. 615-297-6878

West Nashville Location:

4105 Charlotte Ave. 615-292-8648

greenpeasalon.com

The Gulch Nail Bar

1112 Division St.

615-928-6738

thegulchnailbar.com

Harlow Salon

1027 17th Ave. S.

615-291-9990

harlowsalon.com

Harper and Olive

4233 Harding Pike

615-292-4407

harperandolive.com

La Bella e Famosa

3990 Hillsboro Pike, Ste. 240

615-850-8443

Lacquer Lounge

2028 B Lindell Ave.

629-203-8989

thelacquerlounge.com

Lash

211 Louise Ave.

615-979-6643

nashvillelash.com

Local Honey

(Multiple locations)

519 Gallatin Ave. 615-915-1354

2106 8th Ave. S. 615-499-5879

2009 Belmont Blvd. 615-690-6568

lhnashville.com

LuxenHaus Day Spa

1175 Meridian Blvd. Franklin

615-764-0004

N2SKIN

1506 Demonbreun St.

615-322-9697

n2-skin.com

Nashville Nail Co.

Instagram direct message

(@nashvillenailco) to schedule an

appointment or text

615-305-8773 (no calls)

nashvillenailco.com

One10 Beauty

703 Craighead St.

615-454-2873

one10beauty.com

Oxana Salon

1508 Demonbreun St.

615-739-5614

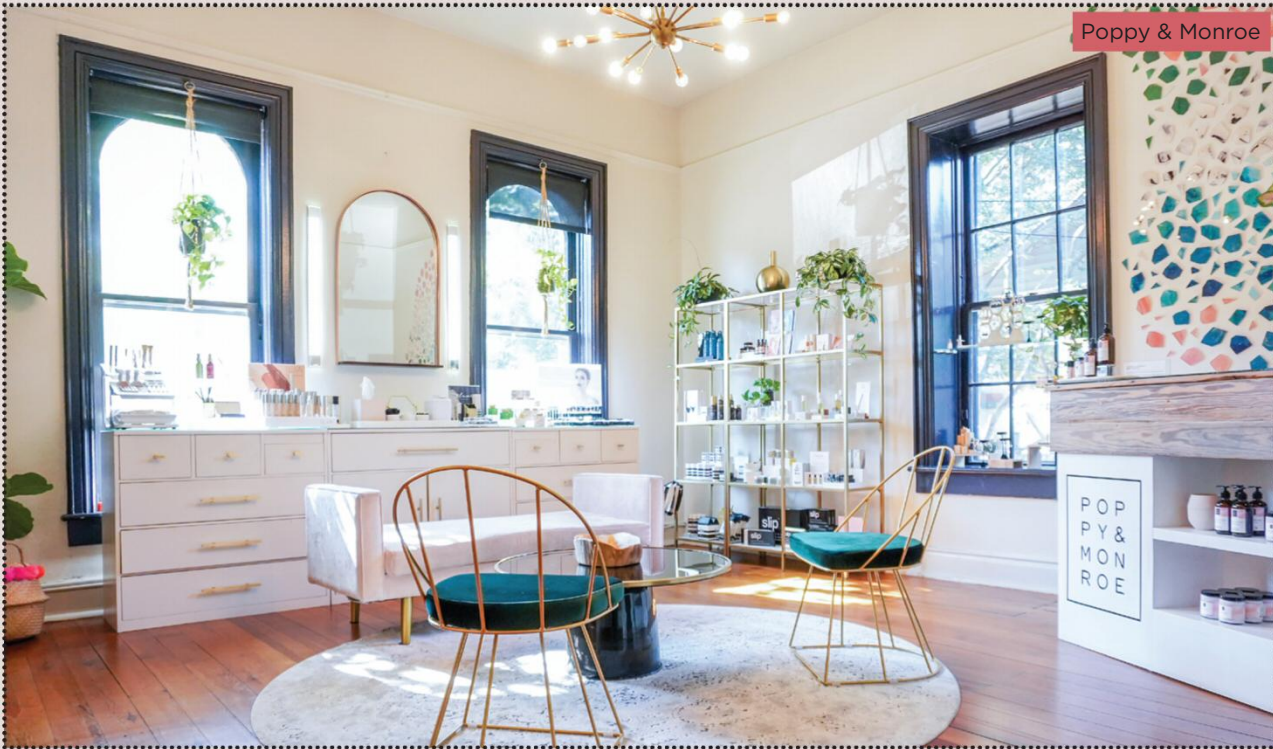
oxanasalon.com

Polish Nails & Concierge

301 14th Ave. N. #206

615-956-2371

polishnailsconcierge.com



Poppy & Monroe

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604 Monroe St.
615-640-0604
poppyandmonroe.com

Pure Nashville Organic Salon + Spa

1200 Clinton St., Ste. 10
615-679-0221
purenashville.co

Relache Spa at Gaylord Opryland

2800 Opryland Dr.
1-866-972-6779
marriott.com

Rhapsody Spa

807 Clark Pl.
(The Westin Nashville third floor)
629-800-5050
rhapsodyspanashville.com

Rodney Mitchell Salon

1816 21st Ave. S.
615-460-7002
rodneymitchellsalon.com

Spa at JW

JW Marriott Nashville
201 8th Ave. S
615-291-8600
marriott.com

Spa Haus Nashville

2811 Columbine Pl.
615-686-8433
spahausnashville.com

Style Kitchen

909 8th Ave. S.
615-687-5555
stylekitchennashville.com

StyleBar and Spa on 6th

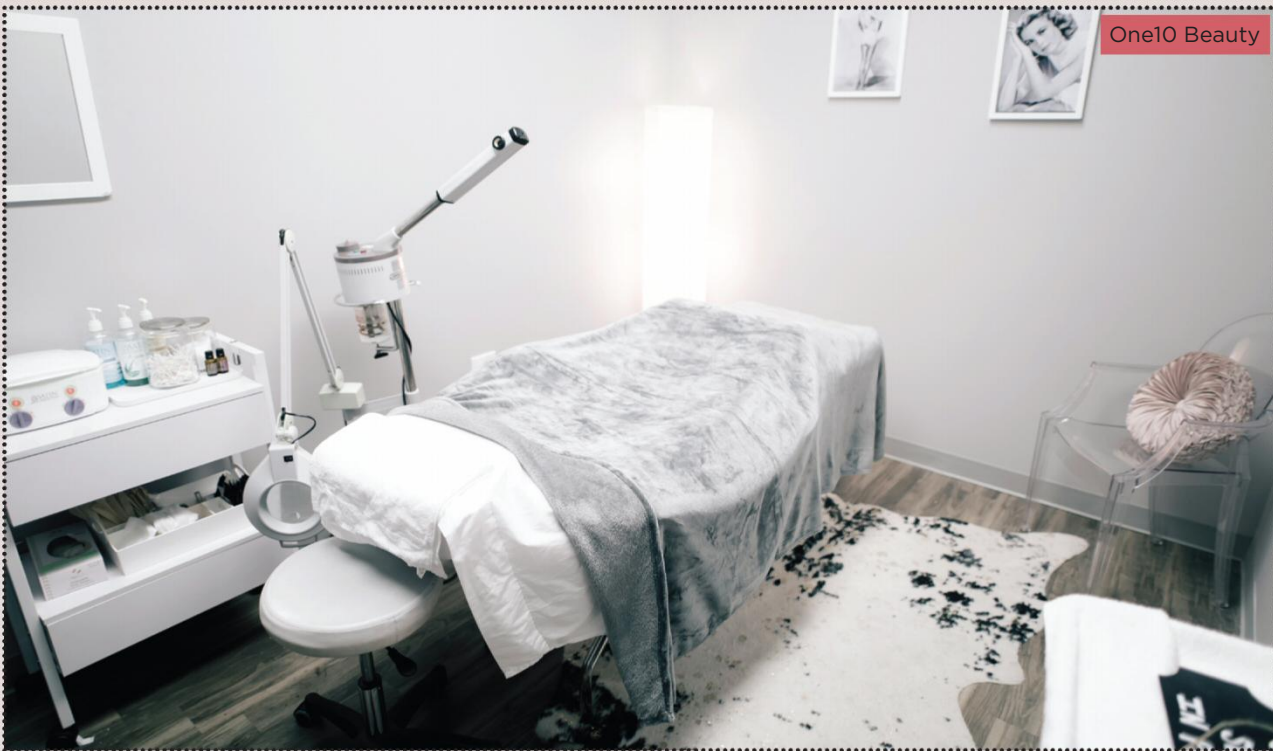
219 6th Ave. N.
615-242-5455
stylebarspaon6.com

The Woodhouse Day Spa

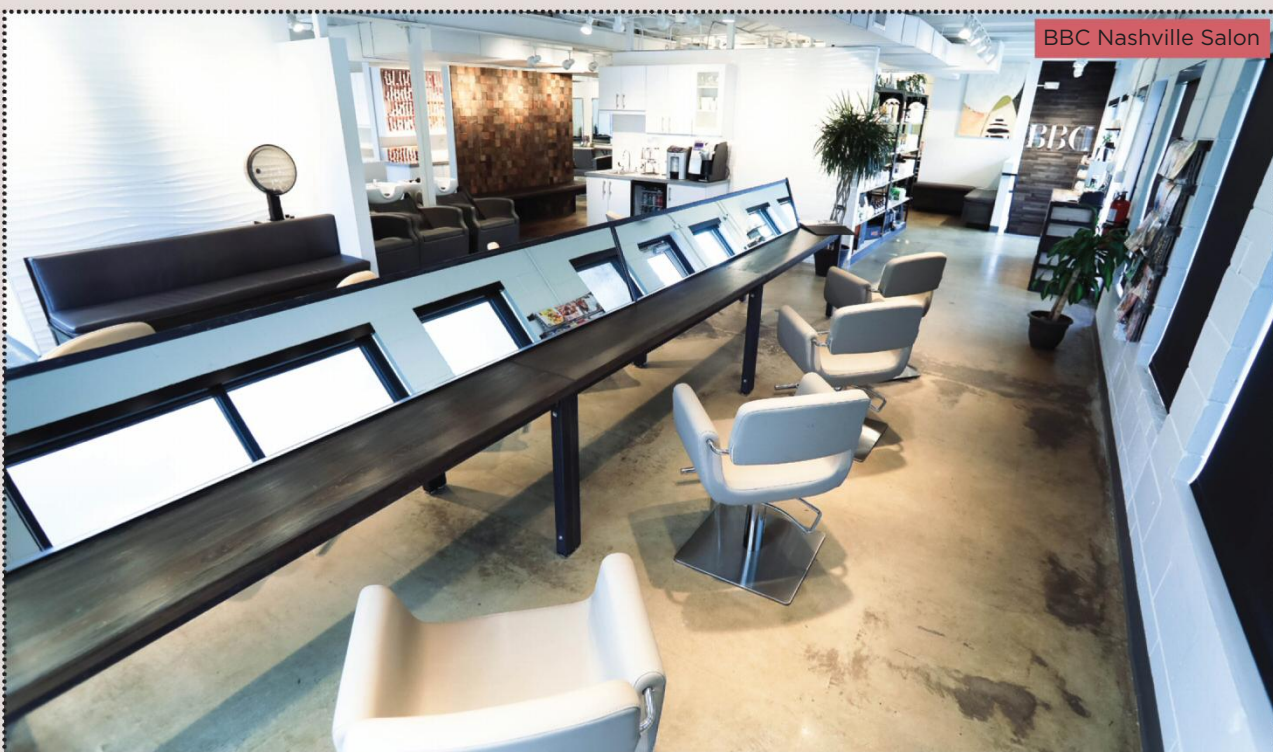
2001 Division St.
615-717-7511
nashville.woodhousespas.com

White Cactus Salon

3307 Charlotte Ave.
615-647-7318
whitecactussalon.com



One10 Beauty



BBC Nashville Salon





BACK TO *the* *Beach*

Whether heading to parts north or south, these beautiful beaches are perfect for an early spring break.

WRITTEN BY
**MELISSA CORBIN, ERIN BYERS
MURRAY, AND CHRISTIANA ROUSSEL**

Kiawah Island, South Carolina

With its wide open beaches and lush landscape, Kiawah Island is the ultimate surfside playground. There are 10 miles of uninterrupted beach giving you ample space to stretch, walk, run, bike, and castle build. Off the beach, there are world-class golf courses, plus tennis, kayaking, and biking. It's a quick, trip, too: A nonstop flight to Charleston and a leisurely 20-mile cruise down toward the island's live oak-lined parkway will put you there by lunchtime. If you like to luxuriate in long, lazy beach days and break things up with a little island exploration, consider Kiawah Island this spring.

Make **Kiawah Island Golf Resort** your home base—the **Sanctuary Hotel**, a regal oceanfront hotel and spa, boasts 255 rooms as well as a casual coastal elegance reflected throughout its grand, open spaces. Besides the beachfront access and multiple pools, the resort provides an array of ways to explore the island, from surfing lessons and dolphin encounters to yoga, kids' camp, a stunning spa, and dining options for every whim.

Get checked into one of the hotel's soothing, ocean-facing rooms and then orient yourself with a long walk on the beach, followed by a dip in one of the Sanctuary's pools—there's an adults-only infinity pool and hot tub, as



Grand Lawn of The Sanctuary



The Sanctuary pool



Hole No. 18 at Osprey Point Golf Course

well as a family-friendly resort pool, both of which are surrounded by plenty of shade-producing umbrellas, plus a few cabanas. The **Loggerhead Grill** hits the spot for a casual dinner on the veranda—go for the blackened mahi mahi tacos and a frozen strawberry daiquiri.

If you've brought the kids along, they'll find their people at **Kamp Kiawah**, a day camp that sets up shop within **Night Heron Park**, a sprawling green space with its own pool, playground, and a nature center. While they swim and craft, you can hit the links—Kiawah is home to five courses, including the **Ocean Course**, which will host the 2021 PGA Championship. There's also the **Tommy Cuthbert Golf Learning Center** where you can brush up on your game. Wherever you end up, take a midday mulligan at **Cherrywood BBQ & Ale House** for a platter of barbecue-topped nachos and one of the many craft beers on hand. Out on the patio, you can watch out for the many alligators that call the neighboring lagoon home.

Later in the day, rent a few bikes and take a ride out toward the beach, which is packed firm making it easy on two wheels,



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soaking up
precious moments*

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30A – SOUTH WALTON – MIRAMAR BEACH – DESTIN



or along more than 30 miles of trails throughout the island. You'll work up an appetite for dinner at **The Atlantic Room**, where chef John Ondo oversees a continental menu that's packed with fresh seafood. There are local oysters on the half shell and deviled eggs topped with lobster and caviar, plus roasted grouper and shrimp and grits. After dinner, head out to the lawn for sunset views over the dunes and sea.

Kiawah's inland side is rimmed by the Kiawah River, which is flush with native birds, crabs, and occasionally dolphin—it's just right for exploring by kayak during a guided excursion. Join your guide at **Mingo Point** and head through the channel for the tour, which might include a stop at a private beach for net seining and shell hunting. Afterward, **Town Center Market** has easy grab-and-go lunches on hand. Fuel up there before embarking on one of the resort's hands-on cooking experiences, like the two- to three-hour fishing adventure that ends with a wood-fired al fresco dinner at Mingo Point.

Leave yourself at least half a day to indulge at the **Sanctuary Spa**, a Forbes five-star attraction. With natural and coastal accents, it's an oasis of calm that starts with a rest inside a tranquil solarium and peaks with treatments like the invigorating Sea Essence Fusion—an exfoliation treatment followed by a massage that utilizes warm polished sea shells.

For one final splurge, reserve a table inside the **Ocean Room**, the resort's world-class steakhouse. Yes, there's butter-soft tenderloin and dry-aged strip steaks but don't pass on seafood favorites like the seared scallops set atop tortellini filled with fennel and manchego. From the Imperial Kaluga Caviar service to the showstopping desserts (look for the raspberry and pistachio tart), it's a meal that will permanently secure your love for this South Carolina retreat. —EBM



Ocean View room



Kiawah Oyster Roast at The Ocean Room at The Sanctuary

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Wilmington, North Carolina

When Hurricane Florence made landfall on the beaches of Wilmington, North Carolina, in 2018, its sluggish rotation proved one of the area’s most devastating storms in history. But, you’d never know it now. The 31 miles of island shoreline just minutes from town consisting of **Carolina Beach, Kure Beach,** and **Wrightsville Beaches** offer everything you’d expect minus the sea of people often found in other beach communities. Back in town, The Port City boasts a 230+ block National Register historic district along with a cultural scene to whet most any appetite with the Cape Fear River serving anchor. Whether flip flops and sand, or kicks and bricks, you’ll find your balance in this Southern getaway.

Nearly two dozen craft breweries featured on the **Wilmington Ale Trail** dot this town just shy of 120,000 residents where local favorite, **Fly Trap Brewing**, located in the **Brooklyn Arts District**, pays homage to its native carnivorous pitcher plant only found in this part of the world.

If protecting the region’s wildlife remains top of mind, head out to the **North Carolina Aquarium** at Fort Fisher near the convergence of Cape Fear River with



Good Hops Brewing



Wrightsville Beach



ADD A LITTLE

Salt

TO YOUR NEXT TRIP





the Atlantic Ocean. Dedicated to the conservation of aquatic life, this award-winning aquarium just received its Sensory Inclusion Certification, making the experience a positive one for the sensory sensitive. The nature hunt continues with a day of birding, exploring undeveloped barrier islands, or a fishing expedition aboard the pet-friendly **Wrightsville Beach Scenic Tours**. One of their newest tours walks visitors through the history of the 67-acre **Airlie Gardens** featuring the Airlie Oak dating back to 154, and more than 75,000 azaleas among the formal gardens. But, when those Atlantic waves call you to land's edge, certified instructors at **Tony Silvagni Surf School** can teach you to surf, or perfect your SUP/kayak skills. Beachcombers will also enjoy the VIP chair and umbrella set-ups **Paradise Island Rentals** provide.

If breakfast is your favorite, start your day in town at **Cast Iron Kitchen** where 75 percent of their fare is sourced from North Carolina. In keeping with the eat local scene, out on Carolina Beach, **The Southerly Biscuit and Pie** specializes in grab-and-go biscuit sandwiches, pies, and cakes while also offering gluten-free options. Its sister restaurant, **Surf House Oyster Bar and Surf Camp**, is a dinner-only must. Of course, the oysters are divine. But, so are the other sustainably sourced (nearly 100 percent) offerings from the farms, river, and sea of North Carolina. You'll find a Wrightsville Beach lunch and dinner classic at **South Beach Grill** overlooking Banks Channel while sharing an order of those Crab and Seafood Nachos for Two, or perhaps a fresh-caught chalkboard special instead.

Latin American works of art happen at **Savorez** in downtown Wilmington where "farm-to-table" doesn't have to align with

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Grandma's home cooking—not that there's anything wrong with that. As seen on the PBS series *A Chef's Life*, chef Vivian Howard and her husband Ben Knight once chronicled their experiences of opening **Benny's Big Time Pizzeria** in Wilmington's South Front District. Specializing in wood-fired pizzas and pastas, they say it's all about Italian food that "takes happy to the next level." And, when it comes to next level fine dining, Wilmington's four-diamond jewel, **Manna ave. 123**, is the crown of the town. From innovative craft cocktails and an extensive wine list to the most decadent menu items cleverly named, this special occasion joint might possibly be heaven-sent.

Serving the Wrightsville Beach community as not only the premier place to stay for more than half of a century, but also a top choice for special occasion dining on the island, **Blockade Runner Beach Resort** was literally at ground zero when Hurricane Florence hit the coast just steps from the boutique property's backdoor. Thanks to a complete multi-million dollar restoration, you'll enjoy panoramic views of the Atlantic Ocean or tidal marshes in true coastal luxe style at the resort. Make sure to also reserve space at their ASA-certified sailing school, or eco-paddle tours.

Feel as though you've stepped back in time at downtown Wilmington's **Graystone Inn**. Within walking distance of plenty shopping and dining options, this turn-of-the-century mansion was built by Wilmington Railroad heiress, Elizabeth Haywood Bridgers. Choose from the nine well-appointed rooms and suites dressed in sumptuous bedding and stately antiques. Wake to a Southern breakfast of decadence that often includes the Inn's famous Key Lime Stuffed French Toast. Complimentary wine and hors d'oeuvres are also served each evening. —MC





Scalloping

Florida's Sports Coast

Planning a beach trip might have you suffering from the dreaded condition known as “paralysis by analysis”—when there are simply too many choices on where to go and the fun to be had. We’ve all been there: researching the vacation, polling friends and family and co-workers, looking for input, finding amazing deals that sound too good to be true.

Sometimes it helps to just hit the easy button and find one spot that checks everybody’s box. Just outside Tampa, Florida, there are a number of hidden gems that, when strung together, create Florida’s Sports Coast. Some seven hundred odd miles south of Nashville, on the western coast of the peninsula state, you can lose yourself in a world of activity. From here, you can do everything from scallop-diving to birdwatching, craft brewery crawling to skydiving, ziplining to wakeboarding. Non-stop flights daily from Music City mean you can be ankle-deep in sand, sun, and salt by mid-afternoon. The only hard part might be deciding what to do first.

If you’re a Bucket List subscriber, be prepared to check a whole slew of things off your list. Head to Zephyrhills to jump out of a perfectly good airplane with the folks at **SkyDive City**. Performing more than 5,000



Stand up paddleboarding



Giraffe Ranch

jumps a year, SkyDive City can take you from your first tandem jump to training for solo dives in more than a half-dozen categories, as outlined by the United States Parachute Association. (Yep, that's a thing!)

Looking for additional thrill seeking? Take in the lush terrain from new heights on one of **TreeHoppers** aerial adventure park courses. And if you're having trouble fitting all that activity in, book a nighttime **Cosmis zipline** on a Friday or Saturday night and get ready to really feel a thrill.

In the nearby town of Hudson lies **The Lift Adventure Park** where thrillseekers can choose to wakeboard, kayak, or jump off of sky-high inflatables. After a day here, you are practically guaranteed to sleep like a rock.

For a whole new view of Florida, book a hot air balloon ride with **American Balloons** out of nearby Land O' Lakes to indulge in a serene adventure. There is almost no more awe-inspiring view than from the basket of one of these Kubicek balloons.

If you're a nature lover, Florida has you covered. **Anclote Key Preserve State Park**, accessible only by boat or paddle, this Tarpon Springs park boasts seven miles of

coastline and is home to more than 8,000 nesting shore birds, including bald eagles and plovers. An old lighthouse stands guard at the southernmost tip of the island which is paradise for those looking to truly escape the grind of daily life. Pack a picnic or a tent and serenity will be waiting.

A truly unique experience is scalloping while it's in season. This will be one activity everyone will remember as their favorite—and why not? Scalloping is like a giant game of aquatic hide-and-seek. Book a day with Captain Mark Dillingham and be prepared for the most fun you can have in shallow water. All that's needed is a mask and snorkel, fins and a mesh bag to collect your quarry.

Venture to Dade City for a safari that will make you swear you're on the African savanna as you feed giraffes at **Giraffe Ranch**. Not a zoo or a theme park, Giraffe Ranch is a working game farm and wildlife preserve where pygmy hippos, Brazilian tapir, and tiny Irish Dexter cattle all have room to roam. Whether you choose to tour via Segway or four-wheel-drive vehicle, this is an experience you won't soon forget.

Don't forget to take time to refuel between

sporty sessions. Dive into classic Old Florida cuisine with Pasco County favorites like fried gator bites, she-crab bisque, shrimp tacos, and blackened grouper at **Kafe Kokopelli**.

Believe it or not, Florida has an amazing international food scene. As one-part farmer, one-part chef, **Benedetto's Ristorante Italiano** owner Ben Pumo epitomizes the farm- (and sea-) to-table movement. What he can't grow himself, he sources from local farmers and fishermen. One word of advice: When scallops are in season, order them. Oh, and save room for dessert, preferably something with his local kumquats.

Looking for a tasty adult beverage? Visit **Sip**, a hidden speakeasy in the heart of downtown New Port Richey. This wine and craft beer bar features craft cocktails in a laid-back atmosphere that begs you to stay a bit longer.

As for accommodations, there are a variety of hotel options along the Sports Coast, but the **Saddlebrook Resort** in Tampa Bay is a vacation destination all its own. Featuring golf, tennis, volleyball, swimming and a spa, you might be tempted to never leave the property. -CR



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THE MENU

CRAVINGS | FIRST BITE | BY THE BOTTLE | **AT THE TABLE** | DRINKS



VIVA LA FRANCE

A cozy French bistro brings classic, affordable cuisine to East Nashville. Read more on page 98. >>>

NATHAN ZUCKER



Spring Salad

Like all of the dishes that grace Vivek Surti's seasonal tasting menus at his intimate Germantown restaurant, Tailor Nashville, this refreshing spring salad incorporates elements from the beloved Indian dishes of his childhood with the flavors he's grown to love in the American South.

And like all of Surti's recipes, this one comes with a story.

Surti starts by explaining chaas: a traditional cooling drink in India made with buttermilk (or yogurt thinned with water) and spices.

"So, in India, when it's hot outside or you have spicy food, you drink chaas to cool down," he says. "Just like in the South, some people drink buttermilk during the summer, or dip their cornbread in it."

When Surti was in high school, that meant while other kids downed bottles of Gatorade after basketball practice, he was given a cooling glass of chaas instead.

"Cooling sour dairy exists in both cultures, so we knew we wanted to use it as a dressing on the menu," he adds. Here, the tangy dressing, enriched with spices bloomed in oil (a process known as "vagar," among other names, depending on the region in India), gets tossed with tender, local, little gem lettuces, a plethora of crunchy vegetables, and some fresh herbs to round out the dish.

When it comes to his recipes, Surti says, "We try to be true to both cultures, and we want to highlight the farmers we work with." This flavorful salad does both. (Tailor, 1300B 3rd Ave. N.; tailornashville.com) —Trisha Boyer

SPRING SALAD

Courtesy of chef Vivek Surti, Tailor Nashville

DRESSING

1 cup buttermilk
2 tablespoons vegetable oil
5 dried chiles de árbol, lightly crushed, seeds removed if desired
4 curry leaves (available at Patel Brothers)
1 teaspoon cumin seeds
½ teaspoon brown mustard seeds
Kosher salt

Pour buttermilk into a measuring glass or small bowl.

Heat oil in a small saucepan or skillet over medium-high until shimmering. Add chiles, curry leaves, cumin seeds, and brown mustard seeds one at a time, pausing for a second between each addition and then swirling the pan. Cook until spices are toasted and curry leaves sizzle and pop, about 10 seconds. (Take care as oil will splatter!)

Quickly pour spice oil into buttermilk; stir to combine. Taste chaas dressing and season with salt. Cover and chill. (Dressing can be made one day ahead.)

SALAD AND ASSEMBLY

1 bunch red and/or French breakfast radishes, trimmed, thinly sliced
3 heads of Little Gem lettuce, torn crosswise into 2-inch-wide strips
1 small cucumber, thinly sliced
½ cup fresh English peas, sugar snap peas, and/or 1 ½-inch-long pieces green and/or wax beans
1 sprig mint, leaves torn
2 tablespoons finely chopped cilantro
Kosher salt (optional)

Toss half of the radishes in a large bowl with lettuce, cucumber, peas, mint, and cilantro. Drizzle in dressing; toss to coat. Taste salad and season with salt if needed. Top with remaining radishes.

NOODLING AROUND

MAKING PASTA PERFECT

NICOLETTO'S KITCHEN EXPANDS TO HILLSBORO VILLAGE, BRINGING ITS OLD WORLD PASTAS PLUS A FEW SAUCY NEW DISHES.

BY NANCY VIENNEAU

Using 100 percent organic durum semolina and bronze die cuts, Ryan and Danny Nicoletto craft pasta in the Old World tradition. Those details make all the difference: Their pastas are remarkable, yielding a depth of flavor and sauce-clinging texture not found in commercially manufactured noodles.

The brothers started small in 2015, selling their artisanal fresh and dried fettuccini, campanelle, rigatoni, and fusilli at local farmers' markets while developing their wholesale business with area restaurants. A year later, they opened Nicoletto's Kitchen in East Nashville, where you could not only purchase their specialty pastas, but also build your own bowls from the selection of pastas, sauces, proteins, veggies, and cheeses. There were classics, like meatballs napped in marinara over spaghetti, and contemporary dishes, including the rosemary chicken with walnut pesto over spinach fettuccini.

Now, they've expanded to the other side of the river, landing in Hillsboro Village last October. Nicoletto's takes up residence in the former home of Bare Naked Bagel on Belcourt Avenue, next to Meet Noodles. You can't miss the spacious, light-strung deck out front. Inside, original hardwood floors and a fireplace lend a homey feel. Behind the order counter, in the open kitchen, you'll see steam billowing from pots of simmering water, ready to cook your pasta of choice. In the display case are the pastas available that day. You can count on beautiful strands of spaghetti or thick fusilli twists, but there could be porcini mushroom mafaldine or saffron gnocchetti sardi, too.

A new location, complete with a new kitchen, has opened up the possibilities for new menu items, such as the Italian-American favorite Chicken Parmesan. A generous portion of boneless chicken breast is coated in herbed breadcrumbs, fried crisp, and smothered in gutsy red sauce and a melt of mozzarella over a

tangle of spaghetti—just how you like it. The kitchen finishes the entree with a welcome touch of julienned fresh basil. (Vegetarians, fear not: Eggplant Parmesan, similarly prepared, is also available.) New, too, is the Gnocchi Bolognese, handcrafted potato dumplings served in rich tomato-meat ragu. And, a spin on an American mainstay: Green Chili Mac, where delicate shells come with an assertive white cheese sauce flecked with green chile fire.

Don't want pasta? Try one of the sandwiches, like the spicy Italian sausage, onions, and peppers packed inside a toasty Turano sub roll. Or a salad: We like the arugula with lemon basil vinaigrette. A cup of chicken noodle soup—yes, made with Nicoletto noodles—is a good choice, too.

The brothers assembled a concise but spot-on roster of beverages, highlighting Crema coffee, Lurisia Italian soda (the

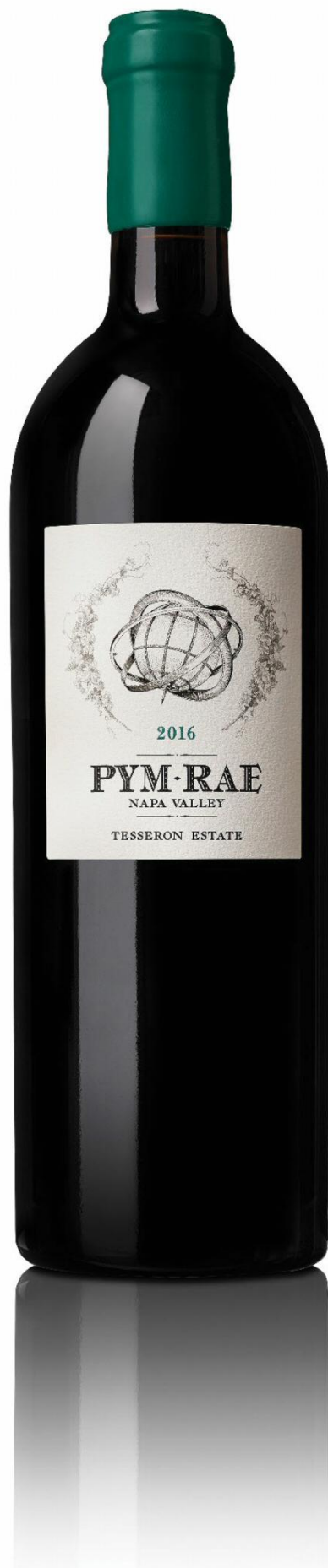
bitter caramel-orange Chinotto!) Italian and local craft beers, plus red and white wines. With the arrival of spring, plan on gathering friends and lingering on the deck over bowls of saucy pasta and a shared bottle of wine. (*Nicoletto's Kitchen, 2123 Belcourt Ave., 615-864-8968; nicolettos.com*)



RAISE A TOAST

ONE PRETTY POUR

PYM-RAE NAPA VALLEY, 2016



Whether you appreciate top-rated Bordeaux or simply aspire to, the Tesserons family is one to know. The Tesserons have owned Pauillac's Château Pontet-Canet since the 1970s, and long before that, have been top-rated producers of Cognac, as well. Under the helm of Alfred Tesserons, they've made big strides to improve their wines, and the lands they farm, including the move to switch to a completely biodynamic and organic operation in 2005.

After years of looking for the right piece of property in Napa Valley, the Tesserons landed a legendary one—in 2016, they scooped up an estate previously owned by the late comedian Robin Williams, who had named the vineyard after the middle names of two of his children. The Tesserons have kept the name in his honor, and the first bottling of Pym-Rae Napa Valley, a Bordeaux-style blend, arrived in Nashville last month.

The Mount Veeder estate doesn't have its own

winery (yet) but the family was able to produce their first vintage shortly after purchasing the land—which features the same mix of Cabernet Sauvignon, Merlot, and Cabernet Franc vines found on their property in Pauillac—and quickly got to work turning the 29-year-old vineyard into a biodynamic operation. Château Pontet-Canet winemaker Jean-Michel Comme is contributing to the blend but his son, Thomas, is the Napa Valley estate manager—together, they're dedicated to coaxing out a pure expression of the terroir.

Even at a young age, the wine shows big promise: The tight structure and bold, earthy aroma are well on their way to greater depth. Drink it now, or hold onto a few bottles and see how it grows. In the meantime, its 100-point Bordelaise cousin, the Château Pontet-Canet Grand Cru 2010, is a gem if you can find it. (\$379.99 per bottle. Available at *The Wine Chap* and *Midtown Corkdorks*.) —E.B.M.





For more reviews, go to [Nashville Lifestyles.com/Restaurants](https://www.nashvilleglifestyles.com/restaurants).



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- Escargot, \$9
- Pate de Campagne et ses cornichons, \$8
- Le Regal Provencal, \$18
- Steak Frites, \$20
- L'Opera, \$8



A Storybook Feast

Get to know the classic French bistro
that has Nashville flocking.

WRITTEN BY **ERIN BYERS MURRAY**
PHOTOS BY **NATHAN ZUCKER**

In a city jam-packed with dining options, it's surprising to see a line of people waiting outside for a restaurant table. But there they were, about 25 folks, standing outside Once Upon a Time in France early on a frigid Saturday night. The tiny bistro was just a few weeks old but the anticipation had been building. The crowds descended quickly, and that night, unless we'd arrived when the doors opened an hour earlier, we were going to have to wait.

What's luring lines of diners is not just affordable French food and drink. It's the feeling that, just for a moment (or as long as it takes to polish off a bottle of wine), you can be transported to a corner bistro in Paris, complete with French accents, a noisy room, torn bread, and hearty plates of rustic fare.

The charm lies in its authenticity. The co-owners, a French family recently arrived from Paris, set out to recreate exactly what they missed from home. Melvil Arnt came to Nashville five years ago to pursue music, but was disappointed by what was missing. "There was a real lack of places where you could have a good glass of wine that wouldn't be too expensive," he says. "Anything European, really—good wine, food, European beer—it was hard to find."

Having worked in cocktail bars and traditional restaurants around Paris, Arnt considered opening his own place here—but as a father of two small children, he knew he couldn't do it on his own without sacrificing family time. So, he recruited his parents: His father, Laurent Champannois, was raised in Lyon, France, and at age 50 enrolled in culinary school after a career in television; his mother wanted to be closer to the grandchildren. Together, they decided to open a bistro, with their own fortitude (and their own funds), revitalizing a space on Gallatin Avenue into a little slice of Paris.



The tight space means that when you arrive, you'll find Arnt's mother taking names at the door (with a somewhat laissez-faire shrug). Eventually, she'll guide you to a small waiting room in the back, cloaked in gray-gold damask wallpaper and a pressed-tin ceiling. She'll suggest you stop by the bar to order a drink while you wait. We liked The Garret (a Bulleit Rye and elderflower concoction), but there are also \$5 glasses of house wine.

The dining room is full of knickknacks that make clear this is a family affair: black-and-white portraits, family Polaroids, copper pots along the walls. Tiffany-like stained glass lamps are perched on shelves and a tall jar of rosemary decorates the bar. There are chairs and tables and stools and people everywhere. It's bustling and loud, but in a welcoming, friendly way.

When you eventually do reach your table, settle in and soak up the ambience. Tables are tucked close to one another, so you might make friends with a neighbor, or at least eavesdrop on their conversation. And everyone on staff is French or speaks the language fluently.

They'll help you choose from the 75-bottle wine

list, which is all European with many options under \$50. That affordability carries over to the food menu, which is short and sweet with just a handful of starters and five entrees. Don't think too hard: Just order from the parade of French classics. Chef Champannois spent time training at l'Atelier Etoile de Joel Robuchon in Paris, so the plates are refined, but also hearty and filling. He sometimes delivers them himself or stops by to see how you're enjoying the meal.

The menu will change occasionally but look for earthy escargot, swimming in garlic butter to start; it's served with crusty bread for dunking. A rustic country pate of delicately spiced duck and pork comes with a small salad of greens and cornichons. The night we ate there, the onion soup was sold out by 6 p.m., but c'est la vie—the space is so small that when the food runs out, it's out.

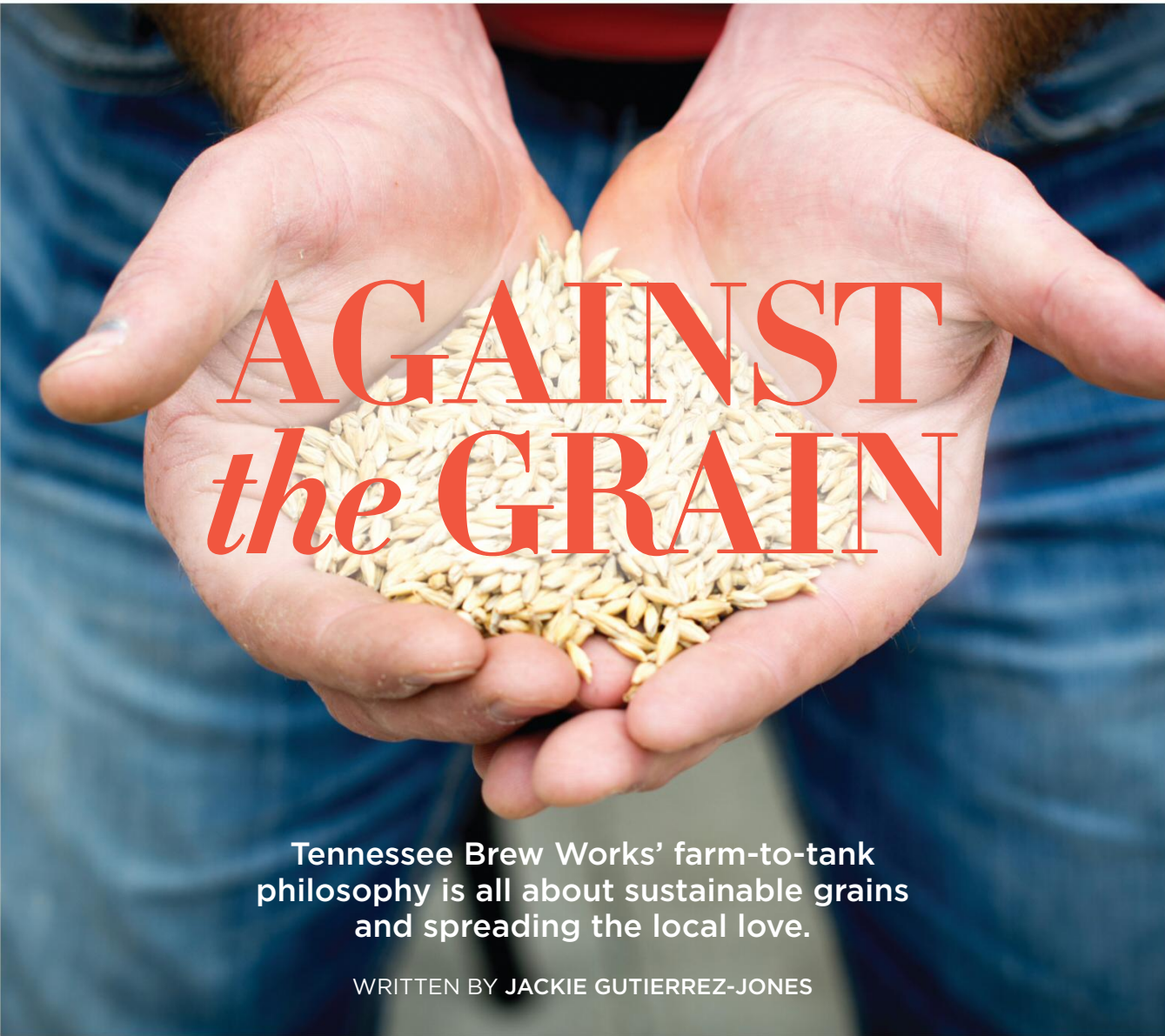
The main dishes are pure comfort food, like boeuf Bourguignon, served in a red wine sauce with carrots and pearl onions over linguine, and duck à l'orange, a fragrant poultry dish that might come with a garlicky pile of locally sourced oyster mushrooms. Le Régál

Provençal is a small bed of precisely hand-cut pasta squares layered under a ratatouille of thick chunks of eggplant, peppers, and squash in a fragrantly spiced tomato sauce. Fried asparagus spears add just a touch of crunch. Another traditional dish, the steak frites is a generous cut of ribeye with crispy bistro-style fries—for only \$20, it's a steal.

Linger over dessert, like the L'Opera, an almond sponge cake, or do like we did and request a cheese plate for something savory. Though the space is small, there doesn't seem to be a rush. Some people come and go, while others linger longer. The room vibrates with that good, tight-knit energy that makes a place feel like home—or like a piece of Paris brought to Nashville just for you.

NOTE: Once Upon a Time in France does not take reservations (like any corner bistro in Paris, it's meant to be a place where you just drop in) and only offers up a very small waiting area in the back. So, there's a good chance you'll arrive to find at least a short wait. Be prepared for it... or come back another night.





Tennessee Brew Works' farm-to-tank philosophy is all about sustainable grains and spreading the local love.

WRITTEN BY JACKIE GUTIERREZ-JONES



It was during a chance meeting at the Nashville Farmers' Market four years ago when the teams behind Tennessee Brew Works and the Tennessee State Parks Conservancy (TSPC) decided that craft beers and state parks really ought to go hand in hand.

With a mission to better the local community and share the love of craft beer, the two teams saw a collaboration in the works.

"We all convened at the brewery and began actively discussing projects and possible ways for the two organizations to optimize their synergies," says Christian Spears, founder and president of Tennessee Brew Works. "The development of the Tennessee State Parks Conservancy was in the works—I would describe [it] as the donation center for the state parks system. The outcome of these brainstorming sessions was the State Park Blonde ale, with a mission of awareness and driving proceeds directly to the TSPC."

The State Park Blonde ale, which was released in 2018, has raised \$16,000 to date for the TSPC and is aiming for another \$12,000 in 2020 alone.

But the ale is only part of Tennessee Brew Works' farm-to-tank philosophy. The beer, which uses 100-percent Tennessee-sourced barley from Batey Farms, represents the brewery's "consume locally" ethos.

"Beer is perishable and, like farm-fresh food, better consumed closer to the source. Rightfully so, people are becoming more conscious about their food sources," Spears says. "Our goal is to celebrate the Tennessee farming community whenever possible. Sometimes we are simply marketing the farms through our beers; other times, we are actually putting real money into the hands of our local farmers."

While the State Park Blonde ale and Southern Wit both use 100-percent Tennessee-sourced grains, the brewery has also managed to incorporate several other Tennessee products into their brews. Basil from Bloomsbury Farm adds an herbal note to a saison; wildflower and sourwood honeys from Queen Bee Pollinators provide depth to a Belgian-style blonde ale; and sweet potatoes from Delvin Farms provide a rich flavor profile to a seasonal winter stout.

"A flourishing agricultural community provides direct benefits to consumers and can serve to supply Tennessee Brew Works, along with many other like-manufacturers, necessary raw materials," Spears adds. "We want to create beer that is truly indigenous of where we live, while benefiting the local farmer and paying homage to the land, traditions, and culture of Tennessee." (*Tennessee Brew Works, 809 Erving Ave., 615-436-0050; tnbrew.com*)

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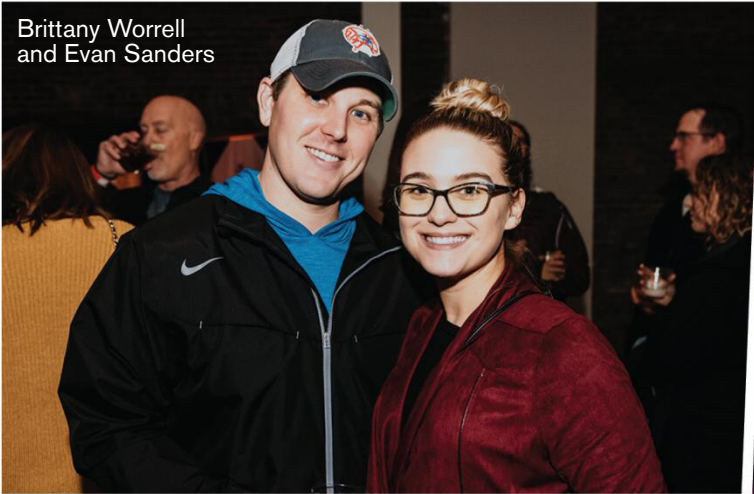
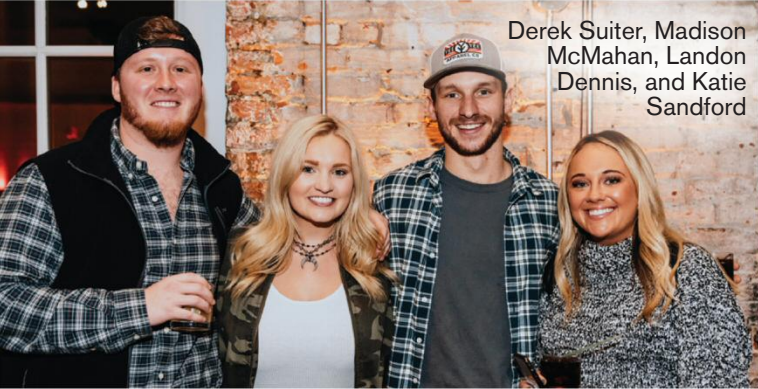
MUSIC *in the* CITY

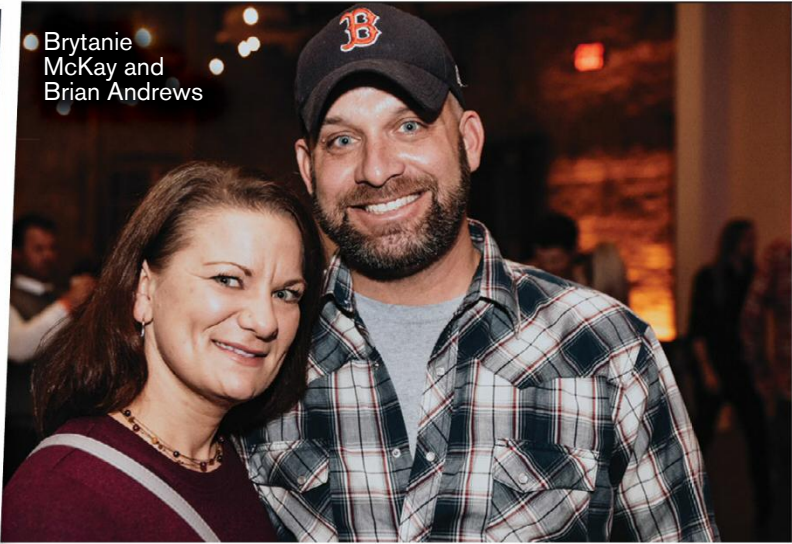
On Wednesday, February 5, *Nashville Lifestyles* held the 16th annual Music in the City at Acme Feed & Seed.

The evening, which raised funds for Make-A-Wish Middle Tennessee, was headlined by country star and *NL* cover star Jon Pardi and featured intimate performances by Pardi, Jillian Jacqueline, and Ryan Hurd. Before the festivities began, CMT's Cody Alan graced the stage to thank all the generous sponsors as well as the audience for coming out despite the less than ideal weather.

While the sold-out crowd sang along to familiar tunes by all three artists, they imbibed on signature cocktails provided by Don Julio and Crown Royal. Pardi also auctioned off a signature cowboy hat to raise additional money for Make-A-Wish Middle, with the winning bid topping out at \$1,700.

Photos by Nathan Zucker





Brytanie McKay and Brian Andrews



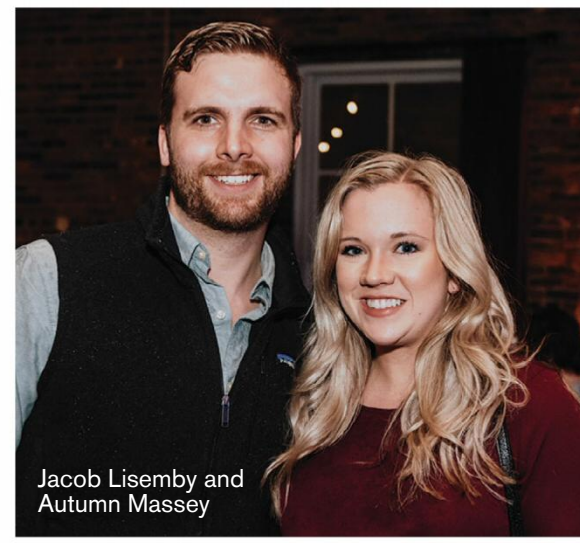
Grant Corcoran and Courtney Lynch



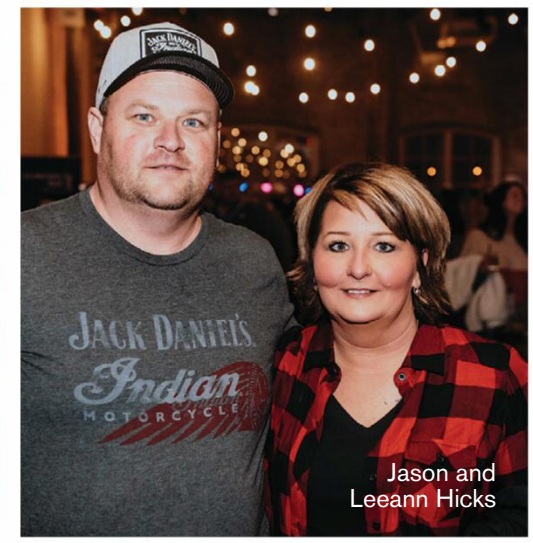
Jackie Degroat and Ashley Henderson



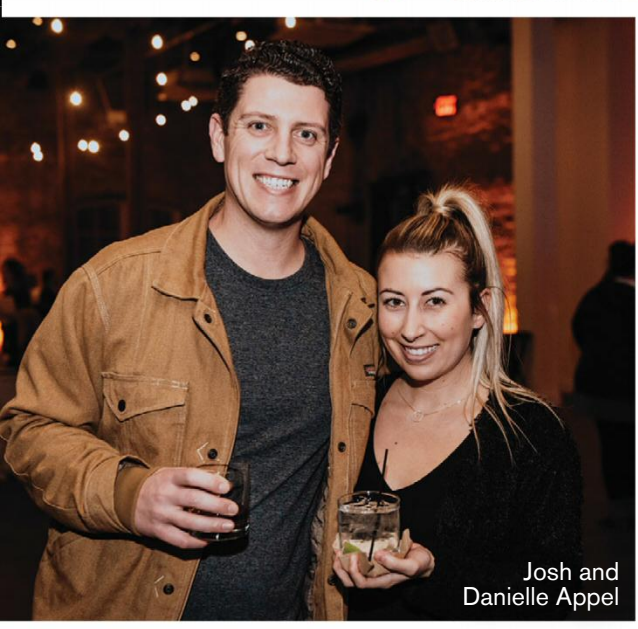
Taylor Przbysz, Jillian Swain, and Alli Hammer



Jacob Lisemby and Autumn Massey



Jason and Leeann Hicks



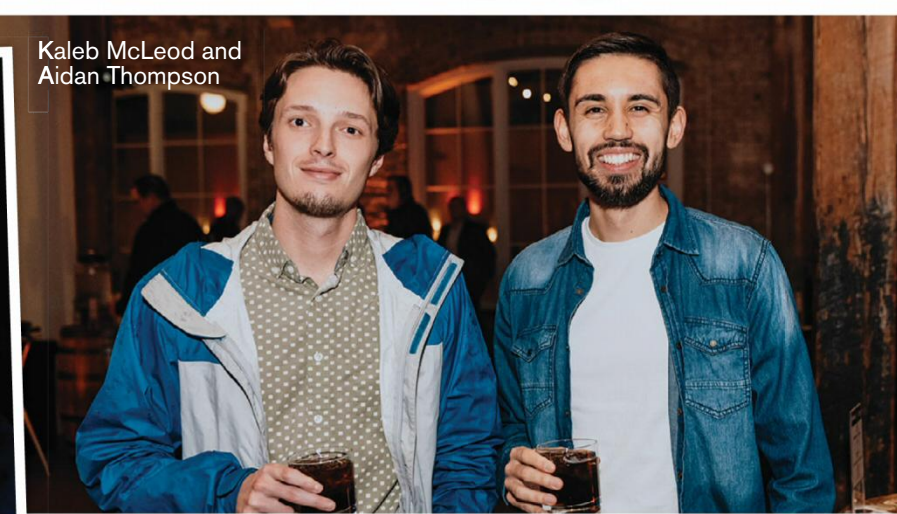
Josh and Danielle Appel



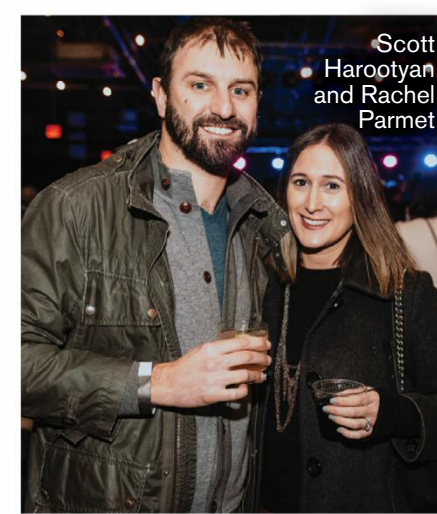
Michael and Julia Seiler



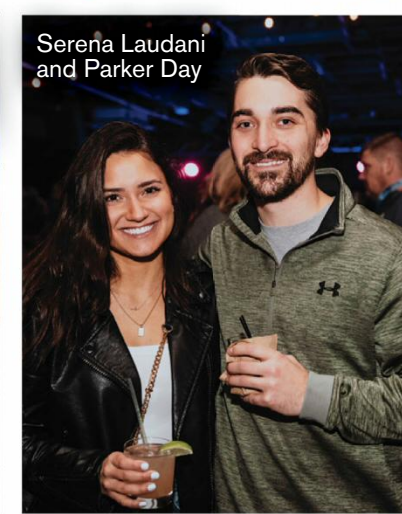
Lynn Brewer and Laura Fieberg



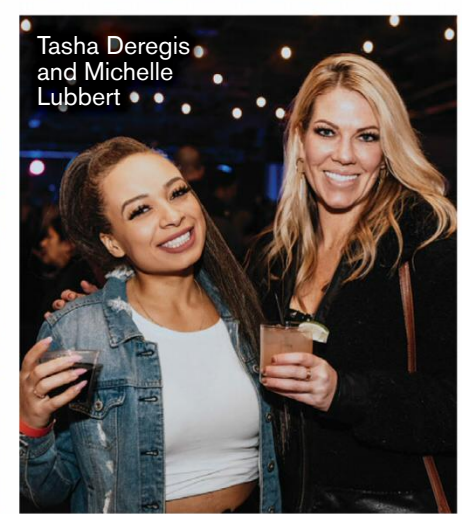
Kaleb McLeod and Aidan Thompson



Scott Harootyan and Rachel Parmet



Serena Laudani and Parker Day

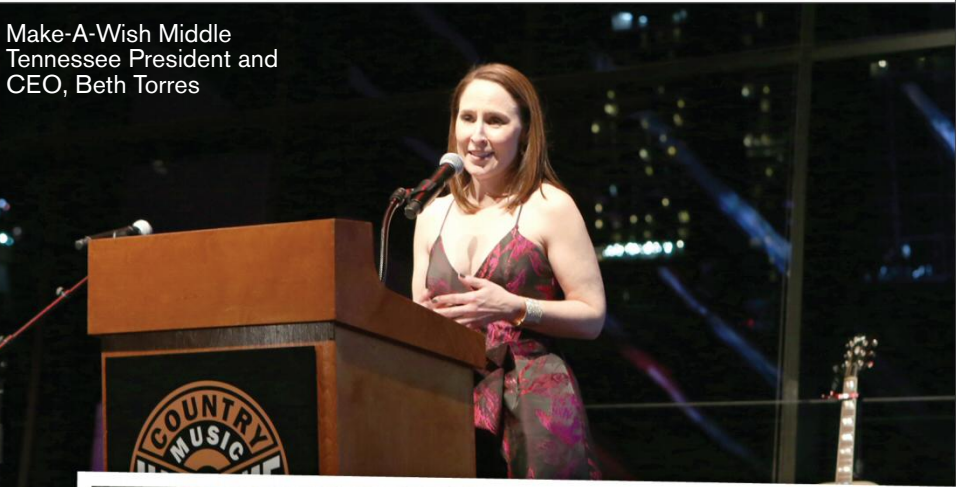


Tasha Deregis and Michelle Lubbert

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MAKE-A-WISH STARS FOR WISHES GALA 2020

On Saturday, January 18, Make-A-Wish Middle Tennessee hosted their eighth annual Stars for Wishes gala presented by Crowe at Country Music Hall of Fame and Museum and raised over \$330,000 toward the charity’s wish-granting efforts. Hosted by wish kids Georgia Schmitz and Kayden Waddy, the event featured great musical performances by former wish kid Ethan Payne, John Berry, and local songwriters Clint Daniels, Tommy Karlas, and Clay Mills. Along with entertainment, the evening included a wish granting to wish kid Liam who had been waiting for his wish and a delicious meal courtesy of Chef Ryan McKeown of STK Nashville. “It was an amazing night! We are incredibly grateful to all the sponsors, donors, wish families, and performers who came together and raised over \$330,000 to help us grant wishes to children with critical illnesses in Middle Tennessee,” said Make-A-Wish Middle Tennessee President and CEO, Beth Torres.

Photos supplied



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Mercedes-Benz
of Music City



More information at ChildrensHospitalVanderbilt.org/friendsandfashion

ANTIQUES & GARDEN SHOW 2020 BOURBON PARTY

The Antiques & Garden Show of Nashville hosted its 30th anniversary event from January 31 through February 2 at Music City Center.

The Show, which is the largest of its kind in the United States, welcomed more than 12,000 attendees, including volunteers and dealers, to experience world-renowned lectures, 150 antique and horticulture dealers, special events, expertly landscaped gardens, and so much more.

Chaired by Louise Bryan and Ashley Levi, the 2020 Show explored the theme of “Legacy,” with once-in-a-lifetime discussions from both local and international voices. The Show also celebrated honorary chair Bunny Williams of Bunny Williams Associates, one of the most talented names in design, as well as an accomplished businesswoman, entrepreneur, author, and philanthropist.

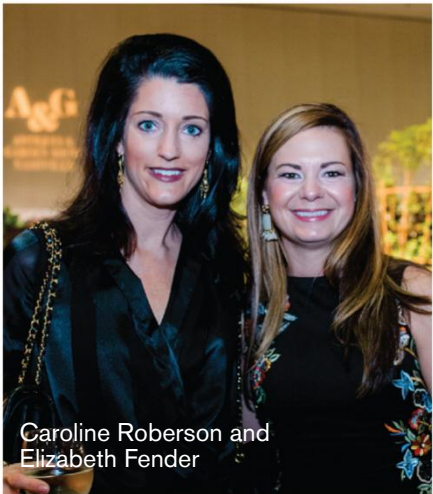
Photos by Christy Hunter (this page); Peyton Hodge (facing page)



Hunter Roberts, Alli Simmons, Abbey Simmons, and Grayson Simmons



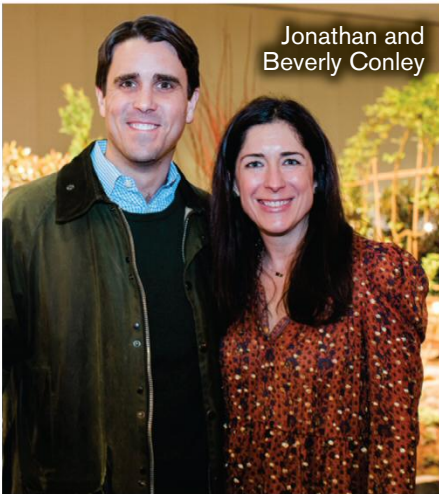
Jayne Thompson and guest



Caroline Roberson and Elizabeth Fender



Maidie Ryan and Rachel Jones



Jonathan and Beverly Conley



Sarah and Martin Akin



Jennifer Anderson and Jane Douglas



Kimberly and Derik Starks



Jeff Garner and Anastasia Boyett



Debby Caplenor and Sandy Davis



Ed Nash and Kyah Hillis



Randall & Ali Noel, Sarah & Jack Eakin, and Emily & Andrew Montgomery



Douglas & Ann Parker Weeden, Ann Nettles, and Remington Shepard



Kimberly Kelly and Kevin Coffey



Ben Shankle, Denver Wilson, Natalie Allen, Keith Gambill, and Wilson Vaughn



Abby James, Beverly Conley, Kendrick Watts, Melissa Liles, and Sarah Dawkins



Sarah Vizard and Eliza Sartor



Robert and Caroline West



Will & Maggie Tucker, Carey & Mark McDonald, and Tayler & Jay Webb



Laura Eckstein, Stacy Sartoris, Alicia O'Bryan, and Joni Lee



Imaan & Hilary Ferdowsi and Charles & Lindsey Webb



Eli Gibbons, Kimberly McDonald, and Jessica Kinnard

NASHVILLE FASHION WEEK 2020 KICKOFF PARTY

On Wednesday, January 23, over 300 attendees gathered at the new Graduate Nashville for Nashville Fashion Week's 2020 Kickoff Party.

Guests enjoyed signature Tito's cocktails and light bites while listening to the first of many big announcements about the upcoming Nashville Fashion Week 2020.

Nashville Fashion Week will take place Tuesday, March 31 through Saturday, April 4 in partnership with OZ Arts Nashville. Four nights of runway shows will be followed by their 10th Year Celebration Party and Nashville Fashion Forward Awards on Saturday night to celebrate the unique impact awards recipients have made on the Nashville fashion community.

Tickets for Nashville Fashion Week 2020 are now available for purchase at nashvillefashionweek.com.

Photos submitted



Alicia Sercy,
Laura Hall,
Kendall Parker,
Emily Robbins,
and Annsley
Wood



Marcia Masulla
and Connie
Cathcart-
Richardson



Cassidy Bidwell and
Lindsey Lanquist



Mary Kathryn Hudson, Stacey
Rhodes, and Laura Danielson



Erica Knicely, and
Victoria Knicely



Christina Stephens
and Michael Earle



John Fisher, Truly Alvarenga,
and Alannah Watson



Nina Thomas, Amy Shomsky, Jane
Siegel, and Justin Mark Richards



Abany Dugger and
Mandy McLaren

Andrew
and Julie
Galbierz



Erica & McArthur Van
Osadale and Todd Sandahl



Heather Thorne and Brook & Josh Trusley



BALLET BALL LADIES' AND GENTLEMEN'S COMMITTEE PARTY

On Thursday, January 23, the Ballet Ball Ladies' and Gentlemen's Committee Party was hosted by Mary Morgan and Paul Ketchel.

Throughout the evening, guests enjoyed specialty cocktails, an array of exclusive French wines, light bites courtesy of D.Kates catering, and a silent auction.

Alcohol for the Ballet Ball Ladies' and Gentlemen's Committee Party was provided by Lipman Brothers.

Photos by Susan Adcock



Hosts Mary Morgan and
Paul Ketchel



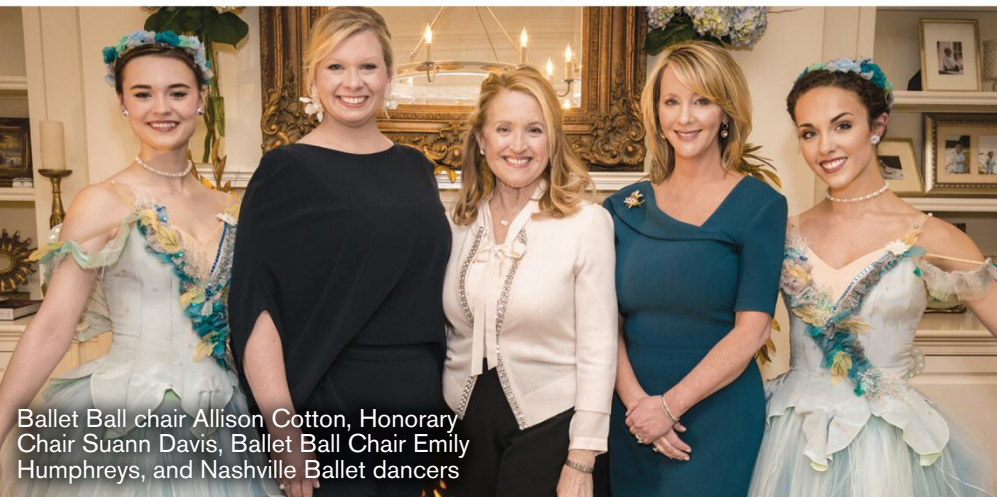
Katherine Merrill, Paul Vasterling,
Marsha Moffitt, and Amber Holm



Krystal Clark and
Thallen Brassel



Mary Morgan Ketchel, Sutton
Costanza, Sandra Lipman, Julie
Schneider, and Milton White



Ballet Ball chair Allison Cotton, Honorary
Chair Suann Davis, Ballet Ball Chair Emily
Humphreys, and Nashville Ballet dancers



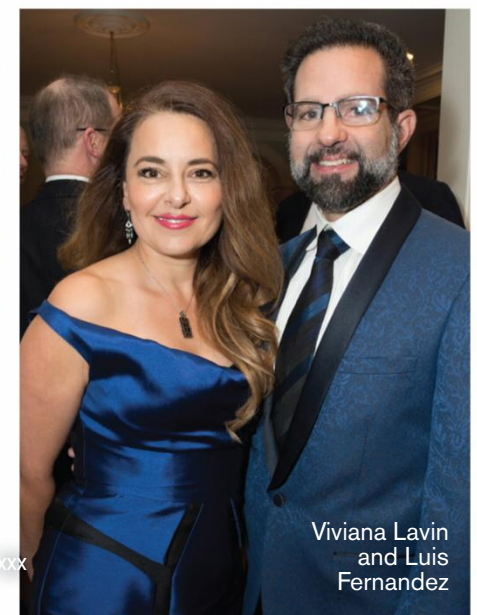
Ian & Allison Cotton and Emily
& Mark Humphreys



Melissa Lee, Jennifer Lankford,
Lisa Jagar, and Caroline Sirko



Sharon Sandahl, Suann Davis, and
Morel Enoch Harvey



Viviana Lavin
and Luis
Fernandez



Amy Goldstein
and Lana Pargh



Gordon JCC Staff



Carla
Rosenthal
and Jamie
Eskind



Kim Lapidus
and Tara
Mittelberg

GORDON JCC BIG NIGHT OUT 2020

Guests had a magical evening and important funds were raised for the Gordon Jewish Community Center at their annual fundraiser, Big Night Out, on January 25. Chaired by Kim Lapidus and Tara Mittelberg, the event featured dinner prepared by Goldie Shepard and libations donated by Best Brands, Lipman, Tennessee Brew Works, RED Spirits & Wine, and Rhizome Productions. Guests enjoyed both silent and live auctions with over 200 items that raised \$29,000 for the JCC. In addition to delicious food and drink, attendees were treated to a magic show by famed magician Kevin King.

Overall, it was a lively night supporting the Gordon JCC and enabling the non-profit to continue providing educational, cultural, wellness, and social activities for families, children, and seniors.

Photos by Emily Allen



Meryl & Keith Kraft, John Henry
Smith, and Barry Tamburin



Erin Coleman and
Dan & Sara Melamed



Steve and
Leslye
Lapidus



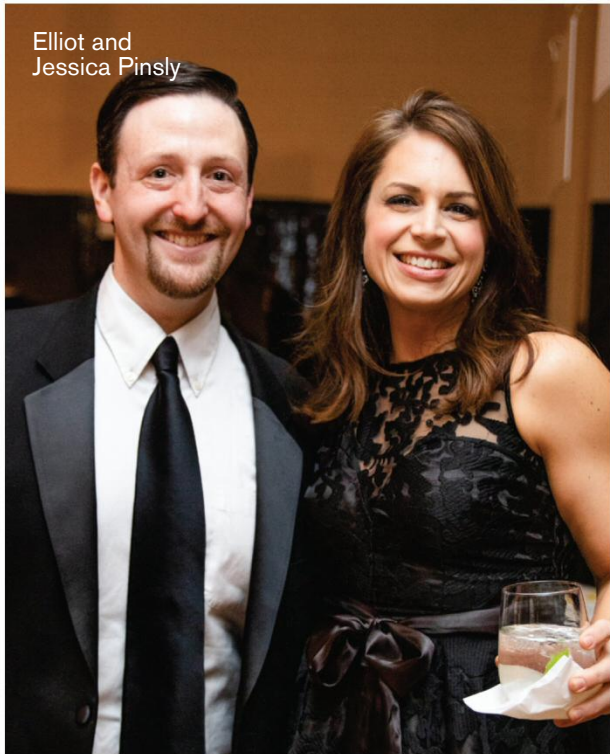
Marissa Russ, Jessica
Ginsberg, and Erin Bass



Matt Leff, Jennie Zagnoev,
Tracey Leff, and Amy Katz



Michael
Gross



Elliot and
Jessica Pinsly

ns, Jr. • Ingrid Andress • Jason Aldean • Jason Isbell • Jessi Colter • J
ves • Keith Urban • Kid Rock • Kin Moore • Kris Kristofferson • Lady
e • Lee Ann Womack • Little Big Town • Loretta Lynn • Luke Bryan • L

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WITH A WORLDWIDE HEART**

ae • Maren Morris • Martina McBride • Max Chapin Carpenter • Merle
nbert • Morgan Wallen • Montgomery Gentry • Oak Ridge Boys • Peter
s • Rascal Flatts • Reba McEntire • Ronnie Milsap • Rosanne Cash • S
yl Crow • Taylor Swift • Tim McGraw • Townes Van Zandt • Travis Square • Tim McGr
l Perry • Billy Currington • Billy Joe Shaver • Blake Shelton • Blue Sky
aisley • Brantley Gilbert • Brett Young • Brothers Osborne • Buddy M
earce • Carrie Underwood • Chris Janson • Chris Staple
ker • David Nail • Deana Carter • Diamond Rio • Dierks Bentley • Dol

THANK YOU, KEITH URBAN

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STRONG**



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