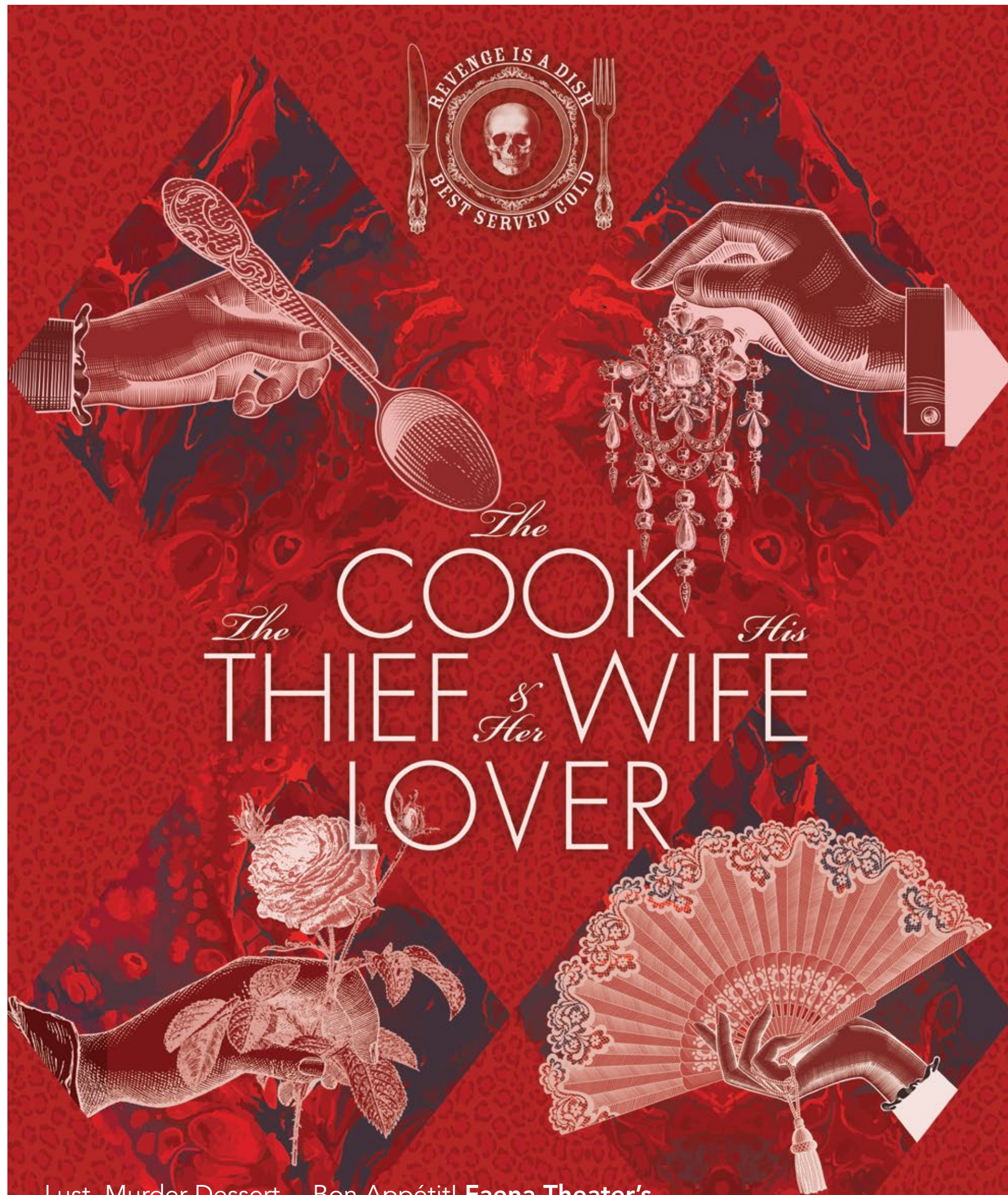




**ENTERTAINMENT** *The Cook, The Thief, His Wife & Her Lover / Sandra Bernhard in Quick Sand / Live in The Living Room / A Tropical New Year's from North to South* / **EPICUREAN** *A Good Reason to Give Thanks* / **WELLNESS** *Skin Deep* / **RESORT** *Make Faena a Holiday Tradition / Crema at The Bazaar* / **BUENOS AIRES** *The Sport of Kings* / **FAENA ART** *Faena Festival: The Last Supper* / **FAENA ROSE** / **ALEPH** / **CALENDAR**





Lust, Murder Dessert... Bon Appétit! **Faena Theater's** highly anticipated new show **The Cook, the Thief, His Wife & Her Lover**, based on the critically acclaimed film by Peter Greenaway, is now showing.

Brace yourself for a spellbindingly sadistic story brought to life by reimagined pop music, riveting dance, and outstanding food and drink. Here a dramatic love triangle narrated by the restaurant's omniscient waiters unfolds between a ruthless restaurant owner, his wife and her lover. Crafted to seduce your every sense, the restaurant comes to life with a three-course menu from

Miami culinary luminary **Michelle Bernstein**—a Michelin-starred James Beard winner—who puts a distinctly Floridian twist on classic French and European cuisine. Actors blend seamlessly with the waitstaff as they wend their way through the audience, inviting you to participate and challenging you to question your deepest human instincts. Channeling elements of classic film noir, Faena's

new boundary-pushing production will keep you on the edge of your seat as it blurs the lines between fantasy and reality while maintaining the highest fidelity of dramatic excellence.

*Shows Thursday – Saturday. In-house guests may dial the concierge at 4021 for reservations. For tickets and more information, visit [www.faenatheater.com](http://www.faenatheater.com)*

**THU  
TO  
SAT**

**The Cook, The Thief, His Wife & Her Lover**  
**A Delicious Theater & Dining Experience**  
**Doors open at 8:00 pm**

## Sandra Bernhard in Quick Sand

*Faena Theater is thrilled to present comedian, actress, singer and author Sandra Bernhard in a special three-night performance this month of her latest show, "Quick Sand."*

"Give the dame her due: **Sandra Bernhard** was a proverbial rock star long before headline-making folks in even the most prosaic walks of life were being referred to as such," wrote Charles Isherwood for the New York Times. Bernhard's latest show spotlights her acerbic wit and distinctive voice in a raucous mix of cabaret, stand-up, rock-n-roll and social commentary. Bernhard's thriving career reaches back decades to her standout role on the hit sitcom "Roseanne," to more recent roles on Ryan Murphy's hit TV shows "POSE," and "American Horror Story: Apocalypse." She's also starred in on and off-Broadway shows including "Without You I'm Nothing," "I'm Still Here...Dammit," "Everything Bad and Beautiful," and "#blessed." Her latest show is sure to keep audiences entertained since a good sense of humor never goes out of style.

*In-house guests may dial the concierge at 4021 for reservations. For tickets and more information, visit [www.faenatheater.com](http://www.faenatheater.com). Tickets start at \$85. Ages 18 and older are welcome.*



**Sandra Bernhard's Quick Sand**  
**Faena Theater**  
**11:30 pm**



### LIVE IN THE LIVING ROOM



From Latin rock to Afro-Caribbean rhythms to Cuban beats, there's something for everyone to get in the groove at The Living Room. "All our artists have a different vibe corresponding to a specific day of the week," says Faena's Live Entertainment Manager Alejandro Lista. Over the years Lista has consistently curated a dynamic roster of all-star musicians and DJs by focusing on what would please his audience the most. Local singer and songwriter Javier Garcia is one of Faena's crowd-favorites. He's written songs for Ricky Martin and Paulina Rubio. His soulful sound layers different styles into a distinctive hybrid of funk, reggae, world, and Cuban rhythms. Dulce

Son, comprising singer Dulce Olmos and her husband, pianist and composer, Freddy Bozzo, also draw on Latin rhythms to deliver pitch-perfect performances every Sunday night. Keba Williams' potent songs, performed with her band The Usual Suspects, are anthems of empowerment fused with soulful R&B rhythms and cinematic climaxes. "I strive to create music that unifies people from different backgrounds," said the powerhouse songstress who hails from Trinidad and Tobago.

*In-house guests may dial the concierge at 4021 or email [livingroom@faena.com](mailto:livingroom@faena.com) for table reservations.*



**LIVE ENTERTAINMENT AT THE LIVING ROOM & THE SAXONY BAR**

#### THE LIVING ROOM

November welcomes back some of our favorite live performers and DJs, including **American Gipsy**, **Javier Garcia**, **Sir Portela**, **Mi Dulce Son**, **Sol + The Tribu**, **The Usual Suspects**, **Alejandro Elizondo Trio**, **Jackie Mendes**, **Jahzel Dotel**, **The French Horn Collective**, **Louis Amanti**, **Write Sounds Jazz**, **DJ Funky Therapy**, **DJ Richie Hell**, **DJ Mojody**, **DJ Sire**, **DJ Erick Paredes**, **DJ Diego Caramella**, **DJ DiscoRocks**, and **DJ Fabian Giannattasio**, among many others. (P.S. Join us on Tuesday nights for live vinyl sets!)

#### LIVE MUSIC & DJ SETS

Daily / 9:00 pm  
**VINYL NIGHT**  
Tuesdays / 8:00 pm

#### THE SAXONY BAR

Meet us on the dance floor at The Saxony Bar this month with live sets by **DJs Diego Harispe**, **Danny Stern**, **Rob Riggs**, **Yissel**, **Chizzle** among others. (Insider tip: On Thursday nights, join us and host Alisha Talbot for El Secreto, an exclusive late-night soirée featuring live entertainment and surprise performances.)

#### LIVE DJ SETS

Thursday - Saturday / 10:30 pm

*Reservations at Saxony Bar are required, and strongly encouraged for The Living Room.*

*In-house guests may dial the concierge at 4037 for reservations.*

#### NOVEMBER FEATURED COCKTAIL COOK'S RECOMMENDATION

A nod to Faena Theater's new dinner and theater production, *The Cook, The Thief, His Wife, & Her Lover*, this cocktail both soothes and invigorates guests for the show ahead. This delicious combination consisting of Bombay Sapphire, cucumber-mint-basil syrup, and fresh-pressed lemon juice, is one recommendation you do not want to miss. Available at **Faena Theater**



# A Good Reason to Give Thanks

*This year, skip the Thanksgiving entertaining at home and leave the cooking to us. Our award-winning chefs are well-versed in holiday feasts.*



Sidle up alongside a life-size Damien Hirst golden unicorn at **Pao by Paul Qui** or on the restaurant's ocean view terrace for an unmatched culinary celebration. Multicourse menus feature such items as caramelized miso soup with a unique twist of foie gras "tofu" and black truffle, and grilled winter squash roasted in olive butter and Yuzu Kosho, and topped with caramelized seeds and 24-month-aged parmesan. Or satiate your holiday appetite with more traditional fare like a bounty of fried turkey, turkey leg confit, turkey wings, crispy brussels sprouts, grilled corn pudding, truffle adobo and house-made cranberry jam. Make sure to leave room for a sweet finish. If you can't help but follow your nose to the smoky scent of roasting meats on a wood-fired grill,

gather your loved ones at **Los Fuegos** for a decadent asado buffet designed by Argentine grillmaster **Francis Mallmann**. Fresh from the garden, land or sea, there's something for every palate. Hearty Thanksgiving fare includes a whole turkey roasted to perfection with gravy, charred lemon and an array of delicious sides. Pile your plate with corn pudding, green beans with bacon, smoked cranberry sauce, chorizo and fennel stuffing, sweet potatoes, roasted pumpkin and caramelized brussels sprouts. If you want to mash up your meal with something less traditional visit the seafood station for grilled octopus and salt-crusted wild salmon or indulge in a juicy slow-cooked ribeye slathered in chimichurri sauce or a plate of authentic oven-baked empanadas. A salad table offers

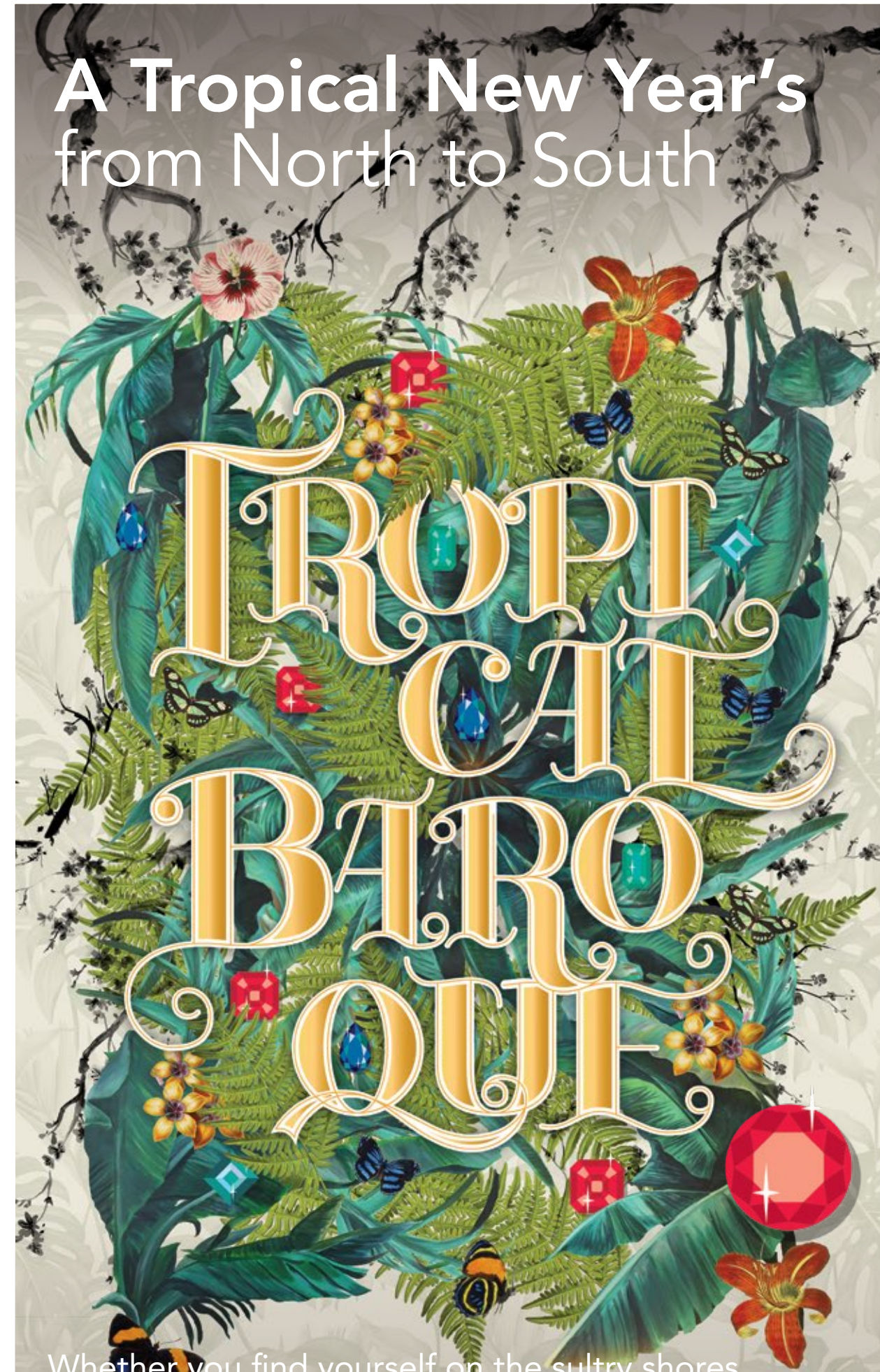
sweet to savory fare from smoked eggplant to pink grapefruit and avocado specialties. Then there's the dessert selection with ten pastry options that will send you straight to culinary bliss from bourbon pecan pie to maple-pear tiramisu. Faena has all the fixings for a very happy **Thanksgiving**.

*In-house guests may dial the Concierge at 4037 for more information. Reservations can be made at +1 786 655 5600.*

NOV  
28

**Thanksgiving**  
**At Los Fuegos & Pao**  
**7:00 pm**

## A Tropical New Year's from North to South



Whether you find yourself on the sultry shores of Miami Beach or in South America's "Paris of the South," Faena promises to start your year off in enviable style.

Think Carmen Miranda meets the French Court in an evening where the colorful tropics and imperial opulence alchemize in an unforgettable celebration of New World indulgence. Faena Hotel Miami Beach's revelry begins in the gilded Cathedral where lithe performers tango through the glittering crowd. At Pao by Paul Qui, guests feast on Asian-inspired delicacies like Wagyu carpaccio, bincotan-seared toro and sea urchin. For those interested in hearty wood-fired fare, Los Fuegos is plating black truffle and artichoke carpaccio, Chilean seabass confit and hanging A5 Wagyu tenderloin. Stadium-worthy entertainment will light up the night at Faena's leopard-clad Living Room and under the stars alongside Damien Hirst's iconic golden mammoth where a dazzling set of live performances will ring in the New Year on a perfect note. At Faena Hotel Buenos Aires, guests are immersed in the glamour of South American romance with a tropical baroque twist. Guests

are greeted with champagne and cocktails and passionate live performances as the party spills out onto the terrace of the lively Library Lounge. Restaurants El Mercado and Bistro Sur are serving up extravagant buffets of mouthwatering fare. Bottomless champagne, lush Argentine wines and craft cocktails flow from the open bar, while live shows and world-class entertainment wow the crowd. As guests gather for a midnight countdown under a moonlit sky at the Pool Bar, they'll be accompanied by live bands and more than a few fun surprises along the way.

*In-house guests may dial the Concierge at 4037 for more information. Reservations can be made at +1 786 655 5600*

DEC  
31  
**Tropical Baroque**  
**Faena Miami Beach**  
**& Faena Buenos Aires**  
**8:00 pm**



## GITANO ARRIVES AT CASA FAENA

Coming in December, Casa Faena will be the new home to Grupo Gitano's first Miami outpost. The new Gitano at Casa Faena will dish up a taste of Tulum and the Yucatán amidst a veritable jungle of lush tropical greenery in the boutique hotel's main dining room, wraparound terrace and rooftop.

Known for its chic gathering spots in Tulum and New York City, **Grupo Gitano** is a fan-favorite of the fashionable and flamboyant. **Casa Faena** proved itself to be a seamless fit for the brand's defining elements: tropical oases, Latin flavors and well-heeled clientele. Founder **James Gardner** has assembled a dynamic group of high-caliber talent that have helped put their projects all over the map including **Robert Delaney**, formerly of Blue Hill at Stone Barn joins as GITANO as General Manager, consulting chef at large **Mads Refslund**, co-founder of **Noma** in Copenhagen and consulting beverage director **Jeremy Strawn** owner of **Mulberry Project** and formerly of **Death & Co.** Guests can expect the same level of sultry sophistication at **Casa Faena**: think a modern take on Mexican and Mayan fare and a cocktail menu composed of refreshing tropical libations with an emphasis on Mexican spirits and fresh seasonal ingredients.

**Opening in December.**







13 GOLDEN RULES FOR YOUTHFUL-LOOKING SKIN

BY DR. ROBERTA DEL CAMPO  
TIERRA SANTA HEALING HOUSE  
WELLNESS COLLABORATOR

As we know our skin can help protect us from the outside so we must nourish it from the inside and outside. Follow these tips and take the first step toward youthful-looking skin.

Youthful, beautiful skin doesn't happen by chance; it takes some work. No matter what type of skin your parents have, your genes are only a small part of the equation. As the years go by, the signs of aging start to affect your body and skin. Thankfully, there are easy ways to slow down the aging process and prevent damage to your skin. That's because damage can also be caused by a wide range of factors such as sun exposure, your diet, and stress. Factors that, contrary to your DNA, you can easily control. Here are 13 tips to keep your skin healthy and youthful.

- 1. Drink plenty of water.
- 2. Eat foods with antioxidants.
- 3. Eat organic foods.
- 4. Limit your sun exposure.
- 5. Opt for natural skin products.
- 6. Use non-toxic cleaning products.
- 7. Get enough vitamin C.
- 8. Avoid too much sugar.
- 9. Eat healthy fats.
- 10. Engage in activities that relieve stress.
- 11. Sleep.
- 12. Exercise.
- 13. See your Dermatologist once a year for an annual skin exam.

Del Campo Dermatology  
and Laser Institute  
1801 NE 123rd St  
Suite 312, North Miami  
Phone: +1 305 705 6675

To book a consultation with Dr. Del Campo, please email [spamiami@faena.com](mailto:spamiami@faena.com) or call +1 786 655 5570. In-house guests may dial Tierra Santa at 4380 for more information.

Skin Deep

Faena is pleased to welcome Dr. Philippe Allouche, founder of the celebrated French skincare line *Biologique Recherche*, who will host a lively evening for guests centered around the latest in high-tech skincare, facials, and, of course, Champagne.



This month, forgo happy hour cocktails and bookend your week with Monday and Friday **sunset yoga classes** led by instructor Lina Pinilla on Faena's beach. Or join physician and metaphysician Dr. Scott Keller and psychic and intuitive Anabella Cabello on November 12 for a **Full Moon in Taurus meditation**, which cultivates a sense of security and stability. Guests will also receive a detailed description of astrology including a brief history of its application as an ancient art form and its correlation to modern scientific principles.

On November 13, beauty expert **Dr. Philippe Allouche** will host a **Wellness Wednesday** conversation at **Tierra Santa Healing House** from 6:30 pm to 8:00 pm. "I fell in love with Biologique Recherche when it arrived to Buenos Aires 13 years ago," said Spa Director **Agustina Caminos**. "No other products have given me the same results." This is likely due to Biologique Recherche's 20-80% active ingredient concentrations; levels you can't find in skincare lines sold in retail stores. "You can see the results in just one session," said Caminos. Guests who arrive early to the complimentary event can receive a free skin consultation using the high-tech Skin Instant Lab (based on availability). Over passed Champagne and light bites, Dr. Allouche will share engaging insights on skincare rituals and the latest innovations in the industry. For a hands-on experience, guests can book a Le Soin VIP O2 facial using Biologique Recherche products during the event, which comes with a complimentary hand or foot treatment. Guests won't go home empty-handed thanks to exclusive Biologique Recherche goodie bags.

Attend to your energy fields during an in-depth **Basic Pranic Healing course** led by Caminos on November 16 and 17, as well as a **Shamanic Family Constellations workshop** on November 7 in the Tierra Santa Studio. On November 22, find your center in the **Art of Balance yoga workshop** guided by Lina Pinilla and Anastasia Mironova.

In-house guests may dial Tierra Santa at 4380 for reservations. For more information and spa bookings, please email [spamiami@faena.com](mailto:spamiami@faena.com) or call +1 786 655 5570

NOV 7	Shamanic Family Constellations Workshop with Eric Lopez 6:00 – 9:00 pm
NOV 12	Full Moon in Taurus Meditation With Agustina Caminos and Anabella Cabello 7:30 – 10:00 pm
NOV 13	Wellness Wednesday With Dr. Philippe Allouche 6:30 – 8:00 pm
NOV 16	Basic Pranic Healing Course With Agustina Caminos 10:00 am – 6:00 pm
NOV 17	Basic Pranic Healing Course With Agustina Caminos 10:00 am – 6:00 pm
NOV 22	Art of Balance Yoga Workshop With Lina Pinilla & Anastasia Mironova 6:30 – 8:00 pm

Make Faena a Holiday Tradition

The holidays are here. Come celebrate this special time family and friends with exclusive holiday packages at **Faena Miami Beach**.

Leave behind the daily grind and whisk yourself away to sun-kissed Miami Beach. Our **Advanced Purchase package** offers great value with 30% off regular room rates. While you wiggle your toes in the powdery sand and shade yourself under our signature red-and-white striped umbrellas, we'll plan every single detail of your seasonal escape. Those with little ones in tow will benefit from **Faena For Families**, our innovative package offering a host of perks and amenities tailored to families of all ages. Rollaway beds and 50% percent off the nightly rate of your second guest room are just the beginning. Your crew will clamor for American-style breakfasts served complimentary on our poolside verandah as well as half-day **Faena Play** sessions to keep kids thoroughly enter-

tained. Adults can while away the hours with live entertainment in **Living Room**, or sip cinnamon-spiced cocktails at **Saxony Bar**. Relax in knowing that we've planned every moment of your stay with our typical Faena twist, freeing you to forge new traditions with friends and family. Prix-fixe holiday menus at **Pao** and **Los Fuegos** feature classic favorites like succulent turkey and cranberry sauce on **Thanksgiving**, as well as sumptuous South American asados hat are sure to delight. On **New Year's Eve**, dandy your way into the new year while the bubbly flows and fireworks illuminate the tropical skies.

For more information or to book, dial Reservations at + 1 844 733 4190 or email [reservations-miamibeach@faena.com](mailto:reservations-miamibeach@faena.com)



CREMA AT THE BAZAAR

This December, Faena Bazaar will welcome its first café: **Crema Gourmet Espresso Bar**. Already a neighborhood favorite in both South Beach and Coral Gables, the restaurant will bring its warm atmosphere, quality food and friendly service to Miami's Mid-Beach area.

Locals love to gather in Crema's bistro-inspired digs fitted with warm reclaimed wood, leather wing chairs and black and white mosaic tile to sip delicious ILLY espressos, cappuccinos and lattes. Set on the first floor of

the Bazaar, the cozy café is the perfect place to refuel after a rooftop yoga class, enjoy a salad in the sunlit courtyard, or share a coffee with friends during an afternoon shopping session. Open for breakfast, brunch and lunch, guests can order from an ample menu of freshly-pressed juices, smoothies, leafy salads, baguette sandwiches and patisserie treats. Conscious eaters will be pleased to know there's plenty of vegan, vegetarian and gluten-free options. Bon Appetit!

Opening in December. Follow @faenabazaarmiami on Instagram and Facebook to stay up-to-date on the latest trends, special offers, events & more!



FAST AND FORMIDABLE: ALFA ROMEO QUADRIFOGLIO NRING

Italian automaker Alfa Romeo is writing a new chapter in its more than century-long history with 110 NRING limited-edition models of the Giulia Quadrifoglio and Stelvio Quadrifoglio now on sale in the United States and Canada.

Much like Faena, **Alfa Romeo** strives for perfect harmony between beauty and purpose, passion and technology, emotion and engineering, to create true works of art. The **NRING** editions pay homage to Alfa Romeo's performance at the famous 73-turn, 12.9-mile Nürburgring track in Germany. The **Giulia Quadrifoglio** clocked a 7:32 lap time, earning its spot as the fastest five-passenger vehicle in the world, while the **Stelvio Quadrifoglio** delivered an impressive 7:51.7 lap time that made it the fastest production SUV sold in the U.S. Striking in unique to NRING Circuito Gray matte paint, both special editions come with unique upgrades like a serialized number inlay, exclusive carbon fiber accents and two-tone red and black leather interior with red stitching, not to mention adaptive cruise control and lane departure warning. What needed no tweaking? The 2.9-liter twin-turbo V6 engine with 505 horsepower and 443 lb-ft of torque, mated to an eight-speed automatic transmission. In layman's terms: These cars are formidable and fast but they're sophisticated and sexy as well.

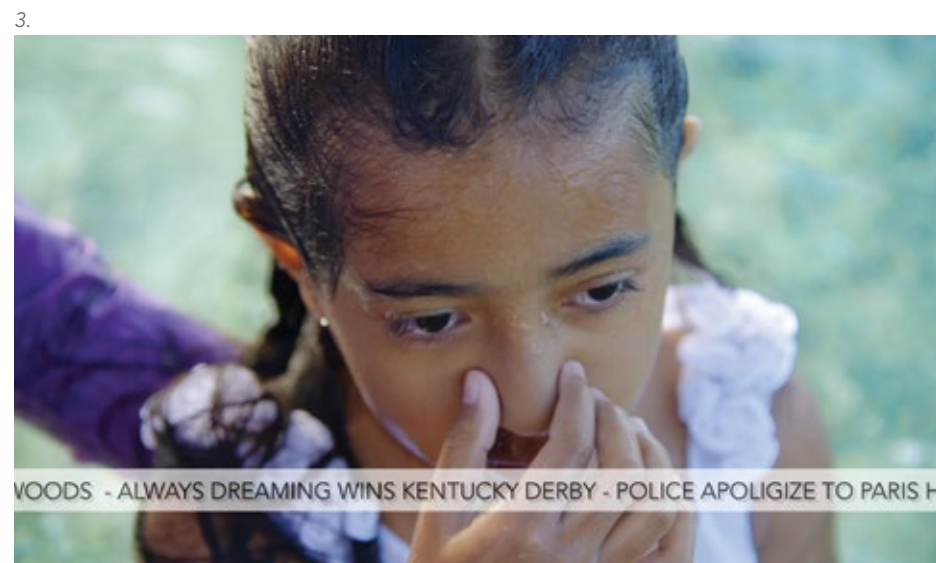
Offer based on availability. Alfa Romeo Thrill Ride house car program available exclusively to guests of Faena Hotel Miami Beach. Become an Alfa Romeo insider – Visit [www.alfaromeousa.com](http://www.alfaromeousa.com) to sign up for the latest updates, exclusive offers and more! For more information and house car reservations, in-house guests may dial the Concierge at 4021.





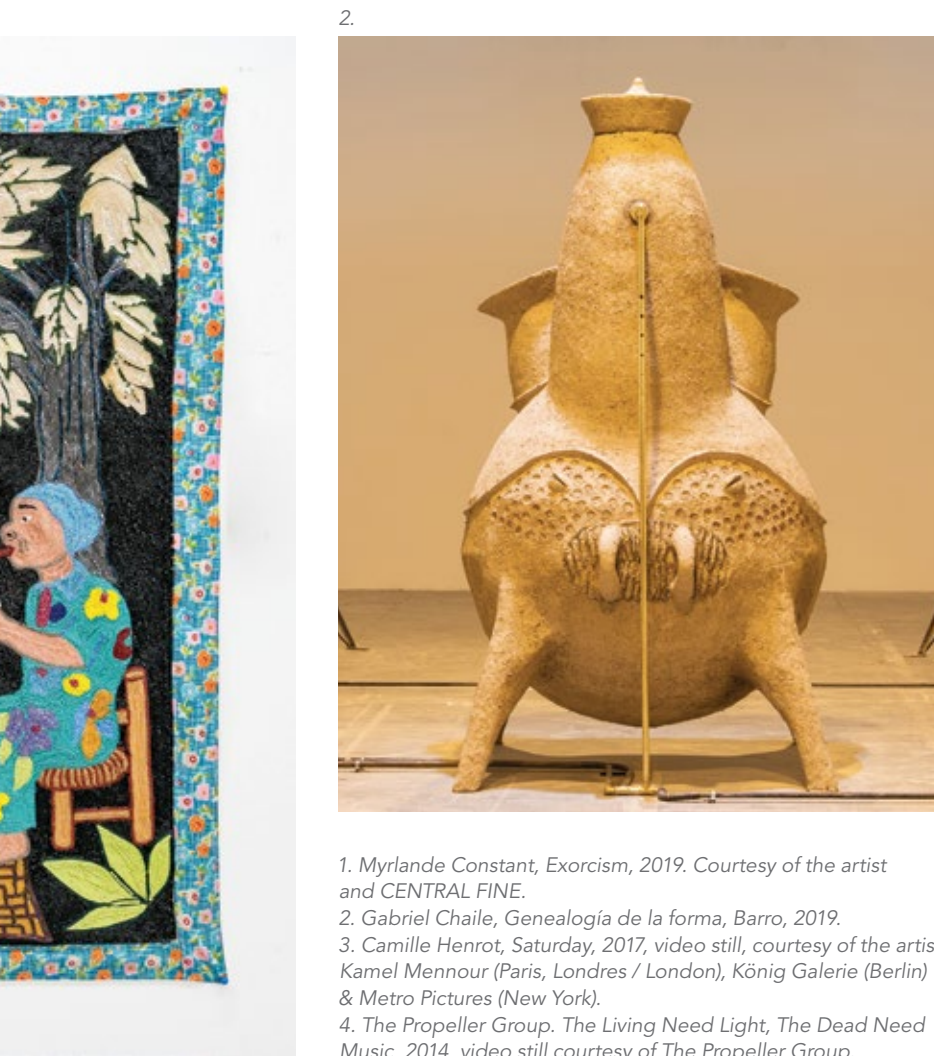
# Faena Festival: The Last Supper

From December 2 through 8, 2019, **Faena** will present its highly anticipated second annual **Faena Festival** during **Miami Art Week**. For this year's festival, **The Last Supper**, a cadre of acclaimed international artists have been selected to create installations across mediums that explore the intersection of spirituality and food in contemporary art.



The **Faena Festival** will encompass the entire **Faena District** and extend into Miami Beach's public spaces, waterways and beaches. These diverse venues will be activated alongside **Faena Hotel's** theater and screening room, as well as the **Faena Forum**—the cultural centerpiece of Faena District. "Faena Festival exemplifies my vision to create a platform that supports artists to realize their dream projects, fosters new talents and new ideas that inspire me. I created the festival to be an incubator, a space for connectivity, pushing the limits and blurring the boundaries across artistic disciplines. I have always been fascinated by the way that art and spirituality have been historically intertwined and this year the second annual festival will engage with these

concepts and connections in order to create new dialogues, narratives and experiences", said Alan Faena. Haitian artist **Myrlande Constant** has been called upon to create an intricately-beaded Vodou flag that will be hung in the Cathedral lobby of **Faena Hotel**. Her hand-sewn flags, imbued with dynamic iconography, are both an artwork and a religious object to which one might leave an offering or dedicate a prayer. Drawing on his own indigenous ancestry and using anthropological and theological imagery, Argentine artist **Gabriel Chaile** will create a six large-scale adobe sculptures in front of the hotel inspired by pre-Columbian totems, one of which will also function as an oven to bake bread. Chinese artist **Zhang Huan**



will construct his installation "Miami Buddha" on Faena Beach featuring two Buddhas sitting face to face, one crafted from an aluminum mold, the other composed from incense ash collected from temples across China. When exposed to the elements, the artwork may crumble and disintegrate, serving as a meditation on the impermanence of life. **Camille Henrot** will be presenting her latest video installation Saturday in the Faena Forum, while **Yael Bartana** will be part of the open cinema film series which will take place on the beach and will include her film "Inferno". Nigerian artist **Emeka Ogboh's** artwork will be creating a new beer commission for **The Last Supper** which will be informed by his connection to the city of Miami.

"Art and spirituality have been linked forever—objects have always been made with intention and imbued with symbolism. We have often turned to the shared chant or shared meal for solace and healing, and the Festival invites us to break together" said **Zoe Lukov**, Chief Curator for Faena Art.

For more information, follow **Faena Art** on Instagram (@FaenaArt) and visit [www.FaenaArt.org](http://www.FaenaArt.org) and [www.FaenaFestival.com](http://www.FaenaFestival.com)



**Faena Festival:  
The Last Supper  
Faena Miami Beach**

## The Sport of **Kings**

*With world-famous soccer legends like **Diego Maradona** and **Lionel Messi**, it's hard to believe Argentines are passionate about any other game besides "fútbol," but it's the elite sport of polo that truly dominates the country.*



Polo was quickly adopted by locals due to its similarity to pato, a popular, but bestial game played on horseback in the pampas using a live duck in a basket as the "ball." In addition, Argentina's strong equestrian tradition, mild climate and sprawling grasslands helped the sport to flourish, and soon it became a staple pleasure for the country's wealthy elite. Today, Argentina lays claim to more than half of polo's top pro players including reigning stars **Adolfo Cambiasso** of La Dolina and **Facundo Pieres** of Ellerstina. During the country's three most important polo championships, collectively known as the "Triple Crown," jet-setters flock to Argentina to witness the heart-pounding spectacle of valiant men galloping 40 mph on graceful thoroughbreds while hitting a ball up to 120 mph. Two of the games take place in the sun-dappled suburbs of Hurlingham and

Tortugas, and the third, the vaunted **Argentine Open**, is played in the Campo Argentina de Polo, known as the "Cathedral of Polo," in the chic neighborhood of Palermo. Feel the heartbeat of polo when you stay for three nights or more at **Faena Hotel Buenos Aires**. Park View rooms are offered at a special rate, which includes a delicious breakfast buffet at **El Mercado** as well as lunch for two based on availability, access to the relaxing hammam spa and fitness center, live entertainment at the exclusive **Library Lounge** and complimentary bicycles to experience the beauty of Buenos Aires like a local.

Reservations can be made at +54 11 4010 9070 or at [reservations@faenahotels.com](mailto:reservations@faenahotels.com). For more information on Faena Buenos Aires, visit [www.faena.com/buenos-aires](http://www.faena.com/buenos-aires)



## RITE AND RITUAL AT AN OPEN-AIR ROAST

Gather your family for Buenos Aires' best Sunday asado brunch and continue a tradition born from the gauchos of yore. Twinkling lights and a leafy canopy adorn **El Mercado's** enchanting patio, where friends and family gather together under a beautiful Buenos Aires sky. Each Sunday, tables are piled high with a bounty of traditionally prepared Argentine delicacies. Accompanied by rich Malbec wines, relish quality cheeses and artisanal breads, along with specialty favorites like pink salmon ceviche, beef tenderloin empanadas and quinoa tabbouleh. Dripping in their own juices and hot off the iron dome come savory blood sausage, chicken, flank steak, and rack of lamb. Fresh fruits and seasonal vegetables from Argentina's rich farm country sweeten the feast, as do the toothsome tiramisu and flan.

Reservations can be made at +54 11 4010 9207 or at [reservasuniverse@faenahotels.com](mailto:reservasuniverse@faenahotels.com). For more information on Faena Buenos Aires, visit [www.faena.com/buenos-aires](http://www.faena.com/buenos-aires)

## GET SUMMER- READY AT FAENA SPA

Recharge your inner wellspring of vitality at **Faena Spa**. Buff and polish your limbs to poolside perfection, and cleanse your spirit through meditation and streamlined energy work. As springtime sunshine warms your body, **Faena Spa** becomes a serene oasis to reconnect to yourself and focus your mind, offering treatments to refresh and invigorate you physically, mentally, and spiritually. Regain a radiant summer glow with Le Soin Restructurant, a comprehensive facial using Biologique Recherche products to cleanse, exfoliate, oxygenate, and moisturize your skin. Dump any remaining winter blues with a new look at the salon, then release lingering tensions with the profound Samadhi Experience—a deep massage using pressure points to realign your energetic networks.

Reservations can be made at +54 11 4010 9084 or at [spa@faenahotels.com](mailto:spa@faenahotels.com). For more information on Faena Buenos Aires, visit [www.faena.com/buenos-aires](http://www.faena.com/buenos-aires)



# Faena Rose

*Faena Rose is our art and culture-based private members club, which brings together a dynamic community of likeminded individuals through a robust, year-round calendar of the most engaging and transformative cultural experiences.*

This month, **Faena Rose** is delighted to host a diverse lineup of culturally enriching events. Two-time Pulitzer Prize-winning investigative journalist, **Gilbert M. Gaul**, will join Rose members for an eye-opening conversation on the costly cycle of hurricane destruction, federal relief, and rebuilding, as examined in his new book, *The Geography of Risk: Epic Storms, Rising Seas, and the Cost of America's Coasts*, followed by a dinner. Celebrated artist **Cecilia Vicuna** will lead a preview tour exclusively for Rose members of her upcoming retrospective at **MOCA North Miami**, followed by lunch with the artist. Award-winning pastry chef **Antonio Bachour** will welcome Rose members into his kitchen for an intimate and hands-on

masterclass, where he'll share the secrets behind making his signature macarons. We'll also be joined by **Javier F. Pena & Steve Murphy**, the legendary DEA agents that caught Pablo Escobar and subjects of the hit show *Narcos*, who will discuss their explosive new memoir, *Man-hunters: How We Took Down Pablo Escobar*, followed by a dinner. November also sees the return of our annual **Rose Family Beach Day**, featuring an expert-led sand-sculpting workshop for our little Rose members.

*For more information about Faena Rose, contact rosemembership@faena.com Follow @Faena.Rose on Instagram for more highlights, happenings, and everything in between.*



# The Powerful Art of Giving Thanks

*Gratitude is one of the most wonderful tools for configuring reality.*

More than a mere feeling, gratitude is an instrument we use to negotiate with reality. Regardless of the ethical or moral qualities of gratitude, the act has a fundamental value to what may be our most important mission as human beings: giving meaning to our existence. Perhaps because of this, the German mystic and philosopher, Meister Eckhart, announced that: "If the only prayer one gives in one's whole life is thanks, that will be enough." There seems to be something in gratitude that propels us toward personal growth, not to say spiritual development, and which then harmonizes our interactions with our surroundings.

### The Materialization of Gratitude

Being thankful is, in essence, a simple act. The impact is such, though, that it ends up permeating all the other facets of our lives. To get a measure of this, it's enough to see what it produces in our brains. Gratitude positively activates the hypothalamus region, which regulates functions like temperature and appetite. In another neuro-scientific analysis of the cerebral effects of gratitude, changes were recorded in the middle of the prefrontal cortex, which suggests a relationship between gratitude and learning skills.

As to the physical body, thankfulness reduces physical pain. This might be related to the release of dopamine in the brain, and thus it facilitates good sleep and relaxed states. It can even provide energy. In the mind, a relationship has been detected between gratitude and a reduction in harmful sensations like stress and anxiety, as well as in toxic emotions, like frustration and anger. On the collective level, an appreciation for social interaction fosters empathy, strengthens feelings like trust and identification, and supports cooperation. In short, just as its effects the body, mind, and spirit, gratitude acts as an agent significantly favoring social development.

### A Way of Seeing Life

It's no coincidence that in nearly all religions and mystical traditions, gratitude has been understood as an essential fuel for human growth. The simplicity implicit in the act seems proportional to the transcendence of its effects. In daily life, we're habitually thankful for resolving a most ancient dilemma, decisively reconfiguring our own sense of reality, and even what's understood as having meaning in life. And although unfortunately the

decision is seldom made consciously, the truth is that each of us can choose which lens we apply to our own landscape. In a sense, then, a powerful phrase from French writer, Jean-Baptiste Alphonse Karr, is worth putting on the table: "There are people who complain that roses have thorns; I, on the other hand, appreciate that thorns have roses."

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# Faena Activities Calendar

Red: Faena District Events / Gray: Important Dates



<b>1. FRI</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs</b> THE LIVING ROOM FROM 8:00 PM / THE SAXONY BAR FROM 10:30 PM <b>THE COOK, THE THIEF, HIS WIFE &amp; HER LOVER</b> FAENA THEATER. 8:00 PM	<b>5. TUE</b> <i>Wellness</i> <b>HATHA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>VINYL TUESDAYS.</b> THE LIVING ROOM. FROM 8:00 PM	<b>9. SAT</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs</b> THE LIVING ROOM FROM 8:00 PM / THE SAXONY BAR FROM 10:30 PM <b>THE COOK, THE THIEF, HIS WIFE &amp; HER LOVER</b> FAENA THEATER. 8:00 PM	<b>14. THU</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs</b> THE LIVING ROOM FROM 8:00 PM / THE SAXONY BAR FROM 10:30 PM <b>THE COOK, THE THIEF, HIS WIFE &amp; HER LOVER</b> FAENA THEATER. 8:00 PM	<b>18. MON</b> <i>Wellness</i> <b>HATHA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE DJs.</b> THE LIVING ROOM FROM 8:00 PM	<b>23. SAT</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs</b> THE LIVING ROOM FROM 8:00 PM / THE SAXONY BAR FROM 10:30 PM <b>THE COOK, THE THIEF, HIS WIFE &amp; HER LOVER</b> FAENA THEATER. 8:00 PM <b>SANDRA BERNHARD'S QUICK SAND</b> FAENA THEATER. 11:30 PM	<b>28. THU</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Epicurean</i> <b>THANKSGIVING DINNER</b> LOS FUEGOS & PAO. 7:00 PM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs</b> THE LIVING ROOM FROM 8:00 PM / THE SAXONY BAR FROM 10:30 PM <b>THE COOK, THE THIEF, HIS WIFE &amp; HER LOVER</b> FAENA THEATER. 8:00 PM
<b>2. SAT</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs</b> THE LIVING ROOM FROM 8:00 PM / THE SAXONY BAR FROM 10:30 PM <b>THE COOK, THE THIEF, HIS WIFE &amp; HER LOVER</b> FAENA THEATER. 8:00 PM	<b>6. WED</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs.</b> THE LIVING ROOM. FROM 8:00 PM	<b>10. SUN</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Epicurean</i> <b>SUNDAY ASADO</b> LOS FUEGOS. 12:00-4:00 PM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs.</b> THE LIVING ROOM. FROM 8:00 PM	<b>15. FRI</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs</b> THE LIVING ROOM FROM 8:00 PM / THE SAXONY BAR FROM 10:30 PM <b>THE COOK, THE THIEF, HIS WIFE &amp; HER LOVER</b> FAENA THEATER. 8:00 PM	<b>20. WED</b> <i>Wellness</i> <b>HATHA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs.</b> THE LIVING ROOM. FROM 8:00 PM	<b>24. SUN</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Epicurean</i> <b>SUNDAY ASADO</b> LOS FUEGOS. 12:00-4:00 PM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs.</b> THE LIVING ROOM. FROM 8:00 PM	<b>29. FRI</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs</b> THE LIVING ROOM FROM 8:00 PM / THE SAXONY BAR FROM 10:30 PM <b>THE COOK, THE THIEF, HIS WIFE &amp; HER LOVER</b> FAENA THEATER. 8:00 PM
<b>3. SUN</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Epicurean</i> <b>SUNDAY ASADO</b> LOS FUEGOS. 12:00-4:00 PM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs.</b> THE LIVING ROOM. FROM 8:00 PM	<b>7. THU</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <b>SHAMANIC FAMILY CONSTELLATIONS WORKSHOP</b> TIERRA SANTA STUDIO 6:00 PM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs</b> THE LIVING ROOM FROM 8:00 PM / THE SAXONY BAR FROM 10:30 PM <b>THE COOK, THE THIEF, HIS WIFE &amp; HER LOVER</b> FAENA THEATER. 8:00 PM	<b>11. MON</b> <i>Wellness</i> <b>HATHA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE DJs.</b> THE LIVING ROOM FROM 8:00 PM	<b>16. SAT</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <b>BASIC PRANIC HEALING COURSE.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs</b> THE LIVING ROOM FROM 8:00 PM / THE SAXONY BAR FROM 10:30 PM	<b>21. THU</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs</b> THE LIVING ROOM FROM 8:00 PM / THE SAXONY BAR FROM 10:30 PM <b>THE COOK, THE THIEF, HIS WIFE &amp; HER LOVER</b> FAENA THEATER. 8:00 PM <b>SANDRA BERNHARD'S QUICK SAND</b> FAENA THEATER. 11:30 PM	<b>25. MON</b> <i>Wellness</i> <b>HATHA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE DJs.</b> THE LIVING ROOM FROM 8:00 PM	<b>30. SAT</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs</b> THE LIVING ROOM FROM 8:00 PM / THE SAXONY BAR FROM 10:30 PM <b>THE COOK, THE THIEF, HIS WIFE &amp; HER LOVER</b> FAENA THEATER. 8:00 PM
<b>4. MON</b> <i>Wellness</i> <b>HATHA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE DJs.</b> THE LIVING ROOM FROM 8:00 PM	<b>8. FRI</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs</b> THE LIVING ROOM FROM 8:00 PM / THE SAXONY BAR FROM 10:30 PM <b>THE COOK, THE THIEF, HIS WIFE &amp; HER LOVER</b> FAENA THEATER. 8:00 PM	<b>12. TUE</b> <i>Wellness</i> <b>HATHA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <b>FULL MOON IN TAURUS MEDITATION.</b> TIERRA SANTA STUDIO. 7:30 PM  <i>Entertainment</i> <b>VINYL TUESDAYS.</b> THE LIVING ROOM. FROM 8:00 PM	<b>17. SUN</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <b>BASIC PRANIC HEALING COURSE.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Epicurean</i> <b>SUNDAY ASADO</b> LOS FUEGOS. 12:00-4:00 PM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs.</b> THE LIVING ROOM. FROM 8:00 PM	<b>22. FRI</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <b>ART OF BALANCE YOGA WORKSHOP.</b> TIERRA SANTA STUDIO. 6:30 PM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs</b> THE LIVING ROOM FROM 8:00 PM / THE SAXONY BAR FROM 10:30 PM <b>THE COOK, THE THIEF, HIS WIFE &amp; HER LOVER</b> FAENA THEATER. 8:00 PM <b>SANDRA BERNHARD'S QUICK SAND</b> FAENA THEATER. 11:30 PM	<b>26. TUE</b> <i>Wellness</i> <b>HATHA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>VINYL TUESDAYS.</b> THE LIVING ROOM. FROM 8:00 PM	<b>27. WED</b> <i>Wellness</i> <b>VINYASA YOGA.</b> TIERRA SANTA STUDIO. 10:00 AM  <i>Entertainment</i> <b>LIVE MUSIC &amp; DJs.</b> THE LIVING ROOM. FROM 8:00 PM



\*Calendar of Events is subject to change. Please check with the concierge to confirm days and times.  
For Live Music and DJs details, please check our website: [www.faena.com/miami-beach/entertainment](https://www.faena.com/miami-beach/entertainment)

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