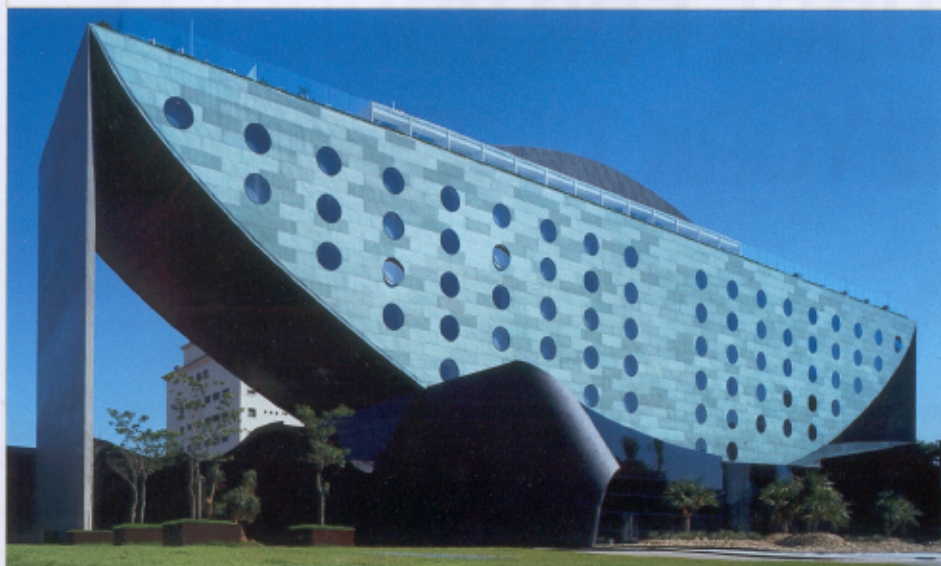




## LIKE NO OTHER



The Hotel Unique, Sao Paulo, Brazil. Designed by Ruy Ohtake. For information on this and many others, visit [www.kiwicollection.com](http://www.kiwicollection.com).

## THE BUSINESS OF NODDING OFF

**S**leep. It's something all of us need and yet most of us get too little of. Today, several companies have entered the business of providing us some much needed shut-eye, with products ranging from mattresses to pillows to pillow sprays. While there's little research to prove that they are the ultimate solution to getting your solid eight, they do help to establish a relaxing nightly ritual that can guide you towards restful slumber.

As you might guess, the core essentials of a good night's sleep are not found in a bottle but rather in following a set of simple "sleep hygiene rules". As Dr. Judith Leech, director of the Ottawa Sleep Institute, points out, "quiet, dark, and cool are the main triggers." Darkness stimulates the brain's own melatonin which starts the sleep cycle, and since the body temperature cools down at sleep time, that too can be a signal.

Of course these elements are all part of a bedtime routine, and establishing these important habits is where sleep products can come into play. For example, Fruits &

Passion, a company that develops product lines to serve people's daily rituals, has developed a sleep line called Somnea with bath products, pillow sprays, eye masks to help in the establishment of a routine. As Group Product Manager Séverine Mathé describes it, these products allow customers to emphasize time out before bed. "You don't really take time to relax before bed, to re-centre yourself, so when you have products you have to do it. We try to help people to take more time for themselves." While their most popular of three scents in the collection is Essence of Dreams containing Siam Benzoin, Hybrid Lavender and Sandalwood, she advises that scents are subjective. "Some people like lavender and others don't like lavender at all so it's important to choose one that has a relaxing effect."

Another company that focuses on sleep is Brookstone, whose Tranquil Moments Sound Therapy System is the latest in a line of aids that include ergonomic pillows to help sleepers maintain a comfortable position and down bedding that absorbs body heat to cool

you down and releases it back to you at night. The Tranquil Moments System, which includes sounds in three categories of sleep, relax and renew (a sampling of these sounds is available at their website at [www.brookstone.com](http://www.brookstone.com)) help users to set the mood for sleep. Developed with the Center of Neuro-acoustic Research, the machine has embedded frequencies that slow down brainwaves.

So who might use these products? As Leech points out, many people "learn to sleep badly" and for them a routine might just be the trick. "For example a classic story is mom has three kids under five, and sick and teething and she's up all night, but now the kids are ten, and she's not sleeping. She's learned a hyper-vigilant pattern and now she's got to go back and unlearn it. Things like aromatherapy or music or whatever relaxation technique works for a given person might be helpful, sort of a cognitive de-stressing," says Leech. SUE BOWNESS

For more information please visit  
[www.brookstone.com](http://www.brookstone.com)  
[www.fruits-passion.com](http://www.fruits-passion.com)

## Chick Drinks



**C**orby Distilleries is taking "chick drinks" to a whole new level with the introduction of the Uphoria Family of Exotic Liquors. Available in Pomegranate, Asian Pear and Pink Guava, these bold, fruity liquors will add a touch of India, Asia, and South America to your martini glass. Try The Uphoria Sour, a blend of Asian Pear liquor, vodka and lime juice, or The Pink Jade Uphoria, featuring Pink Guava liquor, vodka, and a splash of Triple Sec. These sassy exotics are a must-have for any cocktail lover. *Megan Birnie*

## Pantyhoser, eh

**I**f the word "pantyhose" isn't offensive enough, the violations of comfort and aesthetic of which they can be guilty certainly are: waist bands that roll over and dig into your abdomen, "flesh" colours unknown to mankind, runs at the slightest provocation, and unflattering body shaping results. Bringing dignity back to the hose is Oroblu, one of Europe's most popular hosiery collections. Effective body shapers that produce a flattering silhouette, these hose also have a wider waistband that can be adjusted (worn on the waist or low on the hips), a flat 