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PUBLISHER'S NOTE

There's a certain calm that comes with living near the water—effortless, grounding, and quietly powerful. It's not just the view, it's a lifestyle. And honestly, it's something we forget to fully take in sometimes.

May feels like an extension of that energy. Before the travels of summer take over, there's this window to reset on your own terms. To choose what actually feels good. What feels clean. What feels right for you.

To me, luxury isn't about excess. It's about intention. It's about creating a life that feels as good as it looks. The food we eat, the conversations we have, the way we spend our time... it all matters.

This issue reflects that mindset. Simple, elevated, and rooted in well-being—from fresh, nourishing recipes to neighbors who are living with purpose and clarity.

Define your own version of balance this season—and don't apologize for it.

Please contact Jennifer Squillante at jennifer.squillante@strollmag.com if you are interested in being involved – be on the next cover, let your pet be famous, submit a travel tale and more!



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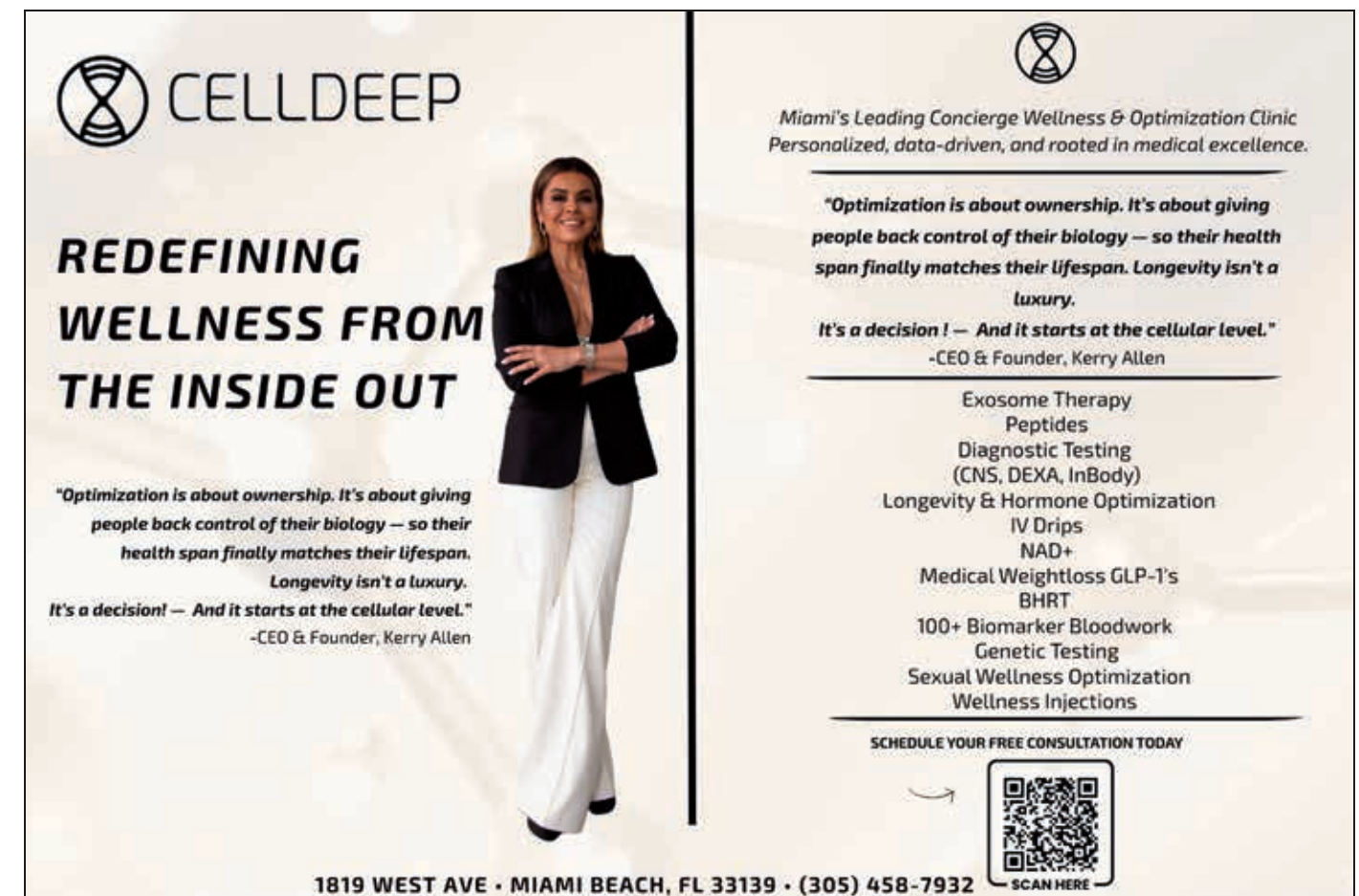

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PEACE IS POWER

Transforming Lives Through Design, Energy, and Intention.

Walk into Monica Suleski's world and you feel it before you can explain it. Something settles. Something shifts. That's not an accident — it's the whole point.

Monica is the founder of Eclectic Elements, a design firm with a showroom in Wynwood, and Sexy Bedding, a lifestyle brand that's bolder than it sounds and deeper than its name suggests. She's also an author whose book *Life by Design* lays out the philosophy she lives by, and host of the Sexy Bedding Podcast, whose conversations are, in her own words, designed to "awaken you to life, mind, body, and soul." She shares her Venetian Islands home with her son, Christian, and her dog, Amore, who, by Monica's own admission, owns the place. "She's everywhere," Monica says, "just enjoying her life and the energy of the home." Through all of it, four words guide everything she does: peace is power.

"Peace is the foundation of everything," she says. "When you feel calm and aligned, you think better, you act better, and you attract better. True power isn't loud. It's grounded."

The idea that your inner state shapes your outer world is the engine behind everything Monica builds. Her design practice doesn't begin with aesthetics. It begins with a question most designers never think to raise: is your home elevating you, or is it draining you? When she gets it right, she'll tell you, the result is unmistakable. "It feels calm, balanced, and everything is intentional. It becomes your healing home at the end of the day."

"Your environment is shaping your reality every single day," she explains. "Your space should calm your nervous system, inspire your thoughts, and support your growth. When you change your environment, you change your life."

This way of thinking has been a long time in the making. Half Colombian, half Polish, Monica grew up between Miami and Pennsylvania, a kid pulled between two climates and two cultures, with parents who shaped her in different and complementary ways. Her father gave her the business mindset. Her mother gave her health, balance, and a love of taking care of herself. Both of them gave her the work ethic that fuels everything she does now. She has designed many homes since, including an award-winning property in Aspen with views she still describes with reverence ("completely connected to nature, very peaceful, very intentional"), but her favorite project, the one she still talks about with real

tenderness, was the first place she ever moved into and made her own. "It was very personal," she says. "The beginning of everything for me."

She arrived on the Venetian Islands about twenty-four years ago and knew within minutes. "The energy, the water, the feeling. It felt like home." Twenty-four years later, she still lights up when she talks about the place.

Ask her what makes the Venetian Islands different from every other luxury address in Miami and she doesn't reach for the usual answers. "It's the feeling," she says. "The moment you cross the bridge, everything shifts. It becomes peaceful, quiet, and very authentic. You're in the heart of Miami, but it feels like a private escape. There's something about the water, the openness, and the calm energy that makes it truly special." Anyone who has lived here long enough knows exactly what she means.

Sexy Bedding, the brand that raises eyebrows and then quietly converts skeptics, is an extension of the same thinking. The name is intentional. Monica wants you to stop and reconsider your relationship with sleep, with rest, with the first few moments of your day. "It's about awakening," she says. "When you sleep better, you live better. When you feel good in your space, everything in your life begins to shift."

For someone with the kind of presence that fills a room and a social media following to match, Monica is quick to point out what most people miss about her. "How simple I really am," she says, when asked what would surprise her followers. "I'm very grounded. Much more simple than people would expect." Spend any time with her and you can see what she means. There's

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Grateful for the shared journey , speaking on health alongside my son.



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nothing performative about the way she lives. The peace she talks about is something she actually practices, every day, in small and quiet ways. Ask her what she never compromises on, and the answer comes without hesitation. “My peace. I always protect my energy and how I feel.”

She hosts events designed to bring people together around shared intention. She speaks, she mentors, she writes. And she credits much of her drive to watching her son, Christian, pursue his own parallel mission of making wellness accessible to everyone. What does Christian think of what his mother does? “He loves it,” she says, with a smile that gives her away. “He knows I’m here to make people happy, and that’s something we both share.”

For anyone standing at the edge of a change they haven’t quite made yet, Monica’s advice is disarmingly simple. “Start with one step. Change your environment, your mindset, or your habits. You don’t have to do everything at once. Just begin. When you shift your energy, everything else starts to shift with you.”

She pauses for a moment, then says the thing she always comes back to.

“If I can inspire someone to create a life they truly love, then I’ve done what I’m here to do.”



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SEASPICE

A Miami River Landmark, Minutes from the Venetians

A VENETIAN ISLANDS CONNECTION

The Venetian Islands carry a special connection for Seaspice. Owners Carlos and Maryam Miranda have called the islands home since the 1990s. Their love for waterfront living and hospitality inspired the vision behind Seaspice: a gathering place where locals and visitors alike can experience Miami at its finest.

Seaspice became one of Miami's most iconic waterfront destinations where fine dining, vibrant energy, and the romance of the Miami River come together in a way that felt uniquely Miami.

When Carlos and Maryam Miranda opened Seaspice in 2013, they saw potential where few others did. The historic river had been overlooked for decades, yet the Mirandas envisioned a place where world-class cuisine, waterfront living, and Miami's unmistakable social energy could converge. What followed helped spark a transformation.

Today, the Miami River has become one of the city's most dynamic areas, surrounded by luxury developments and iconic properties. Seaspice proudly stands among the pioneers that helped revive this historic waterway and redefine waterfront dining in Miami.



MEDITERRANEAN INSPIRED - SEAFOOD FORWARD

At its core, Seaspice is proudly seafood-forward, known for serving some of the freshest seafood in Miami. The cuisine leans toward Mediterranean flavors, featuring pristine seafood, prime meats, house-made pastas, and seasonal ingredients sourced responsibly.

Another highlight is its sushi program led by Chef Wu, whose artistry has developed a loyal following. This spring, the restaurant will expand its offerings further with the opening of a dedicated Omakase sushi bar, bringing an intimate chef-driven experience to the riverfront.

WEEKEND BRUNCH & THE LEGENDARY SEASPICE SUNDAYS

Weekends at Seaspice begin with one of Miami's most sought-after waterfront brunches, where guests gather along the river for exceptional food, flowing champagne, and great company.

As the afternoon unfolds, brunch transitions into Seaspice Sundays, the restaurant's world-renowned day-to-night celebration. What begins as brunch evolves into an electric gathering featuring top DJs, live entertainment, and bottle service, drawing guests from across Miami and around the world.

A TRUE DOCK-AND-DINE EXPERIENCE MINUTES FROM THE ISLANDS

Housed in a beautifully restored historic warehouse, Seaspice offers one of the most unique dining settings in the city, where the river is part of the experience. With over 250 feet of private dockage, guests can arrive by boat and step directly from their vessel to their table just feet from the water, or choose to dine aboard their yacht with service delivered dockside.

Don't own a boat? Seaspice also offers pickup and drop-off aboard its Pardo 50 yacht.

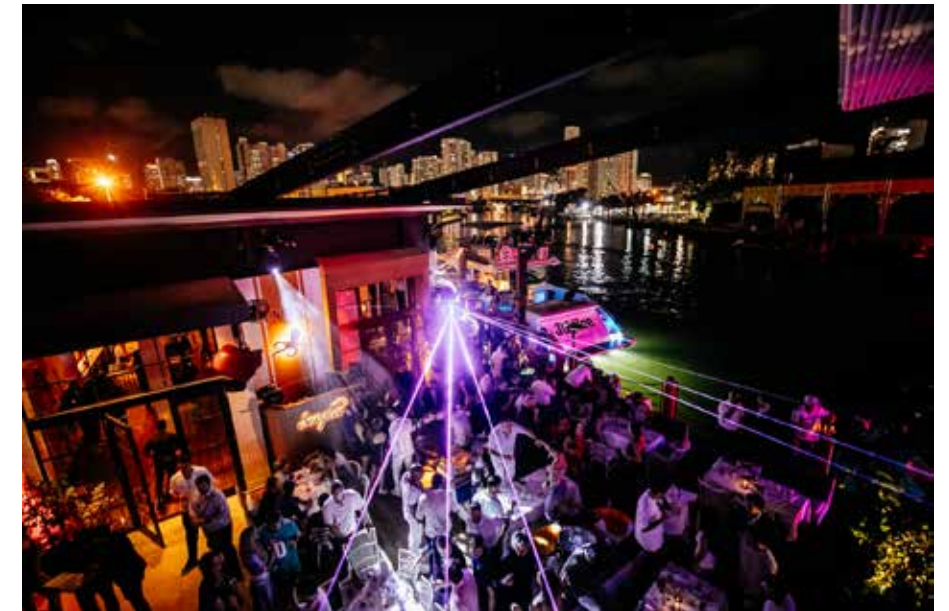
A DESTINATION FOR CELEBRATIONS

The restaurant offers three distinctive private dining rooms, along with a beautiful riverside outdoor bar and lounge, making it ideal for everything from intimate dinners to large celebrations.

Among the most unique spaces is AIR, perched on the second floor overlooking the river. Designed with sleek finishes and refined nautical touches, the room feels as though you've stepped inside a luxury mega yacht, a pristine, elevated setting perfect for exclusive dinners, celebrations, and private gatherings.

FOR VENETIANS AND LOCAL RESIDENTS

For the summer season, the restaurant presents "Summer Love", a series of offerings designed with local residents in mind. Among them, this year Venetian Islands homeowners may enjoy private yacht pickup, either directly from their waterfront residence or via nearby



marina access, with a dinner reservation, accompanied by a bottle of Dom Pérignon to be enjoyed en route.

Further details are available via QR code or by contacting the restaurant directly.

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Berry Good Mocktails

Beat the summer heat with these seasonal faux cocktails.

BY CAROLINE EDWARDS

REFRESHING MOCKTAILS are the perfect, vibrant beverages for backyard gatherings, picnics, or simply cooling down on a warm afternoon. They taste just as good as they look, especially when you feature seasonal berries and fresh herbs.

Here are three simple, hydrating recipes to get your mixology started:

- **STRAWBERRY BASIL COOLER:** Muddle a handful of fresh strawberries and 3-4 basil leaves in the bottom of a glass. Fill with ice and top with sparkling lemon water. The basil adds a surprising, peppery lift to the sweet strawberries.
- **RASPBERRY ROSEMARY FIZZ:** In a small saucepan, simmer a cup of raspberries, a few sprigs of rosemary, and a splash of water until

the berries break down. Strain the mixture to create a simple syrup. To serve, add a tablespoon of the syrup to a glass filled with ice and top with plain sparkling water.

- **BLUEBERRY MINT MOJITO (NO-JITO!):** This is a classic twist. Muddle fresh mint and blueberries with a teaspoon of lime juice. Add crushed ice and top with club soda.

MIXING AND PRESENTATION TIPS: To elevate your mocktail, use large ice cubes or frozen fruit instead of small, fast-melting cubes. Always "muddle" herbs and fruits gently to release their flavor without making them bitter. Finally, use beautiful glassware and garnish generously with fresh herb sprigs or lime wedges for a professional, eye-catching finish. long, joyous summer season.



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DR. WENDY GALLEGO AND SHIN WELLNESS

IN MIAMI'S DIVERSE and fast-paced community, those seeking a holistic approach to health and longevity have turned to Shin Wellness. With more than two decades of experience and a deep understanding of the body's natural balance, Dr. Wendy Gallego, founder of Shin Wellness, and her team of physicians and practitioners has helped countless patients improve their health and quality of life.

Shin Wellness' mission is rooted in a philosophy Dr. Gallego embraced early in her career. Fresh out of chiropractic school in 1999, she worked in a clinic for special needs children that utilized a truly holistic approach, combining the expertise of medical doctors, chiropractors, psychologists, occupational and physical therapists, massage therapists, and more. "It was there that I really learned how interconnected the systems in our body really are," she says. "That experience shaped how I care for my patients: listening to the body, looking deeper than symptoms, and bringing wellness to the whole person."

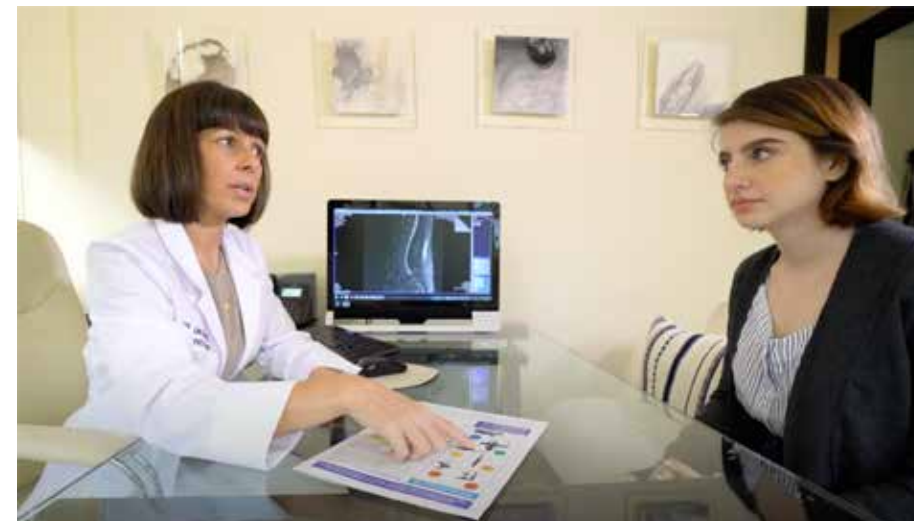
Shin Wellness is designed to serve a wide spectrum of patients—those seeking relief from pain or illness, those striving for peak performance or longevity, and those simply looking to improve or maintain overall health and vitality. To achieve this, Dr. Gallego has built a collaborative team of highly skilled doctors and practitioners offering services including Chiropractic care, Functional Medicine, Acupuncture, Spinal Decompression, Neurofeedback, Homeopathy, Cold Laser Therapy, Massage Therapy, Corrective Exercise, PEMF, BrainTap and more. Each modality is employed with intention to solve the overall puzzle, revealing the underlying patterns that limit recovery and resilience.

All of this care is delivered in a zen and relaxing environment in the heart of Miami, where patients can feel comfortable and supported while



addressing every aspect of their wellness. "Health comes when you are healthy in all aspects of your life," Dr. Gallego explains. "At Shin Wellness, we bring it all together in one place so patients can achieve their best selves."

"What makes us unique is simple: we've been doing this for 23 years," Dr. Gallego emphasizes. "While holistic and longevity care has become more popular recently, we've been practicing it consistently for decades. Our



understanding of treating the whole person is deep, and it's at the heart of everything we do."

Perhaps the most rewarding part of her work, she says, is witnessing transformations. "When our patients tell us they're sleeping better, moving freely or feeling energized again, that's when we know we've made a difference," Dr. Gallego shares. She encourages thinking of health as a lifestyle, not a quick fix. "Investing in your peak health now allows you to enjoy every area of your life fully. My favorite quote sums it up: 'When you have your health, you have a thousand dreams. Without health, you have one dream.'"

Over the years Shin Wellness has become known not only for its results, but for the depth of the relationships it builds. Many patients who first arrive seeking relief from symptoms, return regularly for prevention and longevity thus turning their care into a lifestyle. In addition to the daily work inside the practice, Shin also regularly contributes to the community of Miami as a whole through workshops, educational events, social events, donation drives and pro bono care ensuring wellness is accessible to as many people as possible.

Outside of work, Dr. Gallego enjoys Miami's lively offerings with

her husband, son, family and friends. Whether it's indoor rock climbing, spending time at the beach, or exploring the city's newest culinary hotspots, she embraces life fully—just as she encourages her patients to do.

For residents looking to enhance their health, Shin Wellness offers a unique combination of expertise, experience, and heart. With its wide-ranging services, collaborative approach, and welcoming environment, it's a Miami treasure where science, compassion, and longevity meet—helping every patient achieve their best self.

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"Health comes when you are healthy in all aspects of your life. At Shin Wellness, we bring it all together in one place so patients can achieve their best selves."

—DR. WENDY GALLEGO



Sockeye Salmon Salad

A resident’s go-to for fresh, feel-good eating

BY: ROBIN KATZ RESIDENT VENETIAN ISLANDS

- 1 lb of sockeye salmon, poached in salt water
 - Any kind of lettuce, arugula pairs nicely
 - Chopped carrots
 - Chopped tomatoes
 - Chopped onion
 - Olives (optional)
 - Great northern or garbanzo beans (optional)
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This bayfront residence sits on an oversized 15,750 SF lot and a half, offering 90 feet of waterfront and a multi-vessel IPE dock with lift and jet ski platforms.

Five spacious bedroom suites, each with en-suite baths, are complemented by two powder rooms, a private office, and a comfortable family room. A dedicated theater with surround sound and lounging beds invites relaxed evenings at home.

The open, modern floor plan is framed by 10-foot telescopic Fleetwood glass doors, creating seamless

indoor-outdoor living. Blonde oak floors run throughout, leading into a gourmet eat-in kitchen with gas range and stainless steel Miele appliances, alongside a catering kitchen with pantry and separate service entrance. A breakfast area, wine room, and bar complete the space.

The primary suite captures panoramic sunset views over the Miami skyline, with dual dressing rooms and a bookmatched marble bath featuring a rain shower and deep soaking tub.

Keystone wraparound terraces with stair access lead to an expansive rooftop



designed for entertaining. The grounds offer generous green space, anchored by a striking dark-bottom negative-edge pool and spa. A modern gazebo includes a chef's summer kitchen and cabana bath.

Gated for privacy, the home also features a two-car garage.

Offered at \$37,000,000

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Mind Your Feet

Why whole-body wellness starts from the ground up.

BY CAROLINE EDWARDS

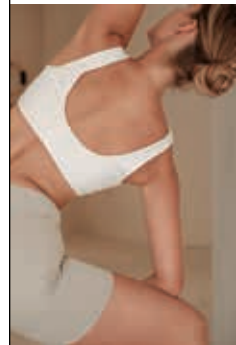
WE RARELY THINK ABOUT our feet until they hurt. Yet the average person takes thousands of steps a day, relying on a complex structure of 26 bones, 33 joints, and more than 100 muscles, tendons, and ligaments to absorb impact and keep the body upright. When that foundation falters, the effects ripple upward.

Your feet are the base of your posture, as many chiropractors note. When arches collapse or gait patterns shift, stress travels from the ankles to the knees, hips, and spine. Chronic back pain, joint discomfort, and even headaches can sometimes be traced to an imbalance below. Alignment begins at ground level.

Modern habits contribute to the problem. Long hours on hard surfaces, unsupportive footwear, and prioritizing style over structure can strain connective tissue and weaken intrinsic foot muscles. Over time, neglected foot health may lead to plantar fasciitis, bunions, tendonitis, reduced mobility, and a greater risk of falls, particularly with age.

Podiatrists and physical therapists emphasize prevention. Supportive footwear with proper arch structure, shock absorption, and a stable heel counter helps protect joints and promote healthy alignment. Strength is equally important. Like any muscle group, the feet respond to consistent conditioning.

Simple daily exercises such as toe spreads, calf stretches, and balance drills can improve circulation, stability, and flexibility. Walking barefoot on safe, varied surfaces can also help reengage small stabilizing muscles that modern shoes often restrict. Foot health may not feel glamorous, but it is foundational. Strong, supported feet enhance posture, protect joints, and preserve mobility for decades. The goal is not merely comfort. It is longevity, because the way we move through life depends entirely on what carries us there.



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