

MAGAZINE

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HOME & DESIGN
MEETS INNOVATION
AND INSPIRATION



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Compass BALANCE

CHAKRA FUEL

Chakras are the energy spots on your body that assist in aligning your emotions with your wellbeing — find out which scented oils coincide with which key chakras.

TEXT BY FRANCESCA CRUZ



ROSES ARE RED

The heart chakra is known as the *Anahata* in Sanskrit. An imbalance can manifest as emotional pain, indecisiveness, sadness, depression, distrust, lack of compassion and fear of rejection. Rose oil is used on the heart and attract

QUALITY TIME

As a mom, entrepreneur, TV/radio personality, author, inventor and CEO of Passion At First Bite cooking classes at **Kitchen 305**, finding a happy balance between work, friends and family can seem overwhelming. My friends often ask me how I do it. The secret in finding balance between all these duties lies in the *quality* over the *quantity* of my responsibilities. Prioritizing, organizing and managing my time helps me to achieve my balance in life. But it's really the quality I devote to each task that helps me truly find that balance. When I'm on "mom duty" and it's time do homework, take my kids to school or spend time with them, I make that time solely about them. When it's "work time" then I dedicate my passion to every single detail in that particular task. And lucky for me, through my classes I can help others find a happy balance between their cooking and love life. So how do I do it? To achieve balance in my life, I simply live with passion.

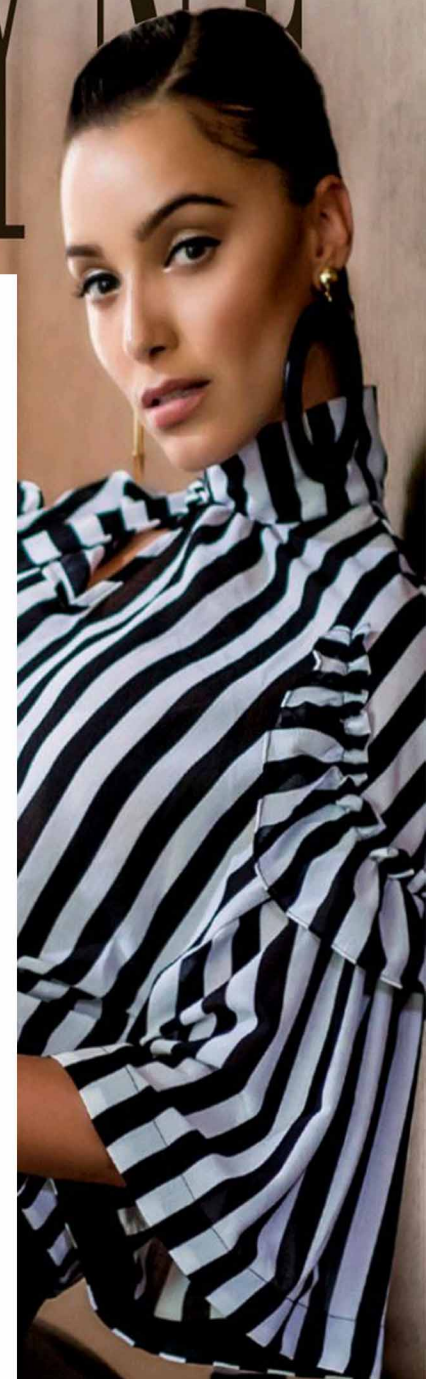
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ABOUT THE AUTHOR

Jenny Patrizia is a Celebrity Chef & Aphrodisiac Culinary Guru who is world-renowned as "The Sexy Nutritionist." She founded Passion At First Bite and specializes in unique, fun, sexy cooking classes that only use aphrodisiac ingredients.



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