

NETJETS



ART ON THE VINE

The grape and the grand come together

HUDSON REBORN

New York's happy and happening valley

A SENSE OF WELLNESS

Advice, apps, and more for mindfulness matters

CHEF'S ODYSSEY

Daniel Boulud on reinventing classics

THE NEXT STEP

One man's quest to travel to space

SIX APPS FOR DECOMPRESSING

When you're going to have screen time, make it with one of these meditation-based apps.

Calm

Downloaded more than 50 million times, this app has features like Sleep Stories narrated by actor Matthew McConaughey and guided body scans.

**Headspace**

This app's tagline is, "Gym membership for the mind." Friendly animations help remove the intimidation factor for newbies and helpful how-tos go beyond meditation and tackle topics like how to deal with a panic attack.

**Aura**

The customization capabilities of this app have earned it the nickname the Spotify of mindfulness. If you're short on time, the 30-second stress busters and 3-minute personalized meditations are easy to slot into your day.

**Simple Habit**

If the thought of sitting quietly is overwhelming, this app is for you. All you need is just five minutes to achieve inner calm. Meditations are downloadable so you can easily access them on a flight or during your commute.

**Inscape**

In addition to having staple offerings like guided meditations and calming soundscapes, this app helps you de-stress based on real-life anxieties such as dating troubles or overcoming fears.

**Ten Percent Happier**

A beginner-friendly app with 350-plus guided meditations and access to personalized meditation coaches who quickly respond to your queries.



JULIAN RENTZSCH

STRESS-FREE VACATION PLANNING

With so much uncertainty around travel, specialists are more relevant than ever.

TRAVEL HAS NEVER BEEN more complicated. With borders opening and then re-closing and testing protocols constantly changing it's hard even to know where to go, let alone what you're able to do once you arrive. Here, Brooke Lavery, a partner at luxury travel consultancy Local Foreigner (localforeigner.com), shares five reasons why establishing a relationship with a bespoke travel specialist can help take the stress out of pandemic travel.

1. SAVE TIME

Travel advisers protect your time during the planning process and on your vacation. You could devote hours to researching and cross-referencing your own itinerary just to use your precious vacation time as a testing ground for those discoveries. Or you can work with a professional you trust, who can design an itinerary to your taste and preference based on years of experience and dozens of other client experiences in that destination.

2. BEEN THERE, DONE THAT

Work with a travel professional and you eliminate the guesswork in travel planning. Your expert has not only been to the destination, they've thoroughly scouted the hotels, eaten in the restaurants, and have local connections.

3. NAVIGATING THE PROTOCOLS

With each country dictating and changing their COVID-19 policies at a moment's notice, travel is more overwhelming than ever. Outsource the stress of this to a travel professional who specializes in high-touch service and has the bandwidth to ensure details aren't overlooked.

4. PROBLEM-SOLVING

In the event something doesn't go as anticipated on the ground, who will you call for help? The best travel advisers are problem-solvers with the best local connections—no waiting on the phone for hours to talk to a real human.

5. FEELS GOOD TO BE A VIP

When you check in to a hotel, do you want to wait in line or be greeted personally by the general manager or hotel owner? Have you experienced a hotel room stocked with your favorite drinks and snacks? Do you want to stroll through the Louvre with the masses, or explore the underground closed-to-public workshops with a curator before visiting a few of the museum's highlights? Being connected on the ground creates an entirely different travel experience, and a star travel adviser can facilitate those connections.

WE ARE WHAT WE EAT

WE'RE ALL GUILTY of scarfing down a sandwich at our desk or devouring a pint of Ben & Jerry's while zoning out to the latest episode of "White Lotus." When mindless meals and snacks become part of your routine, pounds start to pack on. No matter how much you exercise, good nutrition is a crucial piece of the weight-loss puzzle. Instead of adopting fad diets, try paying more attention to what you put in your mouth and why. Studies have shown that the practice of mindful eating not only helps with weight loss, but, additionally, it can help you embrace long-term habits dealing with food cravings and portion control.

HOW TO BE IN THE MOMENT AT MEALS

Experts at Harvard Medical School share tips and tricks for adopting more mindful eating habits.

- Set your kitchen timer to 20 minutes, and take that time to eat a normal-sized meal.
- Try eating with your non-dominant hand; if you're a righty, hold your fork in your left hand when lifting food to your mouth.
- Use chopsticks if you don't normally use them.
- Eat silently for five minutes, thinking about what it took to produce that meal, from the sun's rays to the farmer to the grocer to the cook.
- Take small bites and chew well.
- Before opening the fridge or cabinet, take a breath and ask yourself, "Am I really hungry?" Do something else, like reading or going on a short walk.
- Avoid eating with distractions like the television.
- Avoid working meals where you eat at your desk or in front of your computer.
- Avoid eating on the go when you are driving or commuting.
- Start a food log and write down what triggers binge eating and how certain foods make you feel. Do they make you lethargic? Give you more energy?
- Track your food choices on an app like MyFitnessPal or EatRightNow.

PANDEMIC PETS

De-stressing your animal companion.



The pandemic created a boom in pet adoptions. According to The Humane Society of the United States, requests for pet fostering spiked by 90 percent. Whether you're a new pet parent or longtime dog or cat owner, the pandemic gave you more time than ever to bond with your furry loved one. As we start to travel again, it's normal for both owners and pets to experience separation anxiety. NetJets has seen a significant increase in pets flying with owners in the past year, with 24,000 animals joining their owners in 2020. Whether you're bringing your favorite feline travel buddy in the air for the first time in months or leaving your new pandemic pup in your villa alone, the ASPCA suggests these tips for keeping you and your pet calm.

1. Honor Routine

If you're on vacation, try to mimic your pets daily schedule at home.

2. Withdraw Slowly

A sudden decrease in time with your pet can be difficult for both of you. Make sure you practice shorter periods of alone time before a longer trip where you'll be apart for longer stretches.

3. New Distractions

Change up your dog or cat toys to help keep them novel when traveling. Interactive toys or healthy chews can help keep your pet engaged when you're gone.

4. Background Noise

Leave soothing music or the TV on in your hotel room or villa for auditory and visual stimulation.

5. Hire a Pro

Many hotels and villas offer pet-sitting services so you can rest assured your buddy is getting looked after while you're out for a round of golf or catching a sunset surf session at the beach.