

Celebrities Staffing Newsletter

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Welcome to the Feb/Mar edition of our newsletter, our tool for keeping you informed about the latest happenings in the celebrity service industry.

MUST-HAVES FOR SPRING 2012



Haven Colorblock Shift Dress, \$242, aliceandolivia.com



Jeweled Enamel Lollipops by Simone I. Smith, \$100 each, simoneismith.com. 10% of purchase price goes to the American Cancer Society.



ZiGi Girl Shoes, \$89.99, heels.com



Kimberly Taylor, Peru Asymmetric Dress, \$450, macys.com



Aldo "Hambright" Faux Leather Clutch, \$55, aldoshoes.com



Lauren Dress by Ralph Lauren, \$154, macys.com



Silver Pavé Leaf Set Stone Earrings, \$24.99, luckybrand.com



Alice + Olivia, Alaina Dropped Waist Dress, \$396, neimanmarcus.com



Embellished T-shirt, Moises de la Renta for Mango, \$70, mangoshop.com

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Tie Back Stripe Swing Top, \$39.50; Kate Side Zip Flare Pants, \$79.50, loft.com



Shoe Republic LA, \$59.99, heels.com



Claire Fong, Under My Spell, Rose Pink Fringe Earrings \$36, lulus.com



Olivia Floral Blouse, \$79.50, luckybrand.com



BCBGMAXAZRIA Skirt – Toni Sunburst Pleated, \$168, bloomingdales.com



Tiered Teardrop Earrings, \$3.80, forever21.com



Paris Hilton Shoes, \$94.99, heels.com



Badgley Mischka Shoes, \$209.99, heels.com



Karen Kane Zebra Print Wrap Dress, \$128, nordstrom.com



Chain Event Silver Earrings, \$17, lulus.com



Dee&Ray Animal Print Maxi Dress, \$68, nordstrom.com



Aqua Skirt – Pleated Color Block, \$68, bloomingdales.com

MUST-HAVES FOR SPRING 2012

A SPECIAL VALENTINE'S DINNER



Typically, on Valentine's Day you and your loved one would go out to together and have a romantic dinner in the restaurant of your choice. Even though you may have eyes for one another only, you are by no means alone and are actually sharing the space with a whole lot of other couples, and there is no question about it: privacy is restricted.

How about trying something more intimate this year? Why not surprise your significant other by hiring a private chef to prepare a superbly romantic dinner for just the two of you? This can be done in the comfort and privacy of your own home. This will also give you the opportunity to be as creative as you want and as romantic as ever. The experience of a having a chef prepare a gourmet dinner in your home especially for you will be something you will never forget.

You can have the chef prepare a five-course dinner starting

with appetizers and finishing off with a mouth-watering dessert. Private chefs are normally very versatile and can cook pretty much anything. Tell the chef what your preferences are—be it vegetarian, meat or fish dishes—you will be surprised at the number of choices you will have. Once you know what you and your loved one like the selection process will be quite easy. For more indulgence, you can even hire a butler dressed in full uniform with a tailcoat and white gloves to serve the food and wine—that is if you have the budget for this additional expense. If not, don't worry about it, the chef will be happy to serve you the various courses.

Make sure that the ambience is right—use dim lights or turn off the electric lights altogether and light candles on the dinner table. Play soft romantic music in the background and feel free to invite your partner to dance in between courses—after all the whole floor belongs to the two of you. For an

extra romantic touch, spread red rose petals all around the dining and living area (worry about the cleaning later!).

Keep all the preparations a surprise. On the D-day, make sure that your loved one stays away from home until dinner-time. When he or she arrives,

the house will be filled with the aroma of the delicious food that has been prepared, the table will be set, the candles lit and the music will already be playing. The look on your partner's face will tell you if you have pulled it off successfully!

Enjoy! Happy Valentine's Day!

VALENTINE'S DINNER MENU

by Chef Marissa Mitchell

VEGGIE

APPETIZERS: Pan-seared artichokes with pomegranate molasses

SOUP: Roasted mushroom and wild rice

SALAD: Hearts of palm with shaved fennel, grapefruit sections and champagne vinaigrette dressing

DINNER: Moroccan chickpea tagine, sweet potato, quinoa vegetables and dried fruit seasoned with Moroccan spices

DESSERT: Dark chocolate soufflé cake OR red velvet cake

MEAT

APPETIZERS: Caviar with crème fraîche, chopped red onion and black bread triangles

SOUP: Cream of parsnip soup with potato crisps and bacon

SALAD: Roasted beet salad with watercress, arugula and champagne vinaigrette dressing

DINNER: French bistro short ribs with roasted root vegetables and creamy mashed potatoes OR grilled T-bone steak with creamy mustard sauce

DESSERT: Banana bread pudding with Bourbon whiskey sauce

FISH

APPETIZERS: Caviar with crème fraîche, chopped red onion and black bread triangles

SOUP: Lobster bisque

SALAD: Hearts of palm with shaved fennel, grapefruit sections and champagne vinaigrette dressing

DINNER: Roasted sea bass topped with a tomato and herb medley

DESSERT: Dark chocolate soufflé cake



Oh, the Benefits of Living a Healthy and Balanced Life

Living a healthy and balanced lifestyle is not just about eating right and exercising but it is a whole lifestyle. Many of us live hectic lives but if we take a little effort we can find our oasis in the middle of all this. Here are some tips on how to stay in top physical, mental and emotional form!

Get Enough Sleep

Half of us are sleep starved either because we really work too much or because we choose to stay up mostly watching television. Sleep is extremely important to good health and vital for maintaining mental and emotional well-being. The National Sleep Foundation reports that people who don't get enough slumber are more likely than others to develop psychiatric problems and to use health care services. Plus, sleep deprivation can negatively affect memory, concentration, learning, and logical reasoning. Sleep deprivation causes people

to fall asleep at the wheel which is the cause of many fatal accidents.

Yes, Breakfast Is a Must!

Those who eat breakfast, believe it or not, tend to have a lower cholesterol count, are better able to keep their weight in check and absorb more vitamins. Also, when you have breakfast you tend to eat a sensible lunch instead of getting enticed by high-calorie lunches that do you no good.

Eat More Fish

Fish is rich in omega-3 fatty acids which are known to reduce the risk of heart disease. Fish that is rich in these fatty acids are herrings, sardines, mackerels, albacore tuna and lake trout. So, make sure not to pass on that tuna sandwich! If you are a vegetarian you can still get omega-3 fatty acids from tofu, soybeans, flaxseed and walnuts.

Floss Your Teeth

Who would have believed this

but flossing your teeth can actually improve your health! Flossing prevents plaque buildup, which can enter the bloodstream and block our arteries and cause heart disease.

Be Social

Having the support of friends and family and keeping socially active are excellent for your physical and mental health. That sense of belonging—of having people who care about you with whom you can share your good and bad times is essential for our well-being. Lack of social support leads to depression and emotional problems. So, even if you don't have many family or friends for now, start looking for new ways of interacting with others such as volunteering your time or even joining a church. Eventually you will start making friends.

Exercise!

Many of us make New Year's resolutions about exercising but before long this

resolution fizzles away just as the year before. We never seem to have the time or the energy or the inclination to exercise. The thing is that exercise actually boosts our energy and provides so many health benefits that we must find a way of exercising. Find ways of incorporating exercise into your regular routine—you can exercise while doing your housework or even as you watch TV. Leave the car parked sometimes and take a walk to run errands that are not too far off; walk up the stairs instead of taking the elevator; do window shopping at the mall and so on. Also, if making it to the gym is a too daunting of a task, join a gym that offers streaming services so that you can work out in the comfort of your own home. Have a friend join you to make it more fun. Think of all the benefits—you will become more energetic and you will be working toward reducing your risk of heart disease!

DID YOU KNOW...

CHINA ROLLING IN ROLLS-ROYCE



Move over America. China is now topping the sales in Rolls-Royce cars! According to a report in the *L.A. Times* the country known just a few years ago as the bicycle capital of the world is now the leader in Rolls-Royce sales! A base model of the Rolls is about \$245,000. With customized additions the price can be well over \$1M. Apparently many of the buyers are young heirs and heiresses who have inherited money or whose parents are gifting them the cars.

A \$105,000 DRINKS TAB



An undisclosed patron at the Cavalli Club at the Fairmont Hotel in Dubai left behind a receipt for \$105,000 which covered the cost of drinks and a birthday cake only. Some of the items on the receipt included a bottle of Cristal Champagne for \$35,000 and 13 bottles of Roederer Cristal for \$23,000. Were there any bargains for the night? Yes, a cake slice was only \$32!

ENGLISH BUTLER AT YOUR SERVICE!



The super rich in the Eastern part of the world such as Russia and China can't seem to get enough well-trained British butlers to hire! According to a Julius Baer Group and CLSA Asia-Pacific Markets reports, China's economy grew 9.1 percent in the third quarter as compared to the year before (in the U.S. the economy grew by only 1.5% for the same period). This growth is leading to a thriving demand for everything luxury. It gets even better: the rank of millionaires in 10 major Asian countries is expected to grow to about 2.8 million by 2015—more than double what it is now! Apparently, the newly rich in these countries are finding out that their beautiful million-dollar marble-floored homes need to be maintained by people who know what it takes to get the job done.

SANDY WEILL—SELLING AND BUYING...



The former CEO of Citigroup, Sandy Weill, recently sold his Central Park West penthouse for a reported price of \$88M, making it the most expensive home ever sold in Manhattan. It was purchased by the 22-year-old student daughter of Russian billionaire and fertilizer magnate Dmitry Rybolovlev. Weill has now put up his 200-foot super yacht *April Fool* for sale for \$69.5M. It is being predicted that he may have a harder time getting the yacht off his hands at this price. Yacht buyers may abound but they are definitely looking for bargains. Weill has also recently purchased an estate and vineyard in California for a reported \$31M.