

# PRIME

*The Luxury of Choice*

LIVING

## *Pure Bliss*

TRANQUILITY AWAITS AT  
5 OF THE WORLD'S TOP  
WELLNESS SPAS

## *The Age Expert*

ANDREW WEIL, M.D.  
EXAMINES THE ART OF  
AGING GRACEFULLY

## *Beautiful Bounty*

LOCAL FARMERS  
MARKETS TAKE ROOT  
WITH HOUSTON FOODIES

JUMP START  
2011 WITH  
A NEW  
LEASE ON LIFE

# *body & Soul*



