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AN ADVENTURE
IN WELLNESS

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GIFT WELL

A new vase from Saint-Louis might be the most Zen thing on your table. By Shannon Adducci

Utilizing the healing properties of crystals and other gems for balance and energy is a rediscovered (and now, well-studied) practice, but few have considered swapping rough stones for something a bit more polished. That could change with the debut of Saint-Louis's new Folia collection, 25 pieces of tableware, vases, candlesticks, furniture and lighting influenced by nature, especially the dense forests that surround the French town of Moselle, where the Hermès-owned company houses its 431-year-old crystal manufacture (the oldest of its kind to exist). Designer Noé Duchaufour-Lawrance used a singular leaf shape as inspiration for the cut of the crystal, which takes on a more geometric pattern in its finished look.

Though crystal glass items like those made by Saint-Louis are different from naturally forming rock crystals, both contain similar properties. Clear quartz crystals are often used to channel universal energy and can be beneficial in healing and manifesting. "Real crystals are a frequency power source from nature given to us to clear and uplift our energetic body," says Deirdre Hade, a modern-day mystic and author of *The (not so) Little Book of Surprises*. "When we are around real crystal energy we feel more positive—life is lighter, happier, more radiant." Chemistry aside, this light-infused vase is sure to create good vibes on any table it occupies, making it the perfect house gift. Saint-Louis Folia clear vase, \$1,400; available at Hermès, Manhasset, NY