

# SILK'N DREAMS

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MORE  
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PAGES 5-9

### FASHION SPOTLIGHT

## Go ahead — relax and pamper yourself

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Ever woken up with sleep lines? You know, when a crease has taken on the distinct crease of a pillow?

Or bed head — when your girlish bob greets a new day looking like Bill Murray's comb-over in *Kingpin*?

You may want to investigate Silk-N-Dreams, a newly created line of relaxation accessories — pillow cases, neck pillows and eye masks, all in high-end charmeuse silk.

"My mother slept on satin to hold her bouffant," says vice president Diane Eidelstein, a former bag designer raised in Atlanta. "Silk really can keep a style in place by preventing tangles and snags. Same goes for your face."

Eidelstein, with her Vanna White looks, is a walking ad for the company, bedding down with silk every night. She runs her end from Coconut Grove with a partner, Victoria Bocetti, of Laguna Beach, Calif.

The collection comes in a handful of patterns and solids (for men, black). Plans include robes, towels and totes — possibly in natural, eco-friendly materials. But for now, it's the silkworm and its myriad charms.

"Women are fanatics about finding the latest and greatest thing in beauty," says Eidelstein. "And there



PHOTOS BY PATRICK FARRER / MIAMI HERALD STAFF

**SPECIAL PILLOW TALK:** 'Silk really can keep a style in place by preventing tangles and snags. Same goes for your face,' says Diane Eidelstein, vice president of Silk-N-Dreams.

are so many benefits to silk — it's a miracle fabric."

Besides keeping bed face — and head — at bay, silk stays cool, wicks away moisture and is hypoallergenic.

"My philosophy is to pamper yourself whenever possible, no matter where you are," says the mother of two grown boys, who never leaves home without her trusty U-shaped

neck pillow, which can be crushed into carry-on and whose cover can be washed.

You've probably seen travel pillows at airport kiosks. Don't go there, she says. "Most of them are blow-up or hard and gross and don't stabilize your head properly. You'll wake up with a neck ache."

So not pretty.

### HOT PICKS

**What:** Silk-N-Dreams products can be found at Oxygen Day Spa, 2333 Coral Way, Miami; The Boys, 295 Miracle Mile; Coral Gables; Grove Isle Hotel Resort & Spa, Four Grove Isle Dr., Coconut Grove; 866-877-SILK (7455), www.silkndreams.com

**What we love:** Luxury On the Go set in a drawstring case, includes pillow, eye mask and ear plugs, \$95.

**Why we love it:** Pure ergonomic luxury. Ideal for napping out on the couch reading a magazine, long flights or even cradling baby. Filled with light, supple poly-Dacron, this dreamy (really) pillow has an invisible zipper for easy removal and adjustable shape. Buy it on its own for \$42. The eye mask (\$25 individually) has a stretchy strap for a snug fit and two inside pockets to accommodate R.E.M.

**What:** Classique pillowcase, \$54

**Why:** An insomniac's delight. While it may not help promote sleep, it certainly makes the tossing and turning experience so much more pleasant.

The butterfly print doesn't get much more feminine. "I love this one," says VP Diane Eidelstein. "It's so Neilman Marcus."

• **Care instructions:** Though charmeuse is the most fragile of all silks, you don't necessarily have to dry clean. Machine wash on delicate cycle set on cold with gentle soap. Or hand wash in cold or lukewarm water with a natural (if possible) liquid soap. Shake off excess moisture and line/flat dry.

