

style

Wooden Bracelets

Sparkling Rings

Vintage Beads



Elemental Autumn

Fine artisanal finds inspired by five natural elements

By **Zoe Helene**

Early Taoist philosophers in China created a system of mind-body-spirit wellness, based on five elements—wood, fire, earth, metal and water—to interpret rhythms and relationships between the human body and the natural environment. To achieve wellness, all five elements must be in balance.

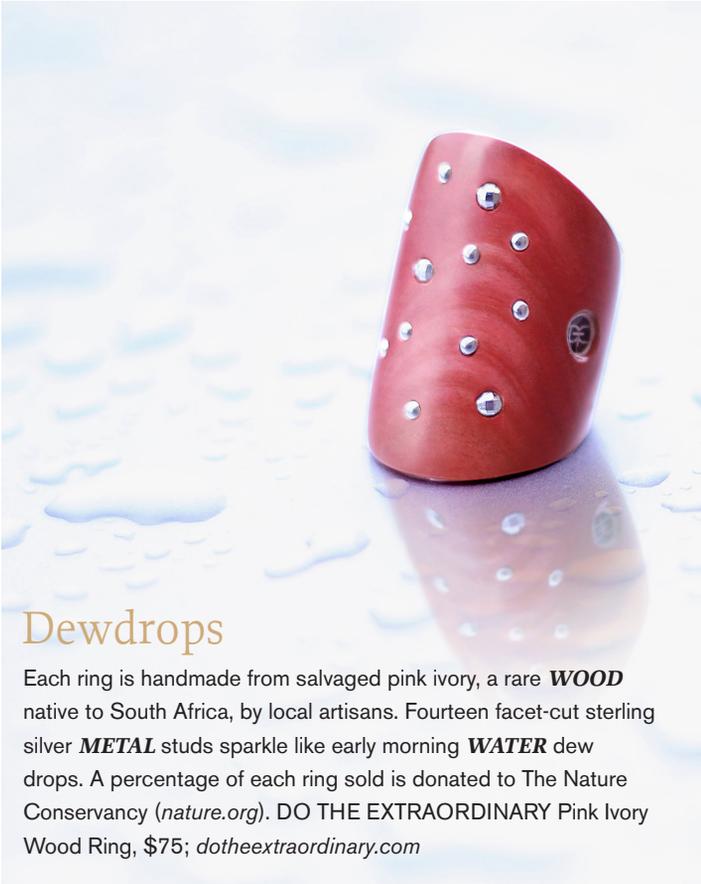
The Ancients also considered each individual's personality to be a mix of the elements, and believed that a stronger presence of one or more elements

in your nature implies a personality type. For example, **Wood** people tend to be kind, optimistic and innovative.

Fire people are adventurous, passionate and sensual. **Earth** people are generous, communicative and trustworthy; **Metal** people tend to be righteous, meditative and determined. And **water** people tend to be dreamers, with great intellect.

These beautiful, ethical and eco-friendly pieces are all inspired by one or more of these natural elements.

This dramatic **FIRE** spirit ombre necklace is made from recycled solid aluminum, a surprisingly light, flexible **METAL** form. REBECA MOJICA Flame Fade Bibbed Fringe Chainmaille Necklace, \$145; rebecamojica.com



Dewdrops

Each ring is handmade from salvaged pink ivory, a rare **WOOD** native to South Africa, by local artisans. Fourteen facet-cut sterling silver **METAL** studs sparkle like early morning **WATER** dew drops. A percentage of each ring sold is donated to The Nature Conservancy (nature.org). DO THE EXTRAORDINARY Pink Ivory Wood Ring, \$75; dotheextraordinary.com

Precious

These brilliant orange, pink and yellow sapphires sparkle in celebration of **EARTH**'s rich bounty. Each piece is handcrafted by artist Anne Sportun using ethically sourced gemstones and fine recycled gold **METAL**. ANNE SPORTUN Sunburst Collection Sapphire Ring, \$3,115; annesportun.com



Starburst

CEO Yehouda Saketkhov named the latest collection after a constellation that includes one of the night sky's brightest stars, which are **FIRE** spirits. The fire opal, the rose gold and the diamonds in this spectacular ring are all **EARTH** spirit, ethically sourced. YAEL DESIGNS LYRA COLLECTION Lava Fire Opal Ring, \$6,779; yaeldesigns.com

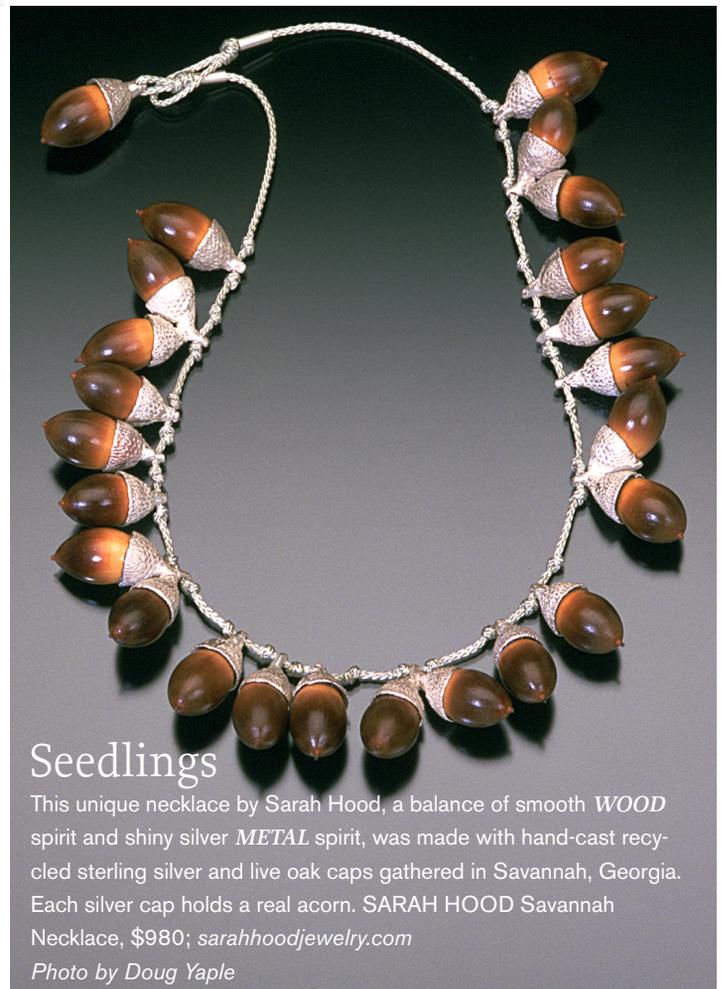


Branches

Gustav Reye's exquisite salvaged and Forest Stewardship Certified (FSC) **WOOD** bracelets feature wood grain reminiscent of a **WATER** whirlpool or **FIRE** smoke. Reye handcrafts each piece using a cold-bend process and works with the wood's natural grain and color. GUSTAV REYES Limited Edition Organic Coil, \$170; gustavreyes.com

Reflections

George Sawyer invented the mokume gane, or "wood-grain metal" technique, which fuses and manipulates layers of precious metals to form unique works of art. The fluid swirling shapes in the **METAL**'s patterns also evoke **WOOD** grain, **WATER** and sensual **FIRE** smoke. GEORGE SAWYER Wabi Sabi Half Round Rings, \$3,120-\$5,680; georgesawyer.com



Seedlings

This unique necklace by Sarah Hood, a balance of smooth **WOOD** spirit and shiny silver **METAL** spirit, was made with hand-cast recycled sterling silver and live oak caps gathered in Savannah, Georgia. Each silver cap holds a real acorn. SARAH HOOD Savannah Necklace, \$980; sarahhoodjewelry.com
Photo by Doug Yaple



Healing

A blend of techniques from Native American, African Zulu and Victorian bead-weaving traditions are used by Ezartesa to make these bracelets from repurposed vintage glass seed beads made from **EARTH** element sand and **WOOD** element amber. She uses amber from the southern shore of the Baltic Sea, where it is called the “gold of the North” and believed to possess healing powers. EZARTESA Sunny Amber Bracelet, \$670; ezartesa.com

Soaring

This rare and highly collectible signed porcelain bracelet is in excellent vintage condition, circa 1940s. Porcelain is a fine clay, so this piece embodies **EARTH** spirit. The vibrant, autumn-colored birds express **FIRE** in flight. TOSHIKANE Arita Sterling Silver Porcelain Bracelet, \$325; rubylane.com/shop/myfinestthings



Nothing Added...
Nothing Missing

Frey Biodynamic Pinot Noir vineyard, Redwood Valley, California.

Organic & Biodynamic® Wine

Share a glass of real organic wine from America's first organic winery. We begin with fine organic grapes and finish with no additives. The best of modern and traditional winemaking!

No Sulfites Added, Vegan Friendly, Gluten Free!

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