



TASTEMAKER: KAREN RUIMY



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What is the best gift you've ever received?

A big diamond my husband bought me as a surprise! With no occasion, ooh la la!

Where are you spending the holidays this year?

St Barts, I soo need to see the sun during our long winter. I just need to be bathed in strong light to survive the London weather!

What are your holiday must-haves?

Natural beauty, sports in nature, lots of swimming, running and yoga...great food, like fresh simple food; grilled fish, salads, and chocolate ice cream. And most importantly, an amazing breakfast on a terrace with a view, sun and wind.

If you could host a dinner party with four spiritual/philosophical leaders or thinkers (dead or alive), who would they be?

Only 4?! Ghandi, Einstein, Mozart, Jung and Merlin!

What is the best advice you've received?

Choose only the positive thoughts in you, concentrate on them and clear the rest.

Do you have a secret obsession?

Chocolate and meditation.

What inspires you?

Every morning I read the press, and someone who stands out: an artist, a politician, an adventurer, or a humanitarian. But the best source of inspiration for me is the best spiritual books that bring me on a journey, Wayne Dyer's books for example.

Talk us through your gift selection

The **Maya Stud earrings** from JEM – I love the brand, they create unusual jewelery with ethical gold. The **Rough Gold Ring** by Pippa Small – gorgeous stones , a very pure design, and she also helps communities abroad with her business. The ring from Sazingg, I love a snake on me, 'snake woman' is a sacred breathing meditation! **Diana F+ Mr Pink Camera** by Lomography: I am a photography lover, and it's such a great gift to give the pleasure of capturing moments. And I love the pink look! **The Embroidred Border Stole** by Janavi is simply a very sexy scarf. **Tom Aikens' Bread Board** – I love this board and I love bread! Simple and sensual. And the gold vintage Rolex, well you can't go wrong baby!