

FLOW Spa



massage

body treatments
- wet room



spray tanning

nails

skin care



waxing

lash extensions



lash or brow
tinting

and more

— 10% Off Locals —

walk-ins welcome
monday – saturday 9-5
after 5 by appointment
sundays by appointment

flow spa in key lime square

508 southard street #105
flowspakeywest.com
on-line booking available

305-296-0772

license #MM31002

– OPENING SOON –



**ADDISON'S
BARBER
PARLOR**

1075 DUVAL ST.
SUITE C-22
KEY WEST

305-434-6480



**CHEESE VEGGIE
CHARCUTERIE
BIODYNAMIC WINE
ORGANIC-LIFE
TARTINES OLIVES
MADELEINES
PICKLES BEERS
LOCAL SOUVENIRS**



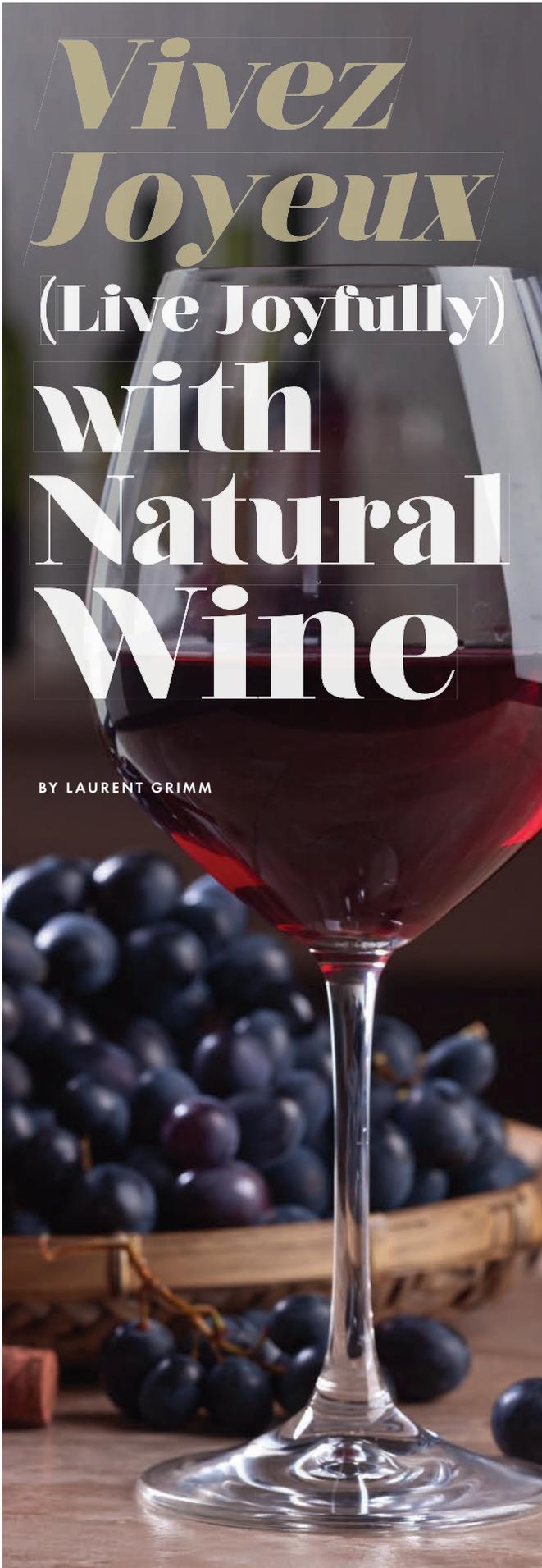
BUVEZ du VIN
et
vivez joyeux

Wine Bar and Cellar

300 Petronia Street, Key West 305 517 6799

*Serving cheese or charcuterie and
pouring wine from noon to 9pm*

vivez-joyeux.com



Vivez Joyeux (Live Joyfully) with Natural Wine

BY LAURENT GRIMM

What Is “Natural” Wine?

The current buzz about (and demand for) “natural” wines may seem like a recent phenomenon, but growers have long been dedicated to a future of agriculture based on a sustainable and ecological approach. Farmers have been specifically following the Rudolph Steiner theory—avoiding chemical fertilizers and pesticides, respecting the biological organisms, encouraging true, healthy conditions for life, and getting in tune with the natural rhythms of the earth—since the 1920s!

A Biodynamic Agriculture

This form of modern organic farming, called biodynamic agriculture, includes some esoteric concepts, such as the use of an astrological calendar for sowing, planting, pruning and harvesting. Management practices are intended to maintain and enhance an ecological harmony—restoring the soil (or *terroir*) after years and years of herbicide use, for instance. Biodynamic techniques are now used in more than 60 countries, but farmers still have to fight heavy lobbying efforts of the biotech industry and “Big Food.”

These same biodynamic methods are used in the art of grapevine cultivation, and exclude the use of artificial chemicals and overly technological interventions in every step of the process, from the grape to the wine. Natural wines are hand-picked, fermented with indigenous yeasts, avoid additives, and must be extremely light in sulfur dioxide and naturally occurring sulfites.

More Than a Philosophy in the Vineyard

This real, sustainable approach and respect of nature have produced the best results for decades, as in Burgundy, France, with one of the most famous old-world wine producers, Domaine de la Romanée-Conti, and eight *grands crus* (“great growth”; a regional wine classification) in Puligny-Montrachet, Chassagne-Montrachet, Vosne-Romanée, and Aloxe-Corton.

A Genuine and Sincere Wine

Successful natural wines are cleaner, more authentic, and more “fresh”; they are expressive of *terroir*, and respectful of the earth; and they enhance the health of the vine growers, the wine makers, and the wine lovers! The idea is not to drink too much wine, but to drink only good and well-made natural wines with unique individuality and nuanced characters. ■

Try some natural wines from old- and new-world producers alike at Key West's very own wine bar bistro and wine cellar: Vivez Joyeux, 300 Petronia St., Bahama Village, 305-517-6799, vivez-joyeux.com/natural-wine.