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POWER LIFESTYLE

A Little Luxe

Everyday luxuries reduce the stress of living the life of a Hollywood executive

By Stephanie Scott

When the conference calls, lunchtime meetings and tense negotiations of one week start blending into the next, it's time to put the brakes on and indulge a little. Whether it's sneaking in some highlights in the middle of the week or taking a quick breather at a local boutique, Hollywood's female executives know that the key to success is taking time to relax. So, here's this year's hit list: a lineup of little luxuries that will turn an all-work-no-play decision-maker into a more balanced woman.

THE ART OF EVERYDAY LIVING

You got a parking ticket, spilled coffee on your blouse and snagged your skirt. Your nemesis got a promotion — to be your boss — and your blind date turned out to be a distant cousin. Something is definitely amiss. Meet Laura Forbes Carlin and Alison Forbes, adorable and accomplished sisters who can set your karma straight. Their company, the Art of Everyday Living, is a home and lifestyle consulting service that combines Feng Shui, life coaching, interior decorating and healthy living strategies to help you better fulfill your goals and needs. In your home, they skip the hocus-pocus and focus on the intuitive aspects of Feng Shui to create harmony. Whether you're looking for love, a new job or experiencing a major change like having a baby, Carlin and Forbes are your go-to girls. They are so wise, in fact, that their first book, "The Peaceful Nursery: Preparing a Home for Your Baby With Feng Shui," comes out in March. "The way they break it down for you is really easy, even for someone who doesn't know anything about Feng Shui. Once they explain it to you, it just makes sense," says Dawn Parouse, president and partner of Adelstein-Parouse Prods. "And really, why not? They are fun to work with, and everything they say is applicable to your daily life. They use whatever you already have to make your house calm and beautiful."

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