



THE BELLEVUE
COLLECTION™

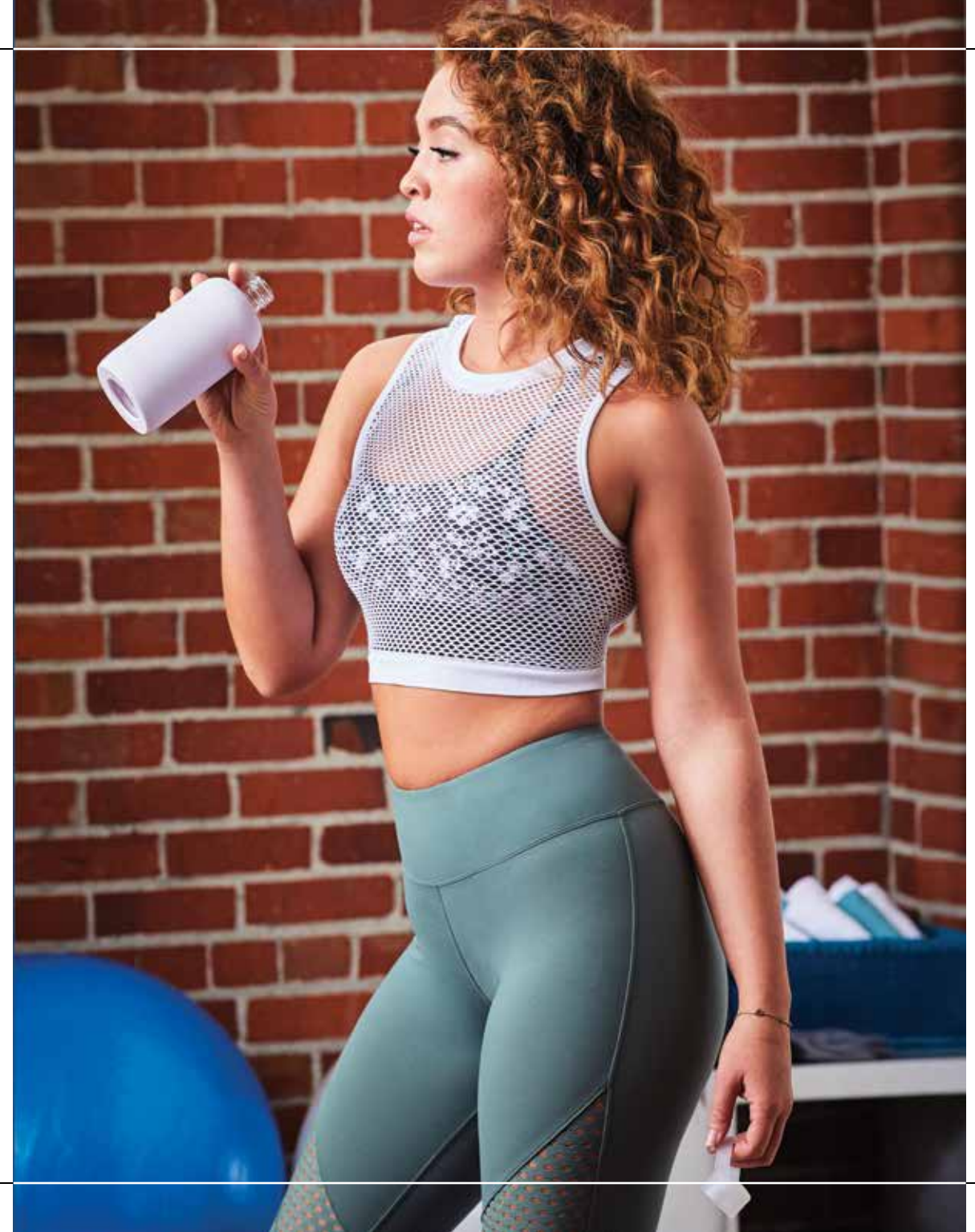
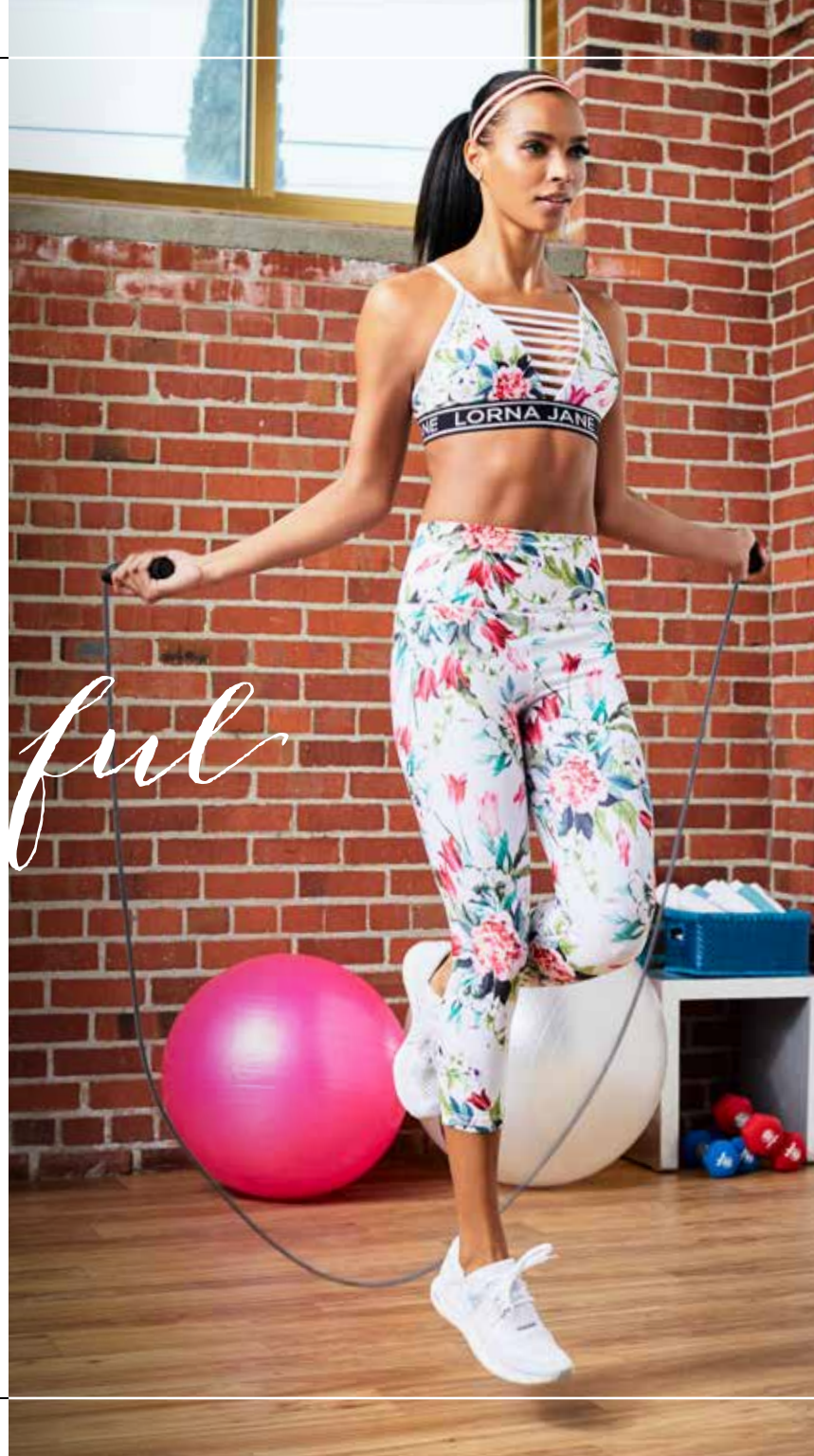
BE THE
(ful) You
IN FASHION,
HOME & HEALTH

Bellevue Square Bellevue Place Lincoln Square

THE SEASON OF RENEWAL has finally arrived, and it's the perfect time to plant seeds of health and wellness that will grow throughout the year. With the return of warm weather, you can add more outdoor activities (hiking season, anyone?) and additional cardio.

(Health) *fuel*

Remember, wellness also starts in the kitchen. Spring offers a bounty of fresh fruits and vegetables for delicious, healthy fare. Whether gearing up at Athleta, Lorna Jane, Escape Outdoors, and more, or sweating it out in a SOULCYCLE spin class, find your fitness foundation at The Bellevue Collection.



LEFT PAGE: Wanderlust Sports bra and 7/8 Tight: **Lorna Jane** Orange Headband: **Athleta** Reebok Floatride Running Shoes: **Nordstrom**
Barrett Silver Stud Earrings: **Kendra Scott** Right Page: Shimmer Ankle Biter Tight, Floral Sports Bra: **Lorna Jane** White Mesh Tank Top: **Forever 21**
BKR Glass Water Bottle: **Sephora** Gold Arrow Bracelet: **Banana Republic**



(Left) White Yoga Jacket: **Forever 21** Pink Sports Bra and Pant: **SOULCYCLE** Elisa Rose Gold Pendant Necklace, Fern Rose Gold Pendant Necklace: **Kendra Scott**
(Right) White and Grey Striped Tight: **Lorna Jane** White Speedlight Tank: **Athleta** Barrett Silver Stud Earrings: **Kendra Scott**



(Mind) *fuel*

CHOOSING CALMING workouts with a focus on balance, persistence, and flexibility doesn't just strengthen your body, but also helps your mind de-stress and get back on center.

Whether you're an at-home yogi or a regular at barre class, spring's athletic attire comes in crisp colors and pretty patterns to complement your workout style. Accessories like run belts and headbands add functional flair.

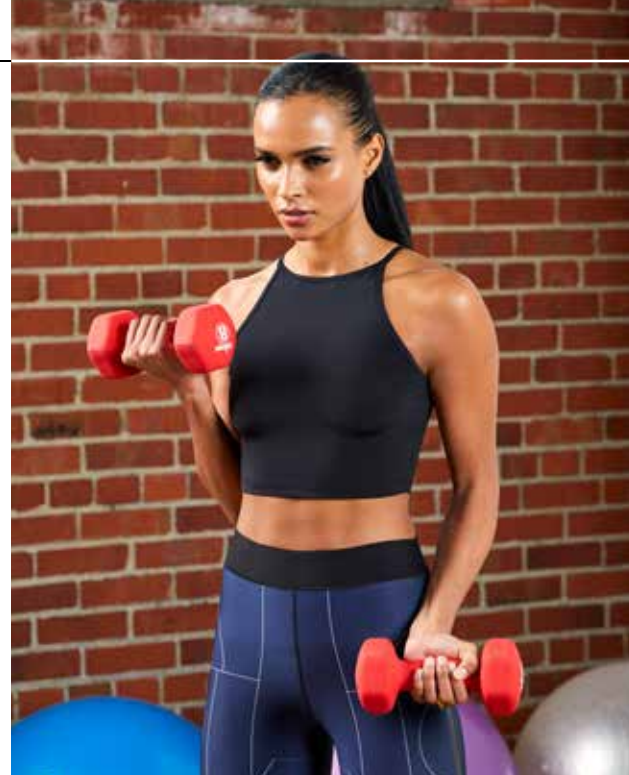


TOP (Left to Right): Monica Chrome Collection White Tank Top: **Forever 21** Dash Sports Bra: **Lorna Jane** Skidless Yoga Towel Mat: **Athleta**
BOTTOM (Left to Right): Pink Sweat Pants: **Forever 21** Adidas Blush Alphabounce Running Shoes: **Nordstrom** Run Belt and Black Leggings: **Lorna Jane**

(Power) *ful*

SPRING'S RICH neutral hues include deep navy and shades of grey, perfect for blending in at the gym. Prefer a spin studio just steps from your bedroom? Stop by the Peloton showroom to test out the indoor bike outfitted

with on-demand and live-streaming classes. Biking, running, strength training, any type of cardio exercise helps to strengthen your heart and lungs while burning calories and adding an energy boost.



TOP LEFT: Navy Ultracor Legging; **SOULCYCLE** The Group Babaton Black Crop Top; **Aritzia** Gold Stud Earring; **Forever 21**
BOTTOM LEFT: Black Crew Neck Shirt; **UNIQLO** Superdry Grey Sweat Pants; **Macy's** Nike Black Roshe Two Running Shoes; **Nordstrom**
RIGHT: Nike Grey Leggings; Nike Grey Dry-Fit Shirt; Nike Striped Training Shorts; **Nordstrom** Bike and Bike Shoes; **Peloton**



(Flavor) *fuel*

AT HOME or on the go, nurture your nutritious side with healthy fare made with fresh ingredients that are high in fiber and low in sugar. At The Bellevue Collection, find tasty salads and infused waters at Avo-Poké, cold-pressed juices at Pressed Juicery, and hearty bowls at Freshii.

Açaí Bowl Made Easy: Recipe from Williams-Sonoma.

Packed with nutrients, this flavorful food from Brazil is the latest health craze.

- 2/3 cup frozen açai puree
- 1/2 cup almond milk
- 2 Tbs. maple syrup
- 1/4 cup fresh blueberries
- 1/4 cup fresh raspberries
- 2 Tbs. unsweetened toasted coconut flakes

In a blender, combine the açai puree, almond milk and maple syrup until the mixture forms a smooth puree. Pour the açai mixture into a bowl. Arrange the blueberries and raspberries on top. Sprinkle with the coconut and serve immediately.





K-BEAUTY: Leave it to Korean beauty brands to create products that aren't just undeniably adorable, but super effective. From lip masks to cutesy lip balms and amusingly packaged skincare, K-beauty packs a playful punch. Throw on a sheet mask (there's a mask for nearly every skin type) and settle into your favorite Netflix series or page-turning novel.

(Beauti)ful

FOR AN INSIDE-OUT APPROACH to beauty, all-natural supplements and water additives target skincare concerns, stress relief, and overall wellness. Many brands, like Aveda, focus on au naturel and organic ingredients for unadulterated self-care. Use a body brush to slough off dry skin, and stimulate circulation and the lymphatic system using gentle, upward strokes toward your heart.



BOTTOM (Left): VitaJuwel® Wellness ViA Water Bottle, Moon Juice Beauty Dust, 8G Green Supplement: **Nordstrom**
Dr. Jart Antioxidant Water Booster, The Beauty Chef Collagen Inner Beauty Boost: **Sephora**
RIGHT: Invati Advanced Exfoliating Shampoo, Thickening Conditioner, Scalp Revitalizer, Tulasara™ Radiant Oleation Oil: **Aveda Experience Center** Aromatherapy Associates Polishing Body Brush: **Nordstrom** Farmacy Honey Potion Hydrating Mask: **Sephora**

(Use)ful

HEADING FROM THE GYM to the office or a post-workout happy hour is made infinitely easier by a well-stocked dopp kit of refreshing essentials. Fill yours with

cleansing dry shampoo and anti-frizz hair wipes, plus easy makeup items like a stick primer and an oil-absorbing powder. Throw your gear in a portable laundry bag, and you and your endorphin glow are ready to go.



R+Co Dry Shampoo Powder: **Obadiah Salon** Herbivore Rose Hibiscus Face Mist, Magic Elastic Hair Ties, Milk Makeup Mini Blur Stick, Ouai Anti-frizz Sheets: **Sephora** Mineral Veil and Beautiful Finish Foundation Brush: **bareMinerals** Cooling Balancing Oil Mini Roller, Stress Fix Mini Roller: **Aveda Experience Center** Clear Zip Case: **Forever 21** Baggie Chihuahua Pouch: **Wayward** Zip Laundry Bag: **Lona Jane**

Adidas Brazilian Print Track Jacket and Leggings: **Macy's** Black Leather Backpack, Gold Hoop Earrings: **Forever 21** Sunglasses: **Banana Republic** Puma Black Pool Slide: **Nordstrom** Gold Rings: **Aldo Shoes**



WHAT MAY HAVE started as an excuse to wear yoga pants in public has grown into a full-blown, elevated trend. Athleisure combines athletic wear with casual dressing for versatile, day-to-night outfits that are as cozy as they are stylish. Think chunky sneakers with feminine dresses or sexy heels paired with gym-ready leggings. The key to athleisure is to mix function and fashion for looks that are comfortable, but not careless; sporty, but not sloppy. Now you're ready to hit spin class and nail your work meetings.

Black Mesh Baseball Cap, Fishnet Socks: **Forever 21** Stellar En Route Dress: **Athleta** Patagonia Teal Hip Pack: **Escape Outdoors** Silver Hoop Earrings: **Chico's**
Black Crystal Bracelet: **Banana Republic** Ring: **Aldo Shoes** Ferris Bootie: **Nordstrom** (Opposite Page)



(Play)ful



ATHLEISURE offers fun ways to mix textures and chic accessories for looks that are fashionable, yet meant to run around in. Pop on a cute baseball cap for covering up after a workout and add charming net socks with heels (or sneakers!) for a touch of stylish attitude.

Ideal for the occasional spring showers, trendy anorak jackets are thin enough to face the season while keeping with sporty styling that can be dressed up or down. Designers are offering anoraks in varying lengths and oversized cuts. Look for one with a hint of glam, like metallic detailing or printed graphics.



On Her: Gleam Chaturanga to Town Tight: **Athleta** Silver and White Anorak, White Fishnet Sports Bra, White Mesh Tank, Hoop Earrings, White Fishnet Gloves: **Forever 21** **On Him:** Straight Leg Denim, AX Logo T-Shirt, Black Logo Anorak, Silver Link Watch, Aviator Sunglasses, Silver Double Elastic Slip-On Sneakers: **Armani Exchange**

HEADS UP, gentlemen: Office attire can be both comfortable and polished with trousers made of breathable technical fabrics and relaxed button-ups topped with a casual bomber. Take this look from work to the gym, errands and beyond. A statement backpack adds interest and keeps your gear in order.



EVEN DAPPER LOOKS can add an athleisure edge when incorporating lightweight fabrics or by combining a flowy, feminine outfit with a pair of daring sneakers.

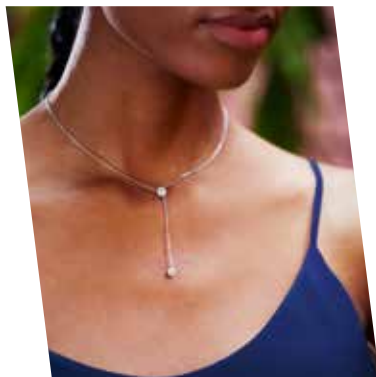
Adding accessories like dainty jewelry or a coordinated pocket square elevates the style for a polished finish.

Navy Printed Short Sleeve Shirt: **UNIQLO** Publish Brand Brown Jogging Pant, Nike Air Max 90 Sneakers: **Urbanity**
Grey and Navy Reversible Bomber Jacket: **Banana Republic** Rains Backpack: **Wayward**



ON HER: Pink Blocktech Soutien Collar Coat, Pink Camisole Jumpsuit: **UNIQLO** Helen Kaminski
Straw Hat: **Nordstrom** Gold Multi-Colored Attract Choker: **Swarovski** Arctic Rose Gold Sneaker: **Steve Madden**
ON HIM: Havana Light Brown Wool Blazer, Sand Washed Chino, Light Blue Striped Shirt,
Light Gray Waistcoat, Brown Leather Sneakers: **Suit Supply**

LAYER blazers on top of basic tanks and comfortable slacks for a workwear outfit that easily transitions to evening. Big this season: the chic fanny pack (also known as the belt bag) that can be worn traditionally around your waist or slung over a shoulder.



PATTERN PLAY isn't only for the ladies this spring. Strong stripes, checks, and plaids in cheery hues like yellow, pale blue, and pink fit the bill for menswear that stands out of the crowd.

LEFT PAGE: Topshop Navy Lightweight Blazer, Caslon White Leather Slide: **Nordstrom** Navy Camisole, Navy Striped Cropped Pants: **Athleta** Silver Chain Bracelet: **Chico's** Quilted Belt Bag: **Steve Madden** Lucky Evil Eye Ring, Attract Y Necklace: **Swarovski** **THIS PAGE:** Navy Twill Jacket, Yellow Polka Dot Polo, Light Grey Slim Fit Chino Pant, Mustard Elastic Belt, Navy and Yellow Sneaker: **Ted Baker London**

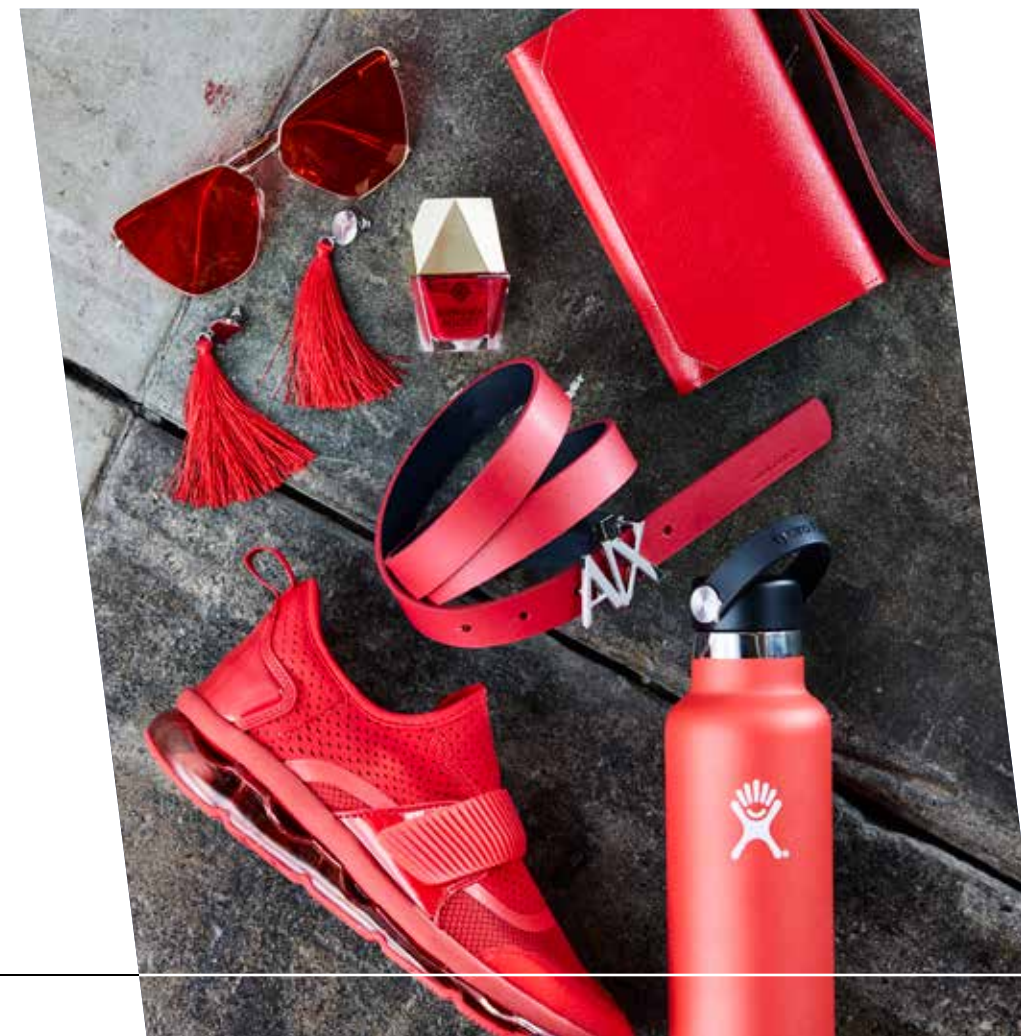
THIS PAGE: The Group Babaton Red Anorak, Wide-Leg Trousers and Red Leotard: **Arztia** Red Mini Gold Chain Cross-Body Bag, Gold Bangles, Gold Drop Earrings: **Forever 21** Cara Floral Print Headband, Steve Madden Century Mesh Booties: **Nordstrom**
RIGHT PAGE: Agreaseren Red Sunglasses, Erilisen Red Sneaker: **Aldo Shoes** Topshop Tassel Earrings, Red Faux Leather Wristlet: **Nordstrom** Red Nail Polish: **Kendra Scott** Hyrdo Flask: **Escape Outdoors** Red Skinny Belt: **Armani Exchange**



(Color)ful

A MONOCHROMATIC outfit is anything but one note, especially in fearless, spicy red. Breathable, flexible fabrics fit the athleisure trend for a look that merges

sporty fun with date-night shine. Sock boots offer a sneaker alternative, adding height and easy sophistication. When choosing one color, mix up textures and silhouettes, layering to add depth and interest. And don't be afraid to max out the accoutrements.



(Peace)ful

IF PART OF SELF-CARE is treating your body as a temple, that notion should also extend to your own personal sanctuary: your home. Spring cleaning is a great place to start carving out a restful refuge and refreshing your living space to feel organized, stylish, and uniquely you! Pacific Northwest lifestyle expert Monica Hart of La Famiglia

Design believes that making small decor changes, by mixing in fresh accent pieces, a new rug, or comfy pillows and throws, will create a space to leave you relaxed. “Consider curating a corner for the purpose of retreating from your busy daily life,” she suggests. “Make it a space that promotes relaxation and that ‘ahhh’ feeling that’s good for both your mind and body.”

Lifestyle expert Monica Hart weighs in on this season’s home and entertaining trends, and shares how to create the perfect personal space.



(Taste)ful

“IT’S SO EASY to have fresh herbs at your fingertips,” says Hart. “Growing herbs via an indoor system allows you to enjoy them year-round. And as an added benefit, bringing plants of any kind into

your home purifies the air you breathe.” She suggests freezing fresh mint into ice cubes for cocktails, or using herbs tied with twine as a fragrant place setting when entertaining.



(Help)ful

TREAT YOUR SENSES with an updated fragrance to bring your home into spring, whether using candles, diffusers, or beautifully presented potpourri. “I tend to lean toward clean, calming scents,” says Hart. “Fragrance is very much a personal preference. My best advice is to find the scents that make you happy to come home.”



1. Create an at-home workout center with an over-the-door rack to hold exercise essentials.

“WHEN IT COMES to spring cleaning, choose stylish storage options to help you get started. I’m a big fan of stacked storage and creating specific stations for projects and activities,” says Hart.



2. Stacked storage containers tidy up office supplies and keep craft items in order.



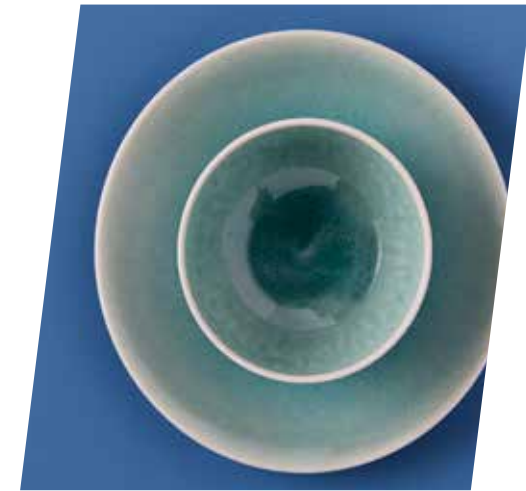
3. Corral coffee-table clutter with stackable trays that can hold magazines and remotes.

(Impact) *ful*

“WE’RE SEEING an uptick in shades of blue for spring, from muted aquas to dusty blues to deep indigos,” muses Hart. “Blue tends to bring a sense of calm to our lives — think blue skies and oceans. Bolder shades, like turquoise, can also add energy to a room.” Combine strong and soft hues for a revitalizing and relaxing balance. Want to shake up the monochrome? Blue also works well with pops of color like yellow.



Trevino Pillows, Grayson Chair, Baxter Indigo Rug, Libations Bar Cart, Cascade Ombre Vases: **Crate and Barrel**
MICHAEL Michael Kors Rhea Slim Backpack: **Macy's Storm Moving In** Canvas Print: **Z Gallerie** Small Palm Leaf Blue Basket: **The Container Store** *NamaSlay* by Candace Moore: **Amazon Books**



Jars Tourron Dinner Place and Bowl, Trevino Pillows, Brenner Sphere Velvet Pillow, Grayson Chair: **Crate and Barrel**

FROM BUBBLE BATHS to meditation sessions, exercise, journaling and chocolate cake, self-care has many forms. Whatever your comfort of choice, taking time to indulge your own whims is proven to reduce stress, help you refocus, and even boost your immune system. Need some help winding down? Find luxurious comfort in upscale athleisure and silky sleepwear, or pamper yourself with spa treatments and the latest in beauty trends and technology.

(Bliss) *feel*

Utility Cotton Shirdress, High-Rise Linen and Cotton Wide Leg Pant: **Vince** Crystal Block Vase: **Williams-Sonoma**



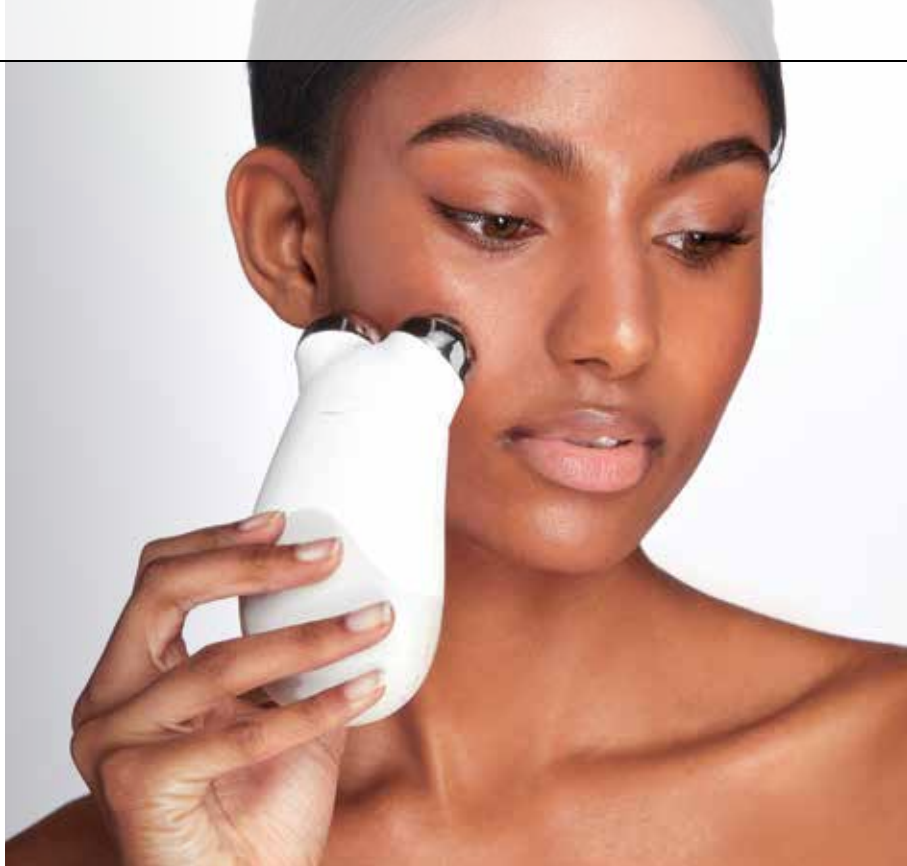
Botanical Sleeveless Sweater, Butterfly Bomber Jacket, Gingham Circle Skirt, Square White Sunglasses, Cream Multi Stud Earrings, Gold Infinity Knot Ring, Black Leather Scallop Watch, White Embellished Flower Sneaker: **kate spade new york** White Fiddle Leaf Tree: **Z Gallerie**

THIS SEASON'S FOCUS on comfort doesn't sacrifice allure or refinement. Take athleisure to a luxe level with cozy knits in playful patterns and spring colors.

Mix prints by keeping fabrics in the same color family or pairing different sizes of the same pattern, like preppy polka dots or soft stripes.



LEFT: Navy and White Polka Dot Cotton Oversized Pullover, Navy and White Polka Dot Culottes, Checkered Slip-on Sneaker With Floral Detail: **Michael Kors**
RIGHT: Pink and White Striped Cashmere Sweater, Pink Denim Pant, Pink Suede Sneakers: **Max Mara** Sheepskin Ivory Square Pouf: **Crate and Barrel**



(Youth)ful

BEAUTY TAKES A high-end turn with the latest tech and treatments for bright, youthful skin and frizz-free locks. Popular facial contouring tools like jade rollers and the NuFace microcurrent

toning device, help to smooth wrinkles and reduce fine lines by massaging product deep into the skin, stimulating muscles and collagen production.



INDULGE IN A SOOTHING MASSAGE or invigorating facial at The Bellevue Collection's on-site spas including SkinSpirit, InSpa, and TRUCE Spa at the Westin — all of which offer a range of services using luxurious product lines.

THIS PAGE: Waffle Knit Short Robe: **Nordstrom** Barrett Rose Gold Stud Earrings: **Kendra Scott** Bright Skin Cleanser, Targeted Treatment, Licorice Exfoliating Peel, Moisturizer, and Lime Refresh Tonic by Eminence: **Truce Spa**
OPPOSITE: NuFace Toning Device (shown with model : **Nordstrom** Dyson Hairdryer, Herbivore Lapis Balancing Oil, Foreo LUNA™ Mini 2, Tatcha Violet-C Radiance Mask: **Sephora** Shiffa Jade Face Roller, Foreo Espada Acne-Clearing Blue Light Pen: **Nordstrom**

Frame Striped Blazer and High-waist Shorts, A.L.C. White Crop Top: **INTERMIX** Ere Stainless Steel C Table, Taline Vase, Glass Terrarium: **Crate and Barrel** Angle-cut Champagne Flute: **Z Gallerie** Trevino Pillows, Faux Fur Throw, Carlise Sofa: **Pottery Barn** *The Little Book of Hygge*: **Amazon Books**



CREATE A GORGEOUS home space to serve as a respite from the daily grind using the Danish concept of hygge. Pronounced “hoo-ga,” the word translates to a feeling of cozy

contentment found in life’s simple things. Whether that’s wrapping up in a cushy blanket or kicking back with a book and some wine, find whatever soothes your soul and is uniquely you.

(Rest)ful

IF A THIRD OF your life is spent in bed, why not make your dreaming hours particularly plush? Splurge on sumptuous silk pajamas and a wrinkle-reducing, hair-smoothing silk pillowcase.



Morgan Lane Silk Striped Pajamas, Slip Silk Pillow Case: **Nordstrom** Cotton Sheets, Down Comforter: **Crate and Barrel**

WIN A
(Wonder)ful
PACKAGE FOR
SPRING

ENTER FOR A CHANCE TO WIN
A Bellevue Collection Prize Package:

- \$500 Bellevue Collection Gift Card
- Weekend night stay at The Westin Bellevue*
- One Hour Massage from Truce Spa



Scan this code with the camera on your smartphone or QR code reader, or come to Bellevue Square Guest Services to enter for a chance to win The Bellevue Collection Home Prize Package valued at over \$1,500.

All entries must be received no later than April 27, 2018.

Rules and Regulations Apply. See a full list of rules on the entry form or at Guest Services in Bellevue Square.

*Based on Availability see Rules and Regulations



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ON THE COVER: Diane von Furstenberg Green Striped Dress: **Nordstrom**
THIS PAGE: Holden Vase, Taline Vase, Adra Vase: Crate and Barrel; Astair Nesting Table: **Z Gallerie**