

FAVES

HEALTHY LIVING ADVOCATE ELIZABETH IRVINE GETS LOST AT BODY MIND & SOUL

■ **WHO:** Elizabeth Irvine, nationally known healthy living spokeswoman

■ **WHAT SHE LOVES:** Body Mind & Soul, a New Age store at 4344 Westheimer

■ **WHY SHE LOVES IT:** This quiet shop, which reminds Irvine of Meg Ryan's bookstore in *You've Got Mail*, is filled with books, crystals, candles and music. "It's a fun, sweet spot to find little gems to help you access your creative insights," said Irvine, who will guest host a Lunch & Learn called "Three Simple Steps to Create Peace Every Day" at the Houstonian Aug. 12. "It's a very calming atmosphere that you just feel good to be in."

■ **FAVORITE MEMORY:** Buying a dream catcher with her daughter when she went off to college.

■ **WHY YOU SHOULD GO:** Because it's a break from the mundane. "Take some time — make it a little outing. You don't have to spend a lot of money, but you can still feel like you walked away with a treasure."



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