



Summer Sensations

Philly feeds my wanderlust. One of my favorite things to do this time of year is walk around the city and discover hidden treasures along the way. Among my summer finds:



[FOOD]
BRUNCH AT SUPPER

I love to try new restaurants, and recently I had an absolutely unforgettable brunch at a trendy local eatery called Supper. The menu at this South Street spot warns that portions are bigger than appetizers yet smaller than entrees, but since I like to feel full after a meal I didn't skimp—and when it came to taste, they didn't either. The fresh, intriguing ingredients showcased in every dish were complemented by the restaurant's chic and sophisticated surroundings. **MY FAVORITE:** French toast with Nutella and caramel bananas. *Supper, 926 South St., 215-592-8180, SupperPhilly.com*



GREEN & BLACK'S ORGANIC CHOCOLATE

Sometimes when I get hungry at work, my craving isn't for a huge meal. I just want something fulfilling and satisfying—without the guilt. I stole this idea from a friend who sports a svelte physique at fortysomething. She says that nibbling on a dark chocolate bar she keeps at work prevents her from hitting up the vending machine. I tried it, and she's right. The dark chocolate tides me over until dinner and the added health benefits from the antioxidants keep my doctor happy. **MY FAVORITE:** Green & Black's Organic Dark Chocolate bar. *Available at Fork, Etc., 308 Market St., 215-625-9425 or at GreenAndBlacks.com*



[FITNESS]
O15 WORKOUT

If you've had some high-calorie fun since Memorial Day and are hoping to look good in your bikini through Labor Day, this workout will help you achieve great results in a short amount of time. The O15 workout stands for "only 15 minutes" but don't let the name fool you. This routine will leave your muscles crying out in agony. But let's face it: it's all about results, isn't it? Check out the studio's new Center City branch. **MY FAVORITE:** "The Crippler" move. It brings me as close as I'll ever get to having a behind that looks like Jessica Biel's. *O15, 1233 Locust St., 215-732-0155, O15Workout.com*



[BEAUTY]
MOKO BEAUTY STUDIO

If you've been searching for a place in Old City to get ready for a night out, look no further than Moko Beauty Studio. This place is a one-stop shop for all your beauty needs, from expert eyebrow shaping to makeup application to hair styling. The shop also carries a fabulous array of products. If you're in need of a great hostess gift, pick up a Barbox, an organic, scented soap kit made by Philly-based company 4mula. **MY FAVORITES:** Mango Butter Cup for soothing your skin after a day in the summer sun, and the Serious Lip Plump treatment to perfect your pout. *Moko Beauty Studio, 55 N. Third St., 215-922-6656, MokoBeauty.com*



BEELUXE

I have recently fallen in love with everything from the Bucks County-based company Beeluxe. I received some candles as a gift and the smell that wafted out of the beautifully wrapped package was as enchanting as the pretty candles themselves. If you're looking for a gift for your mom, a friend or a colleague, the beeswax-based candles will always be the right answer to the question, "What should I get her?" The candles have names like Tree Fort, Wedding Day and Front Porch Swing, among others. **MY FAVORITE:** "Shore Thing" scented pillar candles. *Beeluxe, 115 Lower Morrisville Road, Fallsington, Pa., 1-800-914-2240*

Kerri-Lee Halkett is the Emmy award-winning anchor of FOX-29 News at 5 p.m. Since joining the station in 2002 and making Philadelphia her home, Halkett has become involved in the community, serving as an adjunct professor at Temple University and supporting Mayor Michael Nutter's "Love Where You Live" campaign. She lives in Center City with her son, Van.