

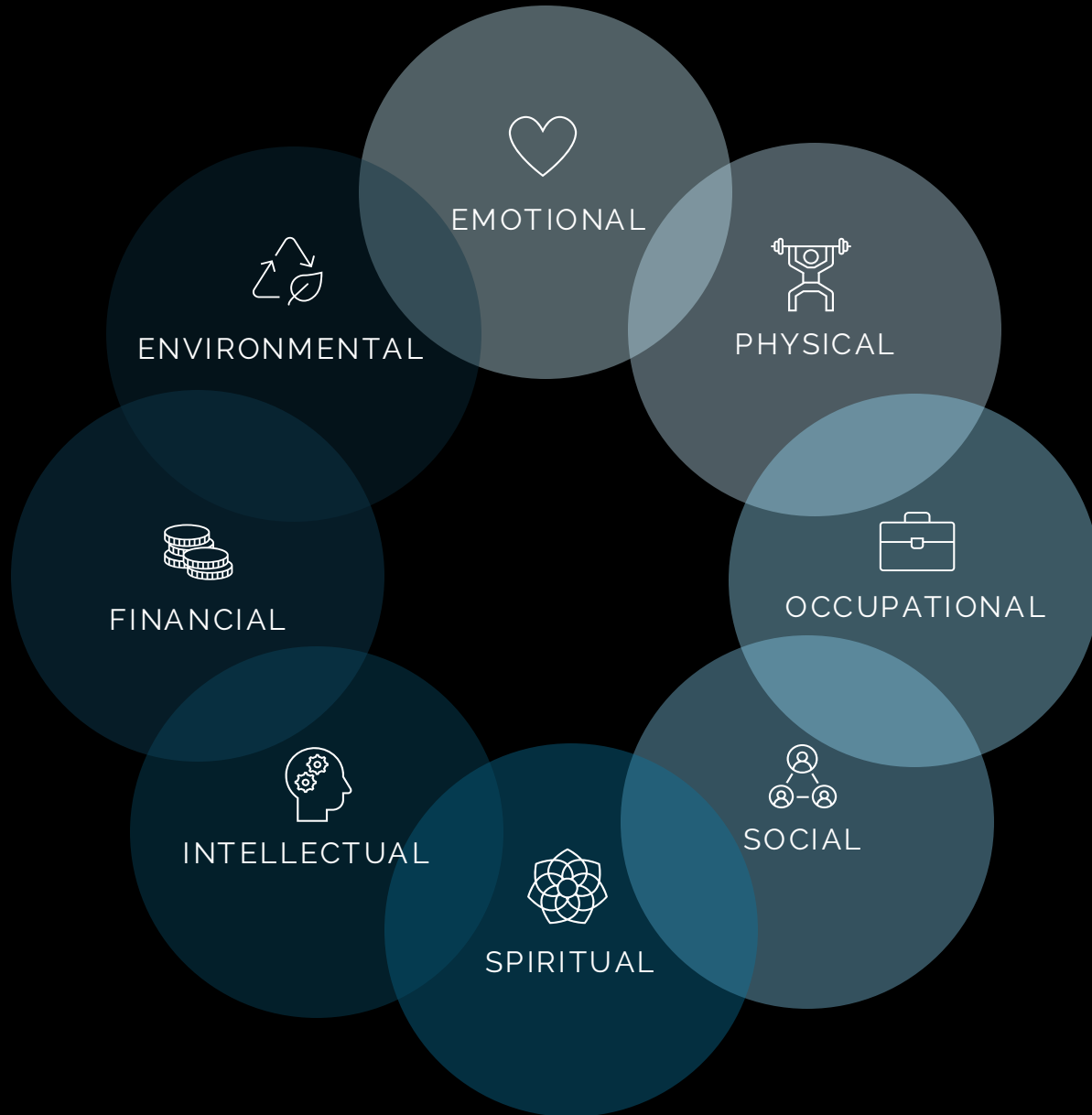


八 8 DIMENSIONS OF WELLNESS

BLENDING THE CLASSIFICATIONS OF WELL-BEING WITH
JAPANESE CULTURE, TRADITIONS, AND AN ALCOHOL TWIST

PRESENTED BY **KOMÉ COLLECTIVE**

THE DIMENSION WHEEL



Emotional

The knowledge & skills to identify personal feelings & the ability to handle those emotions.



Physical

All areas of health that relate to physical aspects of the body including, nutrition, exercise, weight management, ergonomics, & more.



Occupational

Pertains to personal satisfaction in your job/career.



Social

Includes social well-being, connections, relationships, & personal expression.



Spiritual

Encompasses all aspects of well-being pertaining to the search for purpose & meaning in life.



Intellectual

All aspects of well-being related to brain health & growth via thought-provoking mental activities.



Financial

Aspects of financial well-being including knowledge and skills of financial planning & managing expenses.



Environmental

Areas of health that relate to the environment & in turn, how the environment can impact human health.

DIMENSION 1: EMOTIONAL WELL-BEING *paired with*



KOKORO NO TAISAKU

In Japanese 'kokoro' means heart or mind, & 'taisaku' means solution.¹

By dedicating a few minutes each day to quiet reflection, deep breathing, or meditation, we can cultivate inner peace & clarity.¹

SAKE + SLEEP QUALITY

Sake yeast directly activates A_{2a} receptors on cultured human cells & improves sleep quality in healthy humans.²

A_{2A} receptors are believed to regulate oxygen demand & to increase coronary circulation.²



DIMENSION 2: PHYSICAL WELL-BEING *paired with*

SHOJIN RYORI

Japanese cuisine that emphasizes the use of plant-based ingredients & little seasoning.¹



Sake is low in acidity which makes for a great pairing with these vegetarian meals.

Source: Akiiko¹

YAMAGATA PREFECTURE

Known for growing an abundance of wild vegetables. Every year, many people come from throughout the country in search of delicious wild veggies.

TOKO SUN RISE

PREMIUM SAKE BREWED IN YAMAGATA PAIRS WITH THESE VEGETABLES NATIVE TO THE PREFECTURE



TURNIPS



GARLIC



SPINACH

[LEARN MORE](#)

exclusively imported by Komé Collective

DIMENSION 2: PHYSICAL WELL-BEING *continued...*

SHOCHU

A traditional Japanese spirit that not only plays a special role in rituals & celebrations but also contains numerous health benefits.²

Low in calories & low in sugar making it a low-carb & keto-friendly alcohol.²



利平 RIHEI GINGER

DIMENSION 2 COCKTAIL

PREMIUM HANDCRAFTED SHOCHU FROM JAPAN

- ¾ oz. Rihei Ginger Shochu
- Green Tea
- Lemon

Brew one cup of green tea. Let cool. Pour tea & Rihei over ice. Squeeze lemon to taste & garnish with a lemon slice or peel.

[LEARN MORE](#)

exclusively imported by Komé Collective



SKIN BEAUTY

SAKE: Contains tyrosinase, a copper-containing enzyme & mixed with its acidity, sake is a great skin brightener.¹

SHOCHU: Has an antioxidant effect that delays aging. Sometimes used in lotions and face care creams.²

DIMENSION 3: OCCUPATIONAL WELL-BEING paired with



NOMIKAI

Going to the local *izakaya* (Japanese pub) with coworkers is common in Japan. A place to eat, drink, & kick up your heels .¹

NOMUNICATION

"drinking to communicate"

Socializing outlet in Japan where employees bond, share a joke, talk about projects, & even fall in love.²

DIMENSION 4: SOCIAL WELL-BEING paired with

DRINKING ETIQUETTE

A common social outlet in Japan is sharing a drink with friends & the following etiquette is important:

1. Serve each other, rather than pour your own drink.³
2. Use two hands to pour for others.³
3. Use two hands to receive a pour.³
4. Wait to drink until everyone at the table has a drink.³
5. Once glasses are raised, you say "kanpai" (cheers) & you may enjoy your drink.³



Sources: [Work in Japan](#)¹, [Japan Intercultural](#)², [Japan Guide](#)³

DIMENSION 5: SPIRITUAL WELL-BEING *paired with*



SHINRIN YOKU

"forest bathing"

Shinrin Yoku is a practice of spending time in forests, parks, or gardens. In Japan, nature is revered for its healing powers.

Forest bathing revitalizes our spirits, boosts our immune system, & fosters a deep sense of peace and well-being.¹

Sources: [Akiiko](#)¹, [Dig the Tea](#)², [Shikohin](#)³

ALCOHOL FROM A SPIRITUAL PERSPECTIVE

- ❖ **Connecting to your spirituality:** alcohol can be a way to enjoy & explore the inner self.²
- ❖ **Shikohin:** the feeling towards items that we consume for the sole purpose of enjoyment. A philosophy that reframes our outlook on guilty pleasures.³
- ❖ **Connecting flavors to a moment in time:** cherry blossoms can transport your mind to springtime.²
- ❖ **Alcohol with a purpose:** gin is said to have originated as a medicinal drink known as "Jenever" & it was used to relieve fevers or as a diuretic agent.²



YUZUGIN

PREMIUM HANDCRAFTED GIN FROM JAPAN

Crafted with locally-sourced & extremely rare botanicals bringing you a deep-rooted connection to the earth in every drop.

[LEARN MORE](#)

exclusively imported by Komé Collective

DIMENSION 6: INTELLECTUAL WELL-BEING paired with

MINIMALISM

When one lets go of possessions, the ability to concentrate improves. Neglected items become silent to-do lists.¹

The less items people have the more likely they are to daydream - leading to moments of reflection, self-awareness, & even improving memory.¹

THE ALLURE OF MINIMALISM ON A SHELF



Click on each bottle to learn more

Sources: Goodbye Things, Fumio Sasaki¹, LinkedIn Pulse²

DIMENSION 7: FINANCIAL WELL-BEING paired with

KAIKEBO (家計簿)

“household financial ledger”

First introduced in 1904 by Hani Motoko, this quickly became a common term in Japanese households reflecting the country's values of discipline, order, & frugality.²

STORE & SAVE



Sake stays fresh for 2-3 weeks in the fridge after opening, making it easier on the wallet!

BUY BIG



Save on cost/oz. with our premium 1.8L formats.

DIMENSION 8: ENVIRONMENTAL WELL-BEING *paired with*

Japan's Green IT

Japan pledged \$37 million to environmental change & a sustainable future.¹

Japan plans to attain net-zero carbon emissions by 2050.¹



Source: [Forbes](#)¹

KOME COLLECTIVE:
ORGANIC CERTIFIED SAKE + SPIRITS IMPORTER

KOJIMA SOHONTEN

CARBON NEUTRAL

24th generation brewery president, Kojima-san, uses original circulation system to make electric power from sake lees.

TAKATENJIN

SOLAR POWERED

Well-known for use of solar power, on-site water treatment, & other renewable energy sources.

TENTAKA

ORGANAKA TRIPLE CERTIFIED

One of few organic sakes produced in Japan that is completely natural with nothing added.

Organic Certification in Japan, the US, & the EU.



exclusively imported by Komé Collective

8 DIMENSIONS OF SAKE BENEFITS



Low Sugar

Less sugar than most other alcohols



No Tartaric Acid

The primary acid in wine that causes acid reflux and erosion of teeth enamel



Free of Tannins and Sulfites

For those looking to avoid wine headaches



Gluten Free

Good for those who are sensitive/celiac



Unique Formats

Premium Japanese sake comes in a variety of formats from single serve cans, 300ml bottles, to larger formats for sharing



Stays Fresh Longer

Sake stays fresh up to 2-3 weeks in your fridge once opened so you don't have to finish all at once



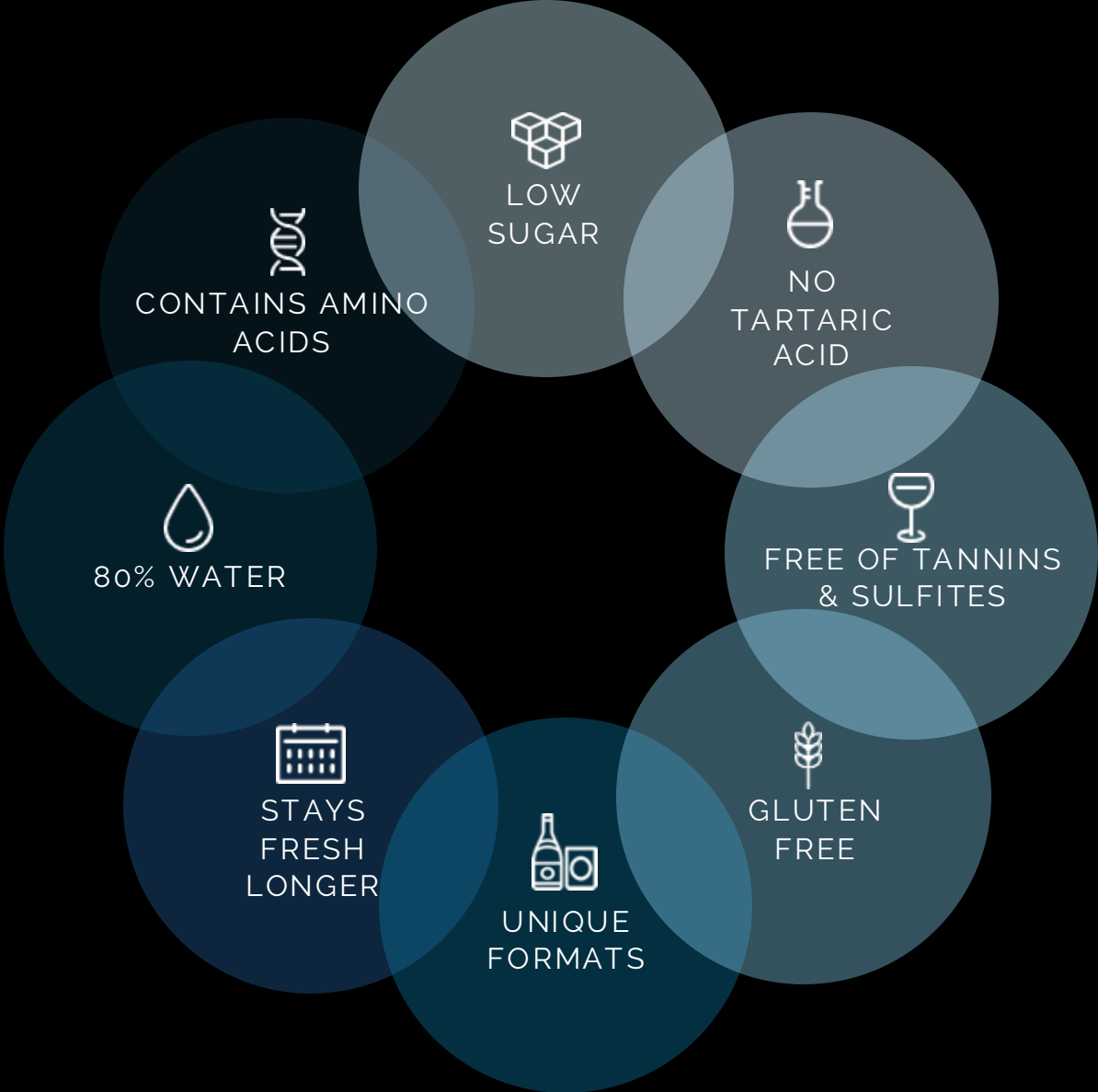
80% Water Based

Arguably more hydrating than other alcoholic beverages



Contains Amino Acids

Sake contains three amino acids that can prevent osteoporosis and provides skin benefits





SPECIALTY



CRISP & REFRESHING



FRUITY & FLORAL

KOMÉ COLLECTIVE

[Explore Flavor Profiles >>](#)



SAVORY & COMPLEX



ROUND & RUSTIC



LUXURY

THE LINEUP THAT SUPPORTS EVERY DIMENSION

We are proud to offer over 60 better-for-you sake + spirits beverages for the conscious consumer.

THE FULL PORTFOLIO

[Explore >>](#)



WELLNESS COLLECTIVE

At Komé Collective, we believe well-being encompasses every aspect of life. We strive to practice the 8 dimensions as a team & are proud to collaborate with partners that share the same sentiment.

CATEGORY LEADERS

We're a collection of traditional and cutting-edge thought leaders, producers, and brands with a commitment to the culture of Japan, the land of the rising sun. We have the most comprehensive and diverse sake portfolio in the US and can service any retailer or restaurant, big or small, niche or mass appeal. And our Japanese spirits are both unique and inspirational. We're very critical in the curation of our portfolio - for over 24 years, Vine Connections, has introduced and created brands and experiences that speak of the Japanese fine craft experience.

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MONICA SAMUELS

VP of Sake & Spirits

Based in NYC, Monica Samuels is one of the country's most accomplished sake professionals and leads the Komé Collective team to drive retail, restaurant, and consumer demand.

Monica has worked in the sake business for over 15 years and brings a unique perspective to the industry. She was named a "Top 40 under 40 - America's Most Influential Tastemakers" by Wine Enthusiast Magazine, a top "50 under 40 future influencers of the global drinks industry" by WSET & IWSC and was awarded the prestigious "Sake Samurai" title by the Sake Samurai Association in Japan. Monica is a Level 3 Certified Instructor for the Wine & Spirits Education Trust (WSET).

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