Longévité Palm Beach, Abel Richard and Aviva Medical Spa Hosted A Toast to Wellness in Miami

Michelle Kavall, functional medicine specialist and founder of Longévité Palm Beach, joined Abel Richard and Aviva Medical Spa in Miami on September 19.



Michelle Kavall FNP-C AFMCP, founder of Longévité Palm Beach, joined Abel Richard and Aviva Medical Spa for A Toast to Wellness in Miami's Design District on Saturday, September 19, from 11:00 AM to 2:00 PM ET, featuring her new guide The Perimenopause Edit.

MIAMI, FL, UNITED STATES, September 20, 2026 /EINPresswire.com/ -- Luxury accessories house Abel Richard, functional medicine practice Longévité Palm Beach and medical aesthetics provider Aviva Medical Spa came together on Saturday, September 19, for A Toast to Wellness, a public event at the Abel Richard boutique in Miami's Design District.

The South Florida wellness event was built around connection and conversation rather than presentation. The event offered small bites and opportunities for informal health conversations with Michelle Kavall FNP-C AFMCP, founder of Longévité Palm Beach. Complimentary B12 shots were available for eligible attendees through Aviva Medical Spa.

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>
> *Michelle Kavall FNP-C AFMCP*

Kavall spoke with attendees about functional medicine, women's health, hormone therapy and individualized approaches to care, and introduced The Perimenopause Edit, her newly published consumer guide created to help women recognize the often-overlooked changes of perimenopause and have more informed conversations with their medical providers.

Throughout the event, conversations centered on practical ways to enhance health and well-

being through greater awareness, informed questions and individualized care. The exchange reflected Longévité Palm Beach's belief that "Longevity Is The New Luxury," connecting personal health and confidence with the way women want to live.

"Women deserve clear, practical information about what may be changing in their bodies and what options are available to them," Kavall said. "This collaboration creates a welcoming way to bring those conversations into the community while connecting health, beauty and luxury in one experience."

Why These Conversations Matter

Perimenopause can begin years before menopause and may present differently from one woman to another. Changes in sleep, mood, menstrual cycles, energy, body composition, libido and cognition can occur as hormone patterns begin to shift, and routine testing does not always explain how a woman feels.

"A result inside the reference range does not always mean everything is fine," Kavall said. "These are real changes in how the body is working, and they deserve attention. Labs matter, but they are one piece of the picture. The symptoms and health history matter just as much. A woman's own account of how she feels belongs in the evaluation."

Perimenopause symptoms also overlap with other conditions, including thyroid dysfunction, iron deficiency, insulin resistance, sleep disorders, medication effects and mood disorders. Assuming every midlife symptom is hormonal can be as unhelpful as assuming none of them are, which is part of why a thoughtful evaluation usually looks wider than a single hormone panel.

The Perimenopause Edit

The Perimenopause Edit covers common changes during perimenopause, symptoms worth tracking, questions to discuss with a licensed medical provider and options that may be considered as part of an individualized approach to midlife health.

The guide is available through Longévité Palm Beach, Google Books and Apple Books.

A Setting Built Around Craftsmanship

The event took place inside Abel Richard's striking boutique in the heart of Miami's Design District, where sculptural architecture and finely crafted accessories created a setting rooted in modern opulence and personal expression. Margaret Sztor, Abel Richard Flagship Director, curated the atmosphere, while Santiago Alvarado, Assistant Boutique Director, provided the vision that brought the collaboration together. The boutique showcased the signature Chrono handbag and Montegrappa writing instruments in an environment designed to highlight craftsmanship, precision and lasting luxury.

About Abel Richard

Abel Richard is an ultra-luxury accessories house known for enticing handbags handcrafted in Italy. The brand combines traditional Italian artistry with precision engineering, innovative materials, ethical sourcing and meticulous attention to detail. Its signature Chrono handbag reflects the brand's focus on heirloom-quality design created to be carried, remembered and treasured. Abel Richard's Miami boutique is located on 2nd Ave in the Miami Design District.

About Longévité Palm Beach

Longévité Palm Beach is a functional and integrative medicine practice founded by Michelle Kavall FNP-C AFMCP. With offices in Boca Raton and West Palm Beach, the practice focuses on women's health, perimenopause and hormone therapy, gut health, advanced testing, metabolic wellness and personalized approaches to long-term health. Telehealth appointments are available to patients throughout Florida.

About Aviva Medical Spa

Aviva Medical Spa offers minimally invasive aesthetic treatments in a gorgeous spa setting, including nutrient IV therapies, injectables, advanced facials and therapeutic massage. Similarly to Longévité Palm Beach and Abel Richard, Aviva is dedicated to a highly personalized approach. They tailor services to each client's individual goals, enhancing well-being and beauty.

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