

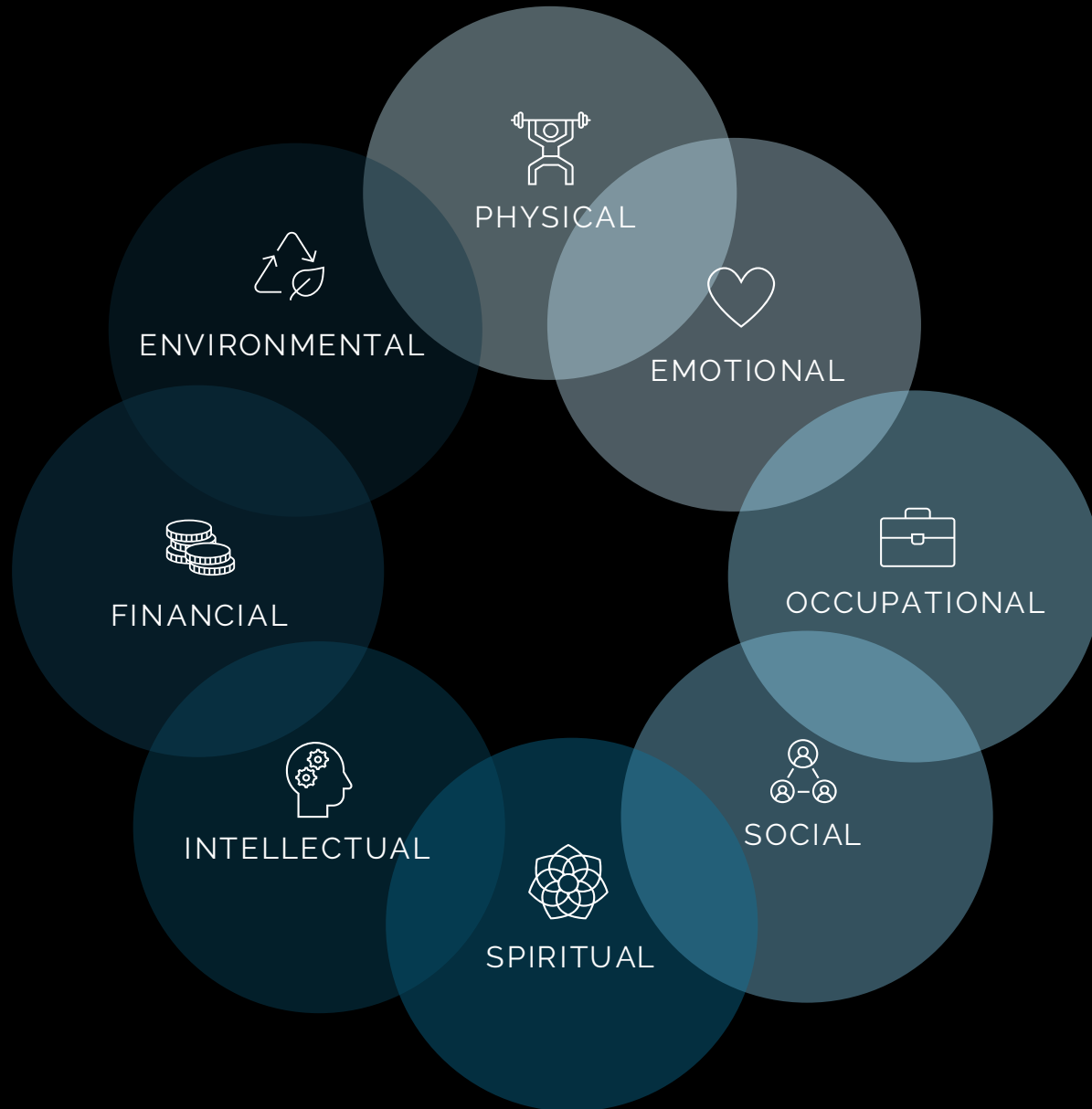


# 八 8 DIMENSIONS OF WELLNESS

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

PRESENTED BY **KOMÉ COLLECTIVE**

# THE DIMENSION WHEEL



## Physical

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



## Emotional

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



## 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: PHYSICAL WELL-BEING *paired with*



### SAKE + SLEEP QUALITY

Sake yeast directly activates A2A receptors on cultured human cells & improves sleep quality in healthy humans.<sup>1</sup>

A2A receptors are believed to regulate oxygen demand & to increase coronary circulation.<sup>1</sup>



### SLEEP RECOVERY WITH SAKE

Consuming sake felt **less disruptive to sleep** compared to other alcoholic beverages, with some participants noting **more stable overnight HRV patterns** based on internal surveys.<sup>2</sup>

*Heart rate variability (HRV) is widely used as a wellness indicator of stress recovery and nervous system balance; calmer, intentional evening routines are commonly associated with **higher overnight HRV**.*

## DIMENSION 1: PHYSICAL WELL-BEING *continued...*



### SHOJIN RYORI

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

**Sake is low in acidity which makes it a great pairing with vegetarian or plant-based meals.** Many sake can often complement even the most wine-unfriendly vegetables.



### SKIN BEAUTY

**SAKE:** Contains tyrosinase, a copper-containing enzyme & mixed with its acidity, sake is a great skin brightener.<sup>2</sup>

**SHOCHU:** Has an antioxidant effect that delays aging. Sometimes used in lotions and face care creams.<sup>3</sup>



## DIMENSION 2: EMOTIONAL WELL-BEING *paired with*



### KOKORO NO TAISAKU

In Japanese 'kokoro' means heart or mind, & 'taisaku' means solution.<sup>1</sup>

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



### INTENTIONAL SIPPING

Sake is traditionally enjoyed through **rituals and moderation**, supporting mindfulness and emotional grounding.

Designed for **slow sipping and food pairing**, sake can encourage calm connection rather than overstimulation.

Less emphasis on "buzz" and more on **experience**. Lower-ABV styles and smaller serving formats (*like cans or 300ml*) naturally support drinking in moderation.

**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 .<sup>1</sup>

**NOMUNICATION**

*"drinking to communicate"*

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

**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.<sup>3</sup>
- 2. Use two hands to pour for others.<sup>3</sup>
- 3. Use two hands to receive a pour.<sup>3</sup>
- 4. Wait to drink until everyone at the table has a drink.<sup>3</sup>
- 5. Once glasses are raised, you say "kanpai" (cheers) & you may enjoy your drink.<sup>3</sup>



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

## 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.<sup>1</sup>

## ALCOHOL FROM A SPIRITUAL PERSPECTIVE

- ❖ **Connecting to your spirituality:** alcohol can be a way to enjoy & explore the inner self.<sup>2</sup>
- ❖ **Shikohin:** the feeling towards items that we consume for the sole purpose of enjoyment. A philosophy that reframes our outlook on guilty pleasures.<sup>3</sup>
- ❖ **Connecting flavors to a moment in time:** cherry blossoms can transport your mind to springtime.<sup>2</sup>
- ❖ **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.<sup>2</sup>



### 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*



**MINIMALISM**

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

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

**THE ALLURE OF MINIMALISM ON A SHELF**




*Click on each bottle to learn more*

**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.<sup>2</sup>

**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.

Sources: Goodbye Things, Fumio Sasaki<sup>1</sup>, [LinkedIn Pulse](#)<sup>2</sup>



## DIMENSION 8: ENVIRONMENTAL WELL-BEING *paired with*

### Japan's Green IT

Japan pledged \$37 million to environmental change & a sustainable future.<sup>1</sup>

Japan plans to attain net-zero carbon emissions by 2050.<sup>1</sup>



Source: [Forbes](#)<sup>1</sup>

### KOME COLLECTIVE:

ORGANIC CERTIFIED SAKE + SPIRITS IMPORTER

### KOJIMA SOHONTEN

#### CARBON NEUTRAL

24<sup>th</sup> 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

**Organic Certified in Japan, the US, & the EU** - one of only two breweries to hold a triple organic certification. This distinction requires both the rice and the brewery itself to be fully certified organic.



*exclusively imported by Komé Collective*



## 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

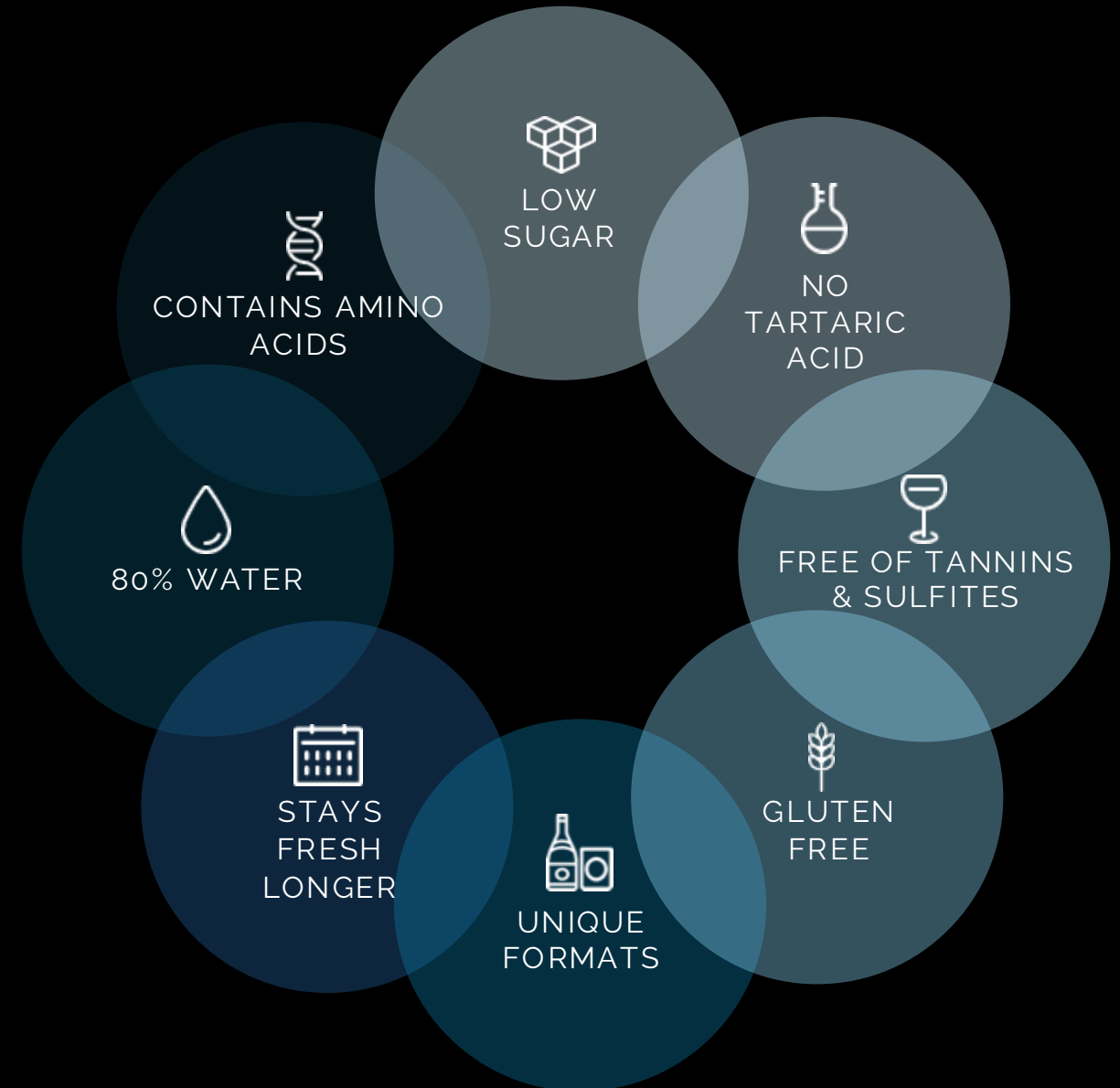
Arguably more hydrating than other alcoholic beverages



## Contains Amino Acids

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

# 8 DIMENSIONS OF SAKE BENEFITS





SPECIALTY



CRISP & REFRESHING



FRUITY & FLORAL



SAVORY & COMPLEX



ROUND & RUSTIC



LUXURY

KOMÉ **COLLECTIVE**

[Explore Flavor Profiles >>](#)

# THE LINEUP THAT SUPPORTS EVERY **DIMENSION**

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We are proud to offer a full portfolio of 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 25 years, Vine Connections, has introduced and created brands and experiences that speak of the Japanese fine craft experience.

### RECENTLY FEATURED IN



**Forbes**

**FOOD & WINE**

**BuzzFeed**



**MONICA SAMUELS**

Komé Collective President

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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