

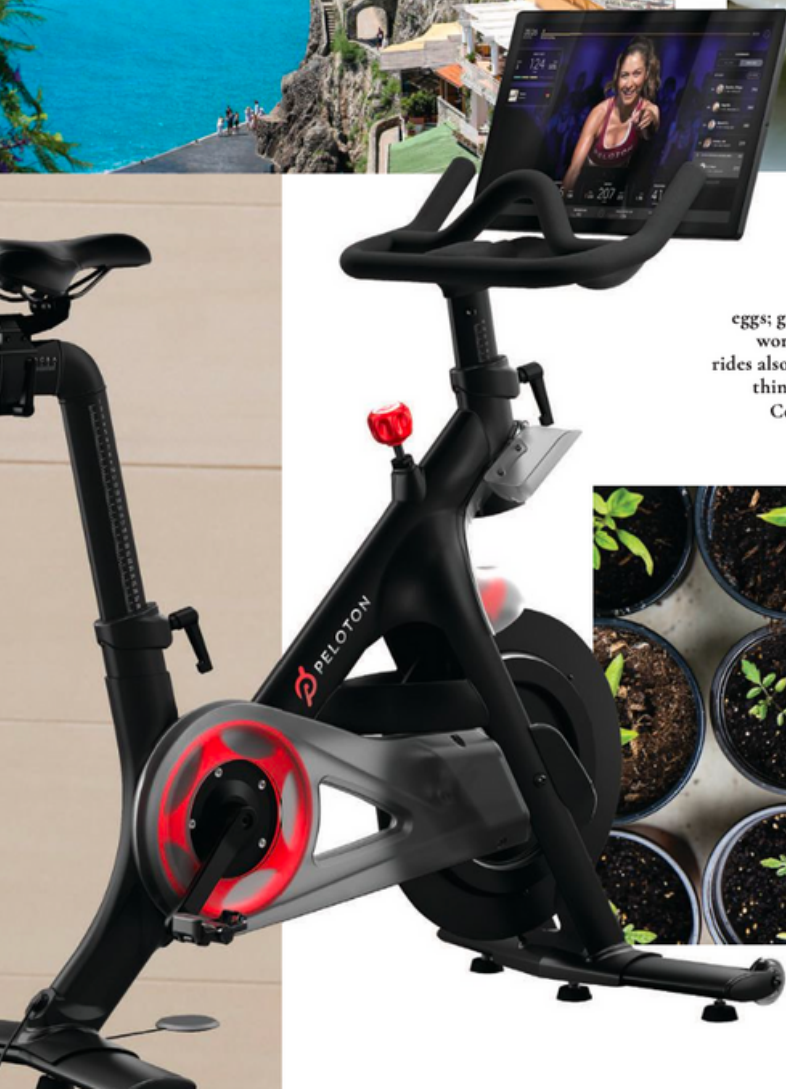
SUSAN SKORNICKA

Founder
Skornicka Designs
susanskornicka.com

Marin-based Susan Skornicka bases her entire design business on the idea that beautiful spaces can promote healing, wellness and a sense of peace—and that luxury and sustainability can coexist beautifully. As for her personal wellness, Skornicka meditates every morning and spends the day in gratitude and connection. “Taking care of the body, mind and spirit opens up the channels of creativity and mystical depth within; they go hand in hand,” she says. “One of my favorite quotes by Alice Walker is ‘Whenever you are creating beauty around you, you are restoring your own soul.’ For me, this has led to creating sacred spaces for myself and clients that are filled with beauty and wonder.”

Marin-based interior designer Susan Skornicka uses wellness as a foundational business principle.





Clockwise from top right: Skornicka's go-to breakfast includes hot water and lemon; she also gets a protein punch with eggs; gardening is one of the designer's preferred workouts, along with yoga and walks; Peloton rides also give Skornicka a cardio boost; when she's thinking of the perfect getaway, Italy's Amalfi Coast is always at the top of Skornicka's list.



WAKE-UP TIME:

7:30 AM

BREAKFAST:

Hot water with lemon, and eggs any style

DIET:

Organic Mediterranean

ESCAPE:

Travel planning

WEAKNESS:

Vegan chocolate mousse with coconut cream from Kientz Hall (kientzhall.com)

UNIFORM:

Mother (motherdenim.com), Repeat (repeatcashmere.com) organic cashmere sweater and Bulgarian rose oil

HOTEL:

Villa Fiorentino (villafiorentino.com), Amalfi Coast

WORKOUT:

Walks in nature, gardening, Peloton (onepeloton.com) and yoga

WELLNESS APP:

Full Moon

WORKOUT SHOES AND OUTFIT:

Merrell (merrell.com) shoes and Beyond Yoga (beyondyoga.com) leggings

WORKOUT PLAYLIST:

Whatever Cody Rigsby is playing.

WORKOUT BUDDY:

My dog, Zeus

BEST ADVICE:

'Yesterday is history, tomorrow is a mystery, but today is a gift.' -Master Oogway, *Kung Fu Panda*

PHILANTHROPY:

Canal Alliance (canalalliance.org), Edible Schoolyard (edibleschoolyard.org)

STREAMING NOW:

Tibetan Bowl Meditation Radio on Pandora.

MANTRA:

Peace within, peace without

DINNER:

Tonight it's Bulgarian salad, salmon with cucumbers and dill, asparagus and my favorite potatoes.

SOULMATE:

My dog, Bella

BEDTIME:

11:30-ish

THEME SONG TO YOUR LIFE:

'Still Haven't Found What I'm Looking For' by U2

BOOK YOU LOVE AND ALWAYS RECOMMEND:

Living With Joy by Sanaya Roman