

# San Francisco

MODERN LUXURY

Wine Country's  
Best Spots for Hiking,  
Yoga & More

**PLUS**  
The Bay Area's  
Top Docs

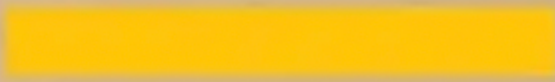
## Mind & BODY

BAY AREA LUMINARIES SHARE THEIR  
SECRETS TO WELLNESS

**GREAT  
ESCAPES**  
National & Local  
Destinations to Explore Now

Bay Area resident & Olympic  
gold medalist Kristi Yamaguchi

SANFRAN.COM



## SUSAN SKORNICKA

Founder  
*Skornicka Designs*  
[susanskornicka.com](http://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:**

7:30AM

**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](http://kientzhall.com))

**UNIFORM:**

Mother ([motherdenim.com](http://motherdenim.com)), Repeat ([repeatcashmere.com](http://repeatcashmere.com)) organic cashmere sweater and Bulgarian rose oil

**HOTEL:**

Villa Fiorentino ([villafiorentino.com](http://villafiorentino.com)), Amalfi Coast

**WORKOUT:**

Walks in nature, gardening, Peloton ([onpeloton.com](http://onpeloton.com)) and yoga

**WELLNESS APP:**

Full Moon

**WORKOUT SHOES**

**AND OUTFIT:**

Merrell ([merrell.com](http://merrell.com)) shoes and Beyond Yoga ([beyondyoga.com](http://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](http://canalalliance.org)), Edible Schoolyard ([edibleschoolyard.org](http://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

CLOCKWISE FROM TOP RIGHT, PHOTOS: BY MOCKUP GRAPHICS; BY LAURA LAUCH; BY MARCUS SPISKE; COURTESY OF PELOTON; BY ALESSIO BACHETTI