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# HAUTELIVING

MARCH/APRIL 2023

LUXURY LIFESTYLE WITH PURPOSE



## THE FASHION ISSUE

ICONIC DESIGNER NAEEM KHAN - THE ALCHEMIST OF DREAMS

\$20.00

**J.WADE** PUBLIC RELATIONS

*Haute Living SF* | March/April 2023

# SEEKING CREATIVITY

*These designers live well to boost their creativity.*

BY BECCA HENSLEY

SCIENTIFIC RESEARCH SHOWS THAT BEING CREATIVE boosts brain power, improves concentration, strengthens problem solving skills, benefits mood, and supports well-being. The flip side is that when creative people don't work (we all have the capacity for creativity) and don't avidly practice self-care, a devastating funk may ensue. Depression can send our lives into a tailspin. Perhaps that's why so many artists, writers, fashion designers, interior designers, musicians, and other creatives have turned to wellness as the rocket fuel that keeps them on track.

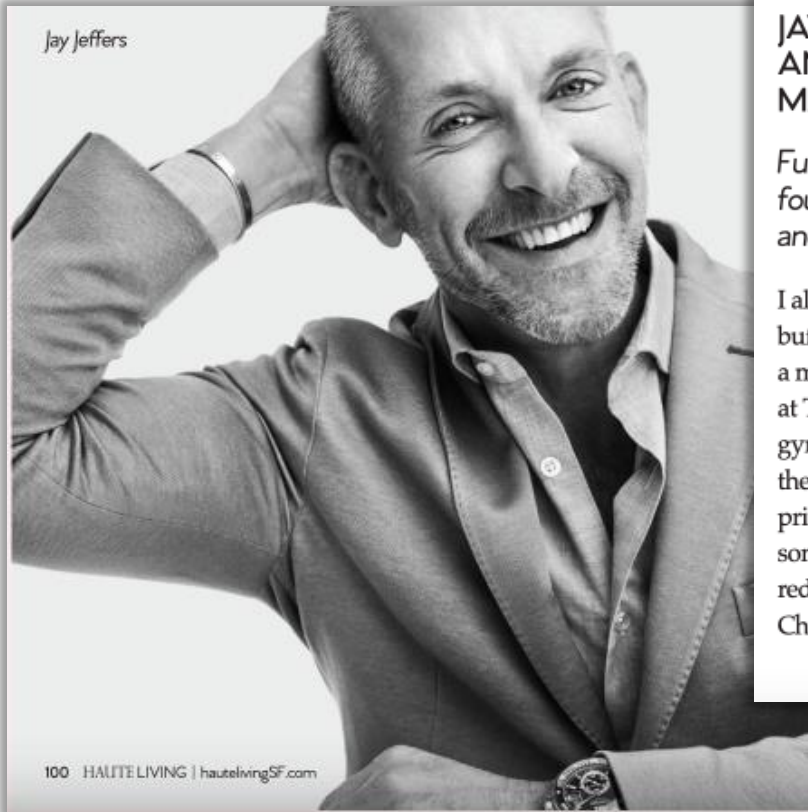
The path to well-being varies for everyone. It might include spending time with children, playing pickle ball, drinking green juice, getting enough sleep, being in nature, or following a specific diet. The goal is to figure out the recipe that gets you to your harmonic happy place. We talked to a few vibrant creatives to find out what they do to stay mentally and physically well. Their answers will inspire you.



## JAY JEFFERS, INTERIOR DESIGNER AND OWNER AND DESIGNER OF THE BOUTIQUE HAVEN THE MADRONA IN HEALDSBURG

*Fun facts: On ELLE Decor's A-list, he's best known as founder of Jay Jeffers Inc., the author of two design books, and the designer of luxuriously livable interiors.*

I always find time to prioritize my wellness routine. I'm a big fitness buff. I've got a personal trainer in San Francisco whose office is about a mile away. Sometimes I run to my workout for added cardio. When at The Madrona, we do our workout on Zoom in the boutique hotel's gym. I love the Peloton strength classes on their app—particularly the bodyweight core classes. I enjoy doing them on The Madrona's private gym deck for an added sunshine boost. This year, I've added some additional dynamic stretching into my routine. For stress reduction, I aim for "sofa puppy time" with my two cavalier King Charles spaniels for at least an hour each evening.



Jay Jeffers