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# departments

52



## In Every Issue

26 LETTER FROM THE PUBLISHER

28 LETTER FROM THE EDITOR

## Dispatch

35  
SPOTLIGHT

For its latest incarnation, the Fendi Peekaboo ISeeU petite packs a lot of style in a mini-me version.

36  
NOW IN SAN FRANCISCO  
Spring rolls on with exceptional options for discovery, including a music fest, engaging exhibitions and wellness fixes.

42  
TRENDWATCH  
Fertile ground takes inspiration from Mother Earth and full-on floral prints take the stage this season

46  
FASHION NEWS  
Steven Lagos' new collection is nothing short of spectacular.

50  
TIMEPIECE  
Panerai expands its legacy with the

54



Luminor Goldtech Calendario Perpetuo and a memorable Florentine experience.

52  
SCENTS  
Frequent Louis Vuitton collaborator Alex Israel lets Los Angeles set the tone for City of Stars, the brand's latest fragrance.

54  
BEAUTY  
Buzzy brand Augustinus Bader expands with haircare, supplements and an innovative new cream.

56  
ARBITER  
From hospitality to fashion, Aslaug Magnúsdóttir puts sustainability at the center of everything she creates.

58  
DANCE  
This month, Alonzo King and LINE Ballet kick off a 40th anniversary season with a world premiere at the Yerba Buena Center for the Arts.

64  
EXHIBIT  
The official presidential portraits of the Obamas travel from the Smithsonian to San Francisco for a summer stay at the de Young Museum.

66  
COOKING  
Divya Alter is everyone's go-to girl for ayurvedic cooking and living.

68  
WINE  
We asked local chefs and winemakers to conjure their favorite healthful dishes for warm-weather wine pairings.

74  
DRIVE  
Automakers are waking up to the wellness trend, adding more features to prioritize your well-being.

76  
ON THE SCENE  
Take a peek inside the Bay Area's hottest parties this season.

## Retreat

99  
SPOTLIGHT  
Hot on the heels of her interior range of paints launched last



36





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# departments

year, Kelly Wearstler is now taking it outside with an exterior collection of paints for Farrow & Ball.

## 100 TRENDS

Whether in wicker, rattan or cane, the natural textures of woven designs add an earthy element to any interior.

## 102 DESIGN

The team from Klop Architecture refurbishes a San Francisco spec home by reversing the floor plan.

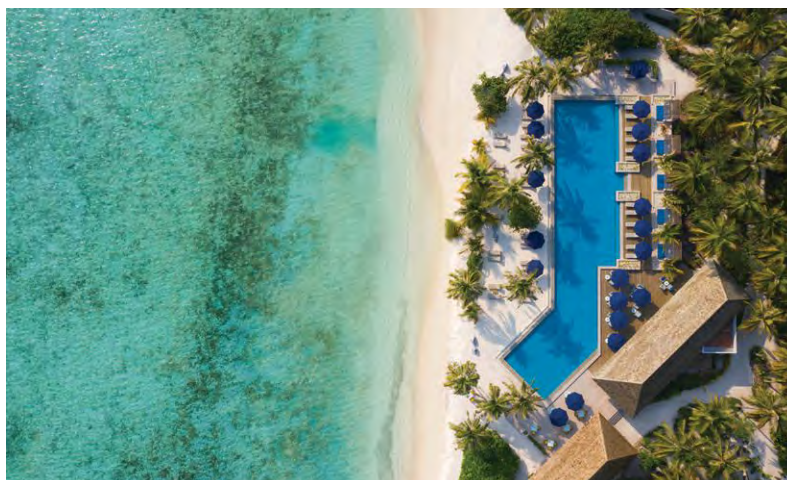
## 104 DESIGN

In his new book, local luminary designer Ken Fulk takes readers on a journey through his magical mind.

## 110 DECOR

Serena Dugan unveils a new wallpaper collection with themes inspired by the Silk Road, Mexico City and French art deco.

## 112



## 143

### 112 ARCHITECTURE

Walker Warner Architects designs enduring spaces for inspired living.

## Revive

### 143 SPOTLIGHT

From Mexico to Africa—and beyond—these newly opened resorts invite guests to venture to exotic locales to achieve serenity in style.

### 148 GETAWAY

Nassau's Baha Mar continues to offer guests diversions that surprise and feed the island soul.

### 150 WEEKENDER

Let the good times roll in luxurious style at the recently unveiled Four Seasons Hotel New Orleans.

### 152 ESCAPE

Blending a data-focused approach to health with lush surroundings,

exquisite meals and awe-inspiring treatments, Sensei Lanai, A Four Seasons Resort, has mastered the art of living well.

### 156 THE GUIDE

Explore the Bay Area's go-to shops for fitness apparel and top juice spots.

### 160 LAST LOOK

Professional cyclist Peter Stetina teams up with Hotel Healdsburg this spring for rides like no other.

## 104





# may features

118



## Feature

**118**  
**CREATURES OF HABIT**  
From mindfulness apps to diet hacks, the Bay Area's grounded gurus have a wealth of wellness knowledge to share.

## Celeb

**126**  
**THE POWER OF INFLUENCE**  
Fashion and beauty magnate Camila Coelho expands her business ventures and begins a new chapter.

## Fashion

**134**  
**THE NEW GLOW**  
Glassy and glossy skin is the spotlight this season for fresh-faced beauty that shines.



**ON THE COVER**  
Jerry Rice  
Photographed by  
Brendan Mainini



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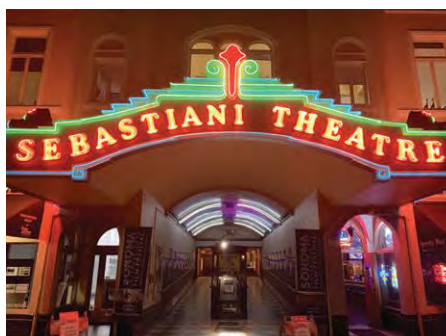
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# publisher's note



From top: Kupiec and Rice at the May issue cover shoot; Silver Oak Winery; Sebastiani Theatre, a Sonoma International Film Festival venue; Kupiec with Nelson German, chef and owner of alamar Kitchen, which is participating in Oakland Restaurant Week.



economic success of the region. Many of these events bring thousands of people into the region and benefit many businesses including hotels, restaurants and small, independently owned businesses.

Local businesses are the heart of any thriving community, and we are thrilled to produce our spotlight on small businesses in this issue. This is in support of the SF Small Business Week produced by the San Francisco Chamber and sponsored by Bank of America. Many thanks to President and CEO Rodney Fong and his team at the SF Chamber for producing this important series. Throughout my career I have worked with many small-business owners. The passion and creativity they bring to their businesses is inspiring, and I am thrilled that we are able to bring the spotlight to them. Thank you also to Bank of America for their great support.

Thank you all for supporting the communities in the region, and please continue to enjoy all of the wonderful experiences the Bay Area has to offer safely. Enjoy the issue!

## A Vibrant Community

Welcome to our May issue! Our Health and Wellness Issue is always one of my favorites, and this year we are thrilled to have the amazing Jerry Rice on our cover. I had the opportunity to spend time with Jerry during the cover photo shoot. He is a truly genuine person—humble and engaging. While I am certain he is a much better golfer than I am, at least I had the opportunity to be on the same course as the G.O.A.T.

The year is going by fast, and so much is happening that it's impossible to mention it all. I can honestly say I have received so many invitations recently to live events that it's impossible for me to attend them all! It is so amazing to have live events back in full force. Recently in San Francisco we experienced the Game Developers Conference at Moscone, the NCAA Basketball Tournament at Chase Center and the SailGP championship. These events all brought thousands of travelers to San Francisco and really brought the city alive! In

addition, the Bloom SF series of events, which included Embarcadero Center, Union Square, Westfield Centre and the Ferry Building, are all part of bringing the community back together.

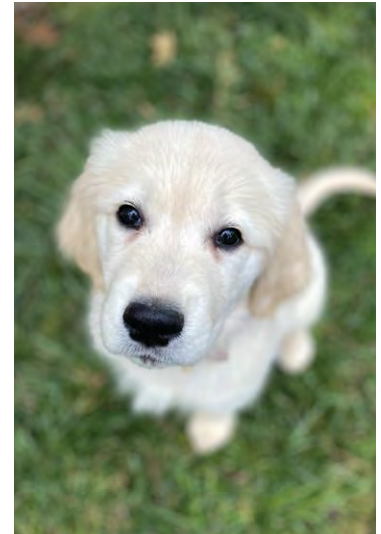
As a media company, *San Francisco Magazine* is all about the community where we work and live and cover in the pages of our magazine and on our website. The greater Bay Area, Marin, Napa, Sonoma, the Peninsula and Monterey County are all part of the region we cover, and my team and I are always out and active in these communities. I have been fortunate enough in recent weeks to attend many events throughout the region and partner with great organizations to help promote these events. Recent events included the Sonoma International Film Festival, The Sonoma Epicurean Event (where I experienced an amazing dinner at Silver Oak Winery), the opening night gala for the SF Ballet 2022 season and Oakland Restaurant Week. These events are wonderful cultural experiences, but they are also crucial to the



*W. Kupiec*

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From left: San Francisco's LINES Ballet celebrates 40 years with great performances all year, including this month; our editor's latest crush and cortisol-decreasing pup named Ruby—now a fixture in his home.

## To Your Health

Everyone has an endorphin moment. It might involve meditation, yoga, cycling, reading a great novel or even walking with a loved one and holding hands. My endorphin moments involve all of those activities and, lately, a little more: carousing with a golden retriever pup named Ruby.

Don't laugh. Countless studies have shown that interacting with our pets decreases levels of cortisol (a stress-related hormone) and lowers blood pressure. All right, maybe not when house-breaking is part of the agenda, but you get the idea. Ruby is good for my health.

Our cover star Jerry Rice would agree. He told me that he wakes up by 6:30 each morning to run or walk his dogs. The Hall of Fame wide receiver, who still lives, works and volunteers in the Bay Area, is the perfect candidate for our Wellness Issue. Another intangible that goes a long way toward great health: love where you live. "We have everything here—great weather year-round, excellent food and great people," Rice says about San Francisco. "It keeps me motivated, as there are so many people here

inventing and creating new businesses, and the energy is contagious. I've spent years building relationships in the community. This is home."

There are other wellness fixes, of course. I've always believed that coming in contact with beauty—from natural to artistic splendor—promotes wellness of mind and spirit. One way to get a dose this month is by taking in a performance of LINES Ballet ([linesballet.org](http://linesballet.org)), which was founded 40 years ago by Alonzo King, whose choreography is legendary.

In "Moments of Grace," King told me something I'll never forget about dance and life: "Dance training can't be separate from life training. Emerson lucidly states that the aim of art is higher than art. Everything that comes into our lives is training, and it's to mold and shape what's needed for the next step in our personal development."

I hope this issue and the people we spotlight provide inspiration on your road to wellness. In the meantime, you'll find me in our backyard with Ruby, laughing at her approach to learning about life and familial love.

Here's to your health.



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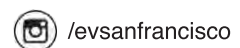
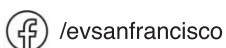
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# *Six Ways* COMMUNITY LIVING CAN HELP SENIORS THRIVE

*One family's journey to senior living*

The elders in our families are most often who we turn to for wisdom and comfort as we navigate life's major moments. Our parents and grandparents are a stable presence, offering guidance and support. Many of us are never truly prepared for the day when those roles reverse.

For Linda Sheff and her sisters, Nancy and Leslie Friedman, that day came when their mother, Harriet, began to show signs of memory loss. Confronted with a challenge they had never faced before, Linda and her sisters sought guidance on how to best care for her.

From in-home care to a range of community living and care choices, the family had many options. But

they ultimately agreed that the right senior living community could provide their mother with the support she needed and allow their father, Richard, to continue offering emotional support without being a full-time caregiver.

"This was certainly new for us," Linda says. "I started talking to a social worker to understand the disease and its progression. The next stage was navigating and finding a facility that would be a good fit for her. The one that really struck me the most was Belmont Village Senior Living."

The family's journey to find the right senior living community and memory care program for their mother was, at times, overwhelming. But as the

search progressed, they learned what was most important to look for in a community.

## SIX BENEFITS OF SENIOR LIVING

### REGULAR SOCIALIZATION

Living at home alone can lead to isolation and loneliness that often exacerbates other health issues and accelerates cognitive decline. The Friedmans had each other, but their socialization needs were very different. The immediate goal for



the sisters was to find the right care option for their mother, but they knew they also wanted a place where their father could thrive as well when he was ready to join her. The right community would offer opportunities for regular engagement with others, suited to each of them.

### DAILY ACTIVITIES

Residents should be offered a stimulating daily calendar of educational and creative activities to engage mind, body, and spirit at every stage. A comprehensive calendar offers myriad ways to learn new skills and experience new things—helping improve brain health.

“Once my father decided to move in, his engagement level increased. He’s made good friends and is still very active at 95,” Linda says. “For my mother, the memory programs gave her structure, and the staff adapted activities to her ability, every step of the way. What we loved most was that my father was able to join my mother in her activities, so they were still able to spend her final years together.”

### AGING IN PLACE

Essential to the daughters was that their parents could continue to age under the same roof, even as needs changed. Because Belmont Village communities are licensed for a high level of care throughout their buildings, both parents could remain in the same community through every care stage.

“The most important part of the search was a continuum of care,” Linda says. “Belmont Village has assisted living for those like my father and, for my mother who had Alzheimer’s, they have multiple levels of dementia care. It’s not one-size-fits-all.”

### FITNESS PROGRAMS

Look for an on-site fitness center with dedicated programs for cardiovascular and strength training. Activities should also work mind and body together for improved brain health. Belmont Village offers on-site physical, speech, and occupational therapy, which, for Linda, meant that the Friedmans wouldn’t have to leave the community if they needed therapy services—an added level of care.

### NUTRITIONAL DINING

For seniors living at home, meal times can be stressful and hard to manage, especially when one partner is the caregiver for the other. Belmont Village provides gourmet meals that are heart- and brain-healthy. They also accommodate special diets, so meals are not only nutritious, they’re enjoyable again—a much-anticipated social time for residents.

### CARE

Many families realize they need help to provide the best care for their loved one when daily medical care needs become too much for family members to handle. Make sure that the community you

*“ It gave me  
such peace of mind to  
know my mother was  
getting the care that  
she needed and the love  
that she needed.”*

choose can meet your loved one’s needs. Around-the-clock—licensed nurses on-site 24/7, along with a trained care team, can reduce ER visits and re-hospitalizations.

“It gave me such peace of mind to know my mother was getting the care that she needed and the love that she needed,” Linda says. “A year and a half after my mother moved in, my father moved in himself. What was so wonderful about that is they were able to spend every day together. That really was such a gift.”

For Belmont Village, health and wellness is a way of life. Recognized as an industry leader, they offer a daily Whole Brain Fitness program that engages residents and provides socialization for all activity and cognitive levels: from self-directed programs for independent residents who want to stay active and maintain mental acuity, to Circle of Friends®, a dedicated seven-day program for Assisted Living residents with mild to moderate memory impairment, to more tailored care plans for late-stage memory loss.

*To learn more about Belmont Village’s senior living options, visit [BelmontVillage.com/BayArea](http://BelmontVillage.com/BayArea).*



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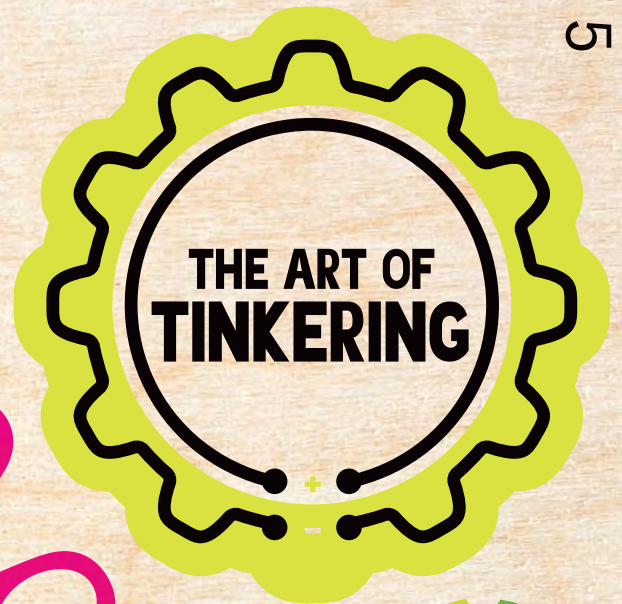
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BEAUTY, CULTURE, FASHION, TASTE

# Dispatch

Fendi Peekaboo ISeeU petite bag in green, dark honey, white, light blue and fuchsia, fendi.com.



## POWERFULLY PETITE

What comes after “Peekaboo”? “I see you,” of course. For its latest incarnation, the Fendi Peekaboo ISeeU petite packs a lot of style in a mini-me version. While the bag might be a scaled-down version of its iconic predecessor, it shares the same bold design and ultimate wearability, from top handle to crossbody, and is roomy enough for all of today’s needs. Coming in 12 colorful and cheerful options in soft nappa leather, you can literally have every color of the rainbow and wear it too. *BY JAMES AGUIAR*



# Come What May

SPRING ROLLS ON WITH EXCEPTIONAL OPTIONS FOR DISCOVERY, INCLUDING A MUSIC FEST, ENGAGING EXHIBITIONS AND WELLNESS FIXES.

BY PILI SWANSON

## HEAR

The new one-day Mill Valley Music Festival kicks off May 7. A celebration of diversity, the Mill Valley Chamber of Commerce presents this event filled with great food, drinks and art. Don't miss performances by eclectic Grammy-nominated singer Ben Harper and his band The Innocent Criminals, funk band Lettuce, psychedelic folk singer Liz Cooper, Latin Grammy Award-winning band Los Amigos Invisibles and the Bay Area's own Caribbean-inspired La Doña. 180 Camino Alto, Friend Field, Mill Valley, 415.388.9700, [millvalleymusicfest.com](http://millvalleymusicfest.com)



From top: Ben Harper; Ben Harper and The Innocent Criminals.

FROM TOP: PHOTOS BY JACOB BOLL; EVIL VINCE





## STAY

Revamped and reopened, The Hyatt Regency San Francisco Downtown SoMa welcomes visitors once again. Once known as Park Central Hotel, the newly minted space features updates in every inch of the 686-guest room hotel, including in the fitness studio, which offers state-of-the-art equipment and five Peloton bikes, in addition to a grab-and-go marketplace and coffee bar. Academy of Art University alumni and student artworks are showcased throughout the property. 50 Third St., 415.974.6400, [hyatt.com](http://hyatt.com)



Inside The Hyatt Regency San Francisco Downtown SoMa

## DECORATE

Establishing its first brick-and-mortar, e-commerce brand Love Fest Fibers has opened its doors in San Francisco. The brand's fibers are produced through a partnership with artisan women in Nepal and Tibet. "Love Fest has become part of a tremendous reimagining of what yarn can be made from," says founder Britt-Marie Alm. "People are excited to explore fibers they've never seen, or even heard of, before—everything from handspun yak down to recycled plastic bottle fiber." Alm's large-scale woven threaded art installations will also be displayed. The designs are handwoven and use a traditional Tibetan technique with Himalayan strips. Workshops by guest fiber artists will also be on offer. 3300 Judah St., 510.545.9049, [lovefestfibers.com](http://lovefestfibers.com)

## REST

On Post Street downtown, luxury sleep brand Saatva recently opened a new immersive 5,900-square-foot space conceptualized by renowned interior designer Vicente Wolf. Designed to be more than a mattress showroom, Saatva's new viewing room is the ultimate destination for an integrated mattress exploration, education and modern retail technology experience. 128 Post St., 877.597.0583, [saatva.com](http://saatva.com)



Britt-Marie Alm



## STYLE

For those who want a more decoratively sublime spot to keep their cannabis products, Jenny Magdol and Steffi Oehm, founders of San Francisco-based Alter Interiors, recently introduced the cannabis high bar. The functional piece, which was handmade by woodworker Valerie Alt, beautifully displays spirits and buds. [alterinteriors.com](http://alterinteriors.com)

Alter Interiors' newest storage solutions



## SUPPORT

Join Wender Weis Foundation this month for an afternoon of charitable fun during Children's Champions. The event includes sports drills, clinics, demonstrations and a chance to meet Stanford athletes. Also on tap: arts and crafts, face-painting and photo-ops with professional team athletes and mascots. Proceeds go toward at-risk kids in the Bay Area. May 22, 3-5PM, [childrens-champions.org](http://childrens-champions.org)

## DISCOVER



A new installation at Jan Shrem and Maria Manetti Shrem Museum of Art explores social inequity, racism and failures of democracy. *From Moment to Movement: Picturing Protest* showcases works from Bay Area-based art collectors Pamela and Dick Kramlich's Kramlich Collection. Patrons will discover international contemporary artists, such as Shiva Ahmadi, Kota Ezawa and Theaster Gates, plus more than 30 years of new media work. This large-scale exhibition features six video and film installations, which are rooted in real world events taking place in the United States, China, India and South Africa. Through June 19, 254 Old Davis Road, Davis, 530.752.8500, [manettishremmuseum.ucdavis.edu](http://manettishremmuseum.ucdavis.edu)





## SEE

Featuring works by 32 women artists, the SFMOMA presents *Shifting the Silence*. This exhibition showcases the radical and experimental abstract designs of creators like Firelei Báez, Nairy Baghramian, Liz Hernández and more through various mediums, such as sculpture, photography, textile, video and paintings. 151 Third St., Floor 7, 415.357.4000, [sfmoma.org](http://sfmoma.org)

Left: Julie Mehretu, "Stadia I" (2004)



## RELAX

With the reopening of its famous mud baths, Dr. Wilkinson's Backyard Resort & Mineral Springs is once again ready to continue wellness offerings. Over the past 70 years, Dr. Wilkinson's has evolved mud-bath techniques and has a newly remodeled wellness spa, which features four mud baths, seven indoor and two outdoor mineral baths and other massage and therapy options. Apart from the wellness features, this resort offers rooms in the newly renovated cottages and Victorian House. There are 50 newly improved guest rooms that still offer a nostalgic, midcentury vibe. The Victorian House, established in 1924, hosts 15 sleeping rooms along with spaces to hold gatherings and events and a private porch with views of Napa Valley. 1507 Lincoln Ave., Calistoga, 707.942.4102, [drwilkinson.com](http://drwilkinson.com)

Head to Dr. Wilkinson's this season for a full recharge.





## SOOTHE

With the opening of its second location, Redmint, an urban wellness sanctuary, offers fitness practices rooted in traditional Chinese medicine. San Francisco-based founder Helina Fan combines her 18 years of business experience with a passion for TCM to bring a holistic skincare collection, remedies and restorative health treatments to patrons. An herbal bar offers lattes, shots and teas. Other services include face and body acupuncture, lymphatic drainage, LED therapy and more. With 5,000 square feet of indoor and outdoor space, this location is designed with a mix of modern and old-world inspiration with Chinese elm wood doors, a charred wood ceiling and large outdoor courtyard deck, which is available for event bookings. 2044 Fillmore St., 415.888.8368, [redmint.com](http://redmint.com)



## STAY

After a two-year hiatus and major renovation, the Stanford Court Hotel has reopened its doors. The property unveils a revamped lobby, guest room and suite upgrades, and 24-hour fitness studio along with the modernization of gathering spaces. In addition to upgrades throughout the hotel, new amenities include a library, music room and digitally curated art gallery, which changes monthly. The SC Bar & Lounge is open for dinner, desserts and drinks, offering an extensive list of exclusively brewed and popular ales along with an equally extensive wine list featuring Bay Area favorites. 905 California St., 415.989.3500, [stanfordcourt.com](http://stanfordcourt.com)

## DINE



Known for its premium fruits and nuts, which are served at over 150 high-end restaurants, K&J Orchards has recently opened its owners' first restaurant, Pomet, in Oakland. Helmed by Aomboon Deasy, the second-generation co-owner of K&J Orchards, this new endeavor dishes California-inspired fare. Executive chef Alan Hsu runs the kitchen and allows the seasons to dictate what's featured on the a la carte menu, featuring ingredients from K&J Orchards. Early favorites include aged Stemple Creek Ranch short rib and lamb-neck noodles. Sommelier Paul Einbund's wine menu, showcasing outstanding regional vineyards, offers perfect pairings. 4029 Piedmont Ave., Oakland, 510.450.2541, [pomet-oakland.com](http://pomet-oakland.com)

From top: Shin Li from Pomet; Redmint's new space on Fillmore Street; guest rooms at Stanford Court Hotel offer incredible views.





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# Mother Nature

FERTILE GROUND TAKES INSPIRATION FROM MOTHER EARTH THIS SPRING. BY FAYE POWER VANDE VREDE



LOEWE spring/summer 2022

Alberta Ferretti spring/summer 2022



PHOTOS COURTESY OF BRANDS



Products, clockwise from top left: Akris cotton poplin Seealpssee print dress, akris.com; Jacob & Co. Zodiac Collection 18K rose gold and diamond celestial zodiac pendant necklace, saks.com; Acne Studios layered printed velvet minidress, net-a-porter.com; Saint Laurent by Anthony Vaccarello brass and glass snake brooch, ysl.com; Alexander McQueen four ring box clutch, alexandermcqueen.com; Lizzie Fortunato crystal column earrings in Sunset, lizziefortunato.com; Bottega Veneta clutch, bottegabeneta.com; Balmain Ultima sandals in gold lambskin, balmain.com; *MOTHER: A Tribute to Mother Earth* by Marsel van Oosten (teNeues), mother-book.com; Gas Bijoux Sao 24K gold-plated and peacock feather drop earrings, saks.com; Tiffany & Co. Schlumberger Fleurance platinum brooch and 18K yellow gold with an aquamarine of over 2 carats and diamonds, tiffany.com.





“

I go to nature to be soothed and healed,  
and to have my senses put in order.”

SAIL OUT DESIGNED BY RODOLFO DORDONI



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# Secret Garden

FULL-ON FLORAL PRINTS TAKE THE STAGE THIS SEASON. BY FAYE POWER VANDE VREDE



Jason Wu spring/summer 2022



Products, clockwise from top right: Oscar de la Renta geometric floral silk button-up, [saks.com](https://saks.com); Gucci Rouge à Lèvres satin lipstick, [gucci.com](https://gucci.com); Armani Beauty Armani Prive Vert Malachite, [giorgioarmanibeauty-usa.com](https://giorgioarmanibeauty-usa.com); I.D. Sarrieri Energy Flowers satin-trimmed embroidered tulle underwired balconette bra and briefs, [net-a-porter.com](https://net-a-porter.com); Johnny Was Decklyn floral silk pillowcase, [saks.com](https://saks.com); Hermès butler calfskin and wicker Sabot bag and earthenware jar with evergrain calfskin Kelly bag handle, [hermes.com](https://hermes.com); Dior Maison Lucky Milly apron, [dior.com](https://dior.com); Cartier platinum and diamond earrings, [cartier.com](https://cartier.com); Dior Maison ABCDior dessert plate, [dior.com](https://dior.com).



# Nautical Jewels

STEVEN LAGOS' NEW COLLECTION IS NOTHING SHORT OF SPECTACULAR.

BY ANTONIA DEPACE

It's not a rare sight to see Caviar jewelry from LAGOS (lagos.com) dangling from the wrists of fashion mavens—since debuting his first line in 1977 in Philadelphia, founder Steven Lagos has been a staple in the jewelry boxes of the elite. But now, he's looking for inspiration outside of the Philadelphia border, farther north, to Rhode Island. Look to his two newest collections, Blue Caviar Ultramarine and Newport, to see how. "I was inspired by the coastal city of Newport, the sky, the pristine

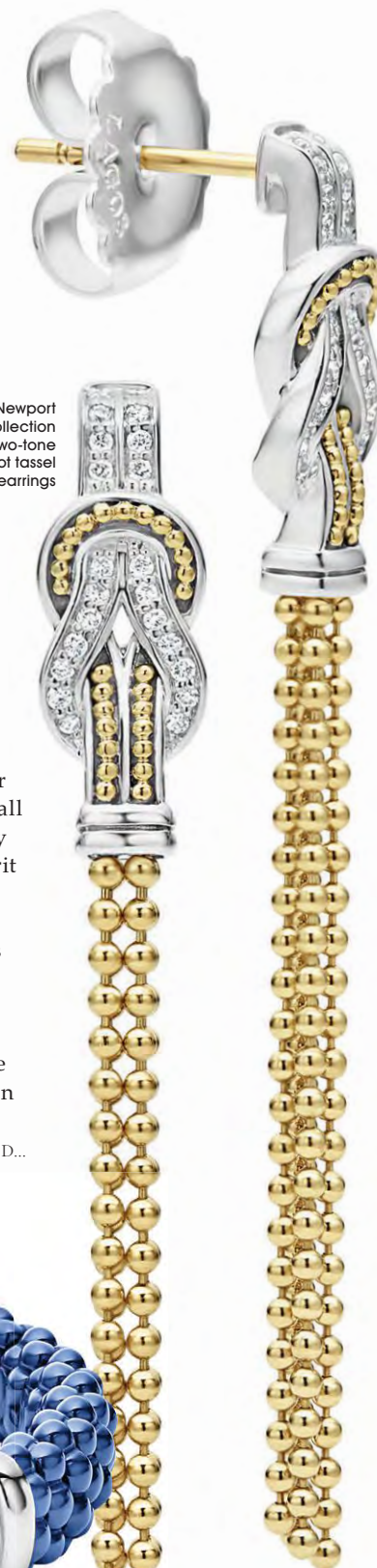
blue waters, the sailboats. It's super chic, but in an unaffected way. It's all about the desire to escape our daily landscape, and to lean into the spirit of wanderlust and adventure," he explains. The Newport collection, which debuted in January, features nautical motifs and oceanic colors woven within sterling silver, 18K gold and ceramic. For Blue Caviar Ultramarine, a bright, rich blue hue encapsulates the stunning pieces. In this collection, the jewelry is made from the classic Caviar

CONTINUED...

Newport collection  
two-tone knot ring



Newport  
collection  
two-tone  
knot tassel  
earrings



Blue Caviar Ultramarine collection  
ceramic diamond bracelet







NOTHING IS *off* THE TABLE



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*of* LAS VEGAS

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HOTELS

JUST THE RIGHT AMOUNT *of* WRONG



Blue Caviar Ultramarine collection  
ceramic beaded bracelet



...CONTINUED

beading handcrafted in ceramic—adding a pop of color to any jewelry box. Lagos, who enjoys visiting Newport, says that the sea is a frequent inspiration for him. “Our original Blue Caviar was inspired by the turquoise Mediterranean waters of Greece. This iteration in ultramarine—which means beyond the sea—was inspired by the deep blues of the Atlantic Ocean,” he adds. “There’s something bold but also tranquil about the varying blues found in nature.” When it comes to styling, Lagos defers to his brand stylist and daughter, Kate. Ultimately, she loves the look of the Blue Caviar Ultramarine collection paired with their White Caviar for a full-on nautical statement, or coupled with an 18K Caviar Gold piece as a rich, bold accent. “With Newport, I played with scale, offering delicate pieces that can be layered and statement pieces that can stand alone. The two-tone pairs nicely with everything so you can mix and match to reflect your personal

style,” he explains. While the entire collection is fabulous, Lagos predicts that the signature Caviar Rope bracelet in ultramarine will be popular, as it’s the iconic style that already adorns the wrists of many clients. Another iconic design that’s getting an upgrade: Smart Caviar, which is the brand’s fine jewelry bracelet for the Apple Watch and take on the wearable tech movement. “For all our collections, it’s about offering women options to express themselves,” Lagos concludes. “Color is the easiest way to personalize your look, so we provide options to mix and match based on mood, occasion and season. Blue and two-tone are both fan favorites, so we feel confident that our customers will find something they love.” ■

“THERE’S SOMETHING BOLD BUT ALSO TRANQUIL ABOUT THE VARYING BLUES FOUND IN NATURE.”

—STEVEN LAGOS



Blue Caviar Ultramarine collection ceramic  
diamond hoops



# The Foreseeable Future

BY CHANNELING ITS COMPELLING HISTORY, PANERAI EXPANDS ITS LEGACY WITH THE LUMINOR GOLDTECH CALENDARIO PERPETUO AND A MEMORABLE FLORENTINE EXPERIENCE.

BY STEPHEN WATSON



Panerai's Luminor Goldtech  
Calendario Perpetuo

PHOTOS COURTESY OF OFFICINE PANERAI



By adapting cues taken from its early tool watches and diving instruments, Panerai has evolved the spirit of its early designs into a beloved collection of modern timepieces. Designed to brave Earth's harshest conditions, modern Panerai watches retain the same uncompromising functionality as their forebears, complete with striking case designs, legible dials and characteristic protective crown guards, making every Panerai timepiece instantly recognizable. Yet, the latest Calendario Perpetuo's introduction brings about some surprising and extravagant new developments to Panerai's lineup.

Built in a limited run of only 28 pieces, the Luminor Goldtech Calendario Perpetuo is a high complication that took Panerai more than five years to develop. With a perpetual calendar, the watch's date doesn't need to be manually reset with the passing months; the correct day will automatically shift into place, no adjustments needed. It sounds like a small detail but becomes exceptionally complicated in practice, especially when you factor in leap years and months with fewer than 31 days, which keep the Calendario's date accurate to year 2399.

Legibility is a hallmark of any Panerai dial, and the Calendario Perpetuo is no exception. Deceptively simple at first glance, the watch's functions are cleverly split between the front and back of the watch, revealed through layers of semitransparent sapphire crystal, subtly showcasing the various discs making up the watch's multiple calendar functions.

Through its layers, the Perpetuo Calendario provides

## Legibility is a hallmark of any Panerai dial, and the Calendario Perpetuo is no exception.

plenty of practical information beautifully: hours, minutes, a small seconds subdial with day-night indication at nine, a second-time zone, and a day-date indicator at three on the dial. On the back of the watch, you'll find the month display and leap year indicator, the year displayed in four digits and a power reserve, all visible through the sapphire case back.

Pushing the envelope of new materials and technology through the work of Panerai's Laboratorio di Idee based in Neuchatel, the Luminor Goldtech



A transparent dial reveals the complexity of Panerai's Luminor Goldtech Calendario Perpetuo.

Calendario Perpetuo utilizes a proprietary polished gold alloy for its case construction; the material includes copper and platinum for remarkable color and strength. Paired with a specially created alligator strap with a shaded patina, natural dyes used in the tanning process ensure no two straps are alike.

Inside the 44 mm polished Goldtech case, the perpetual calendar is powered by the in-house automatic mechanical movement (Panerai P.4100) first introduced in two models last year. The movement can store up to 72 hours or three days of energy in reserve when fully wound, courtesy of a 22K gold micro-rotor decorated with diamond-cut angles providing just enough Italian sprezzatura. The Luminor features a water resistance of 5 bar, or about 50 meters, perfect for dressy underwater endeavors.

The 28 lucky Paneristi who purchase the watch will also receive a luxurious "Xperience,"

a private Florentine adventure hosted by Panerai in October 2022. Clients will visit the Panerai flagship in the heart of Florence, where they will discover hidden secrets that are deeply valued by the manufacture. Activities will include wine tastings, traveling



the Tuscan hills in vintage cars and discovering the landscape from hot air balloons, all in the birthplace of Officine Panerai. The experience is a rare vision of Italy, seen through the eyes of its most famous Florentine watchmaker. ■





From top: Artist Alex Israel collaborated with Louis Vuitton on the brand's latest fragrance; Louis Vuitton City of Stars eau de parfum, select Louis Vuitton stores, louisvuitton.com.

# Summer Ready

FREQUENT LOUIS VUITTON COLLABORATOR ALEX ISRAEL LETS LOS ANGELES SET THE TONE FOR CITY OF STARS, THE BRAND'S LATEST FRAGRANCE.

BY LAURA ECKSTEIN JONES

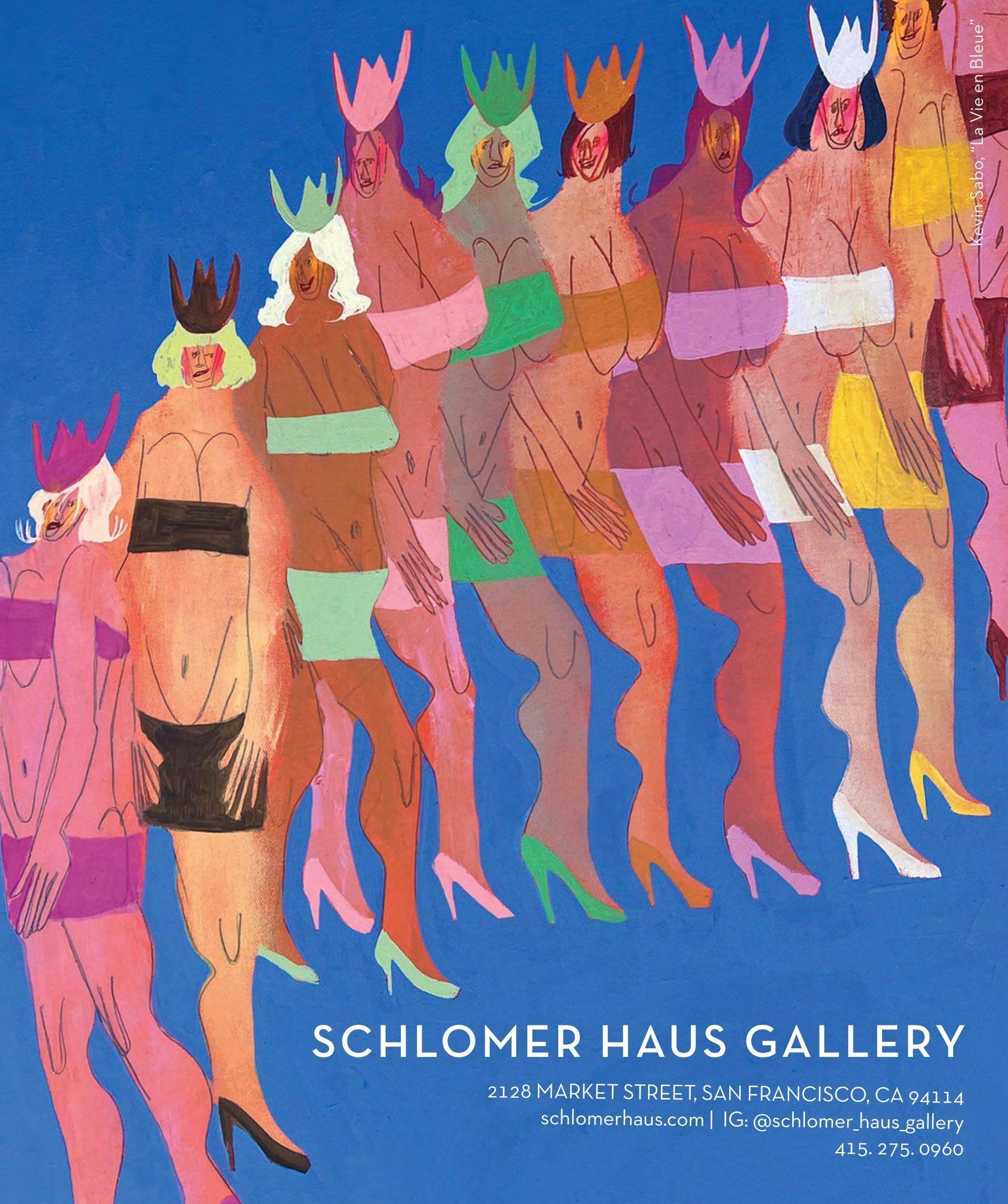
Known for large-scale airbrushed gradient paintings and graphic installations constructed from movie props, artist Alex Israel's unique vision is deeply inspired by his hometown of Los Angeles. The same can be said for City of Stars, his latest collaboration with Louis Vuitton that includes an evening fragrance by Jacques Cavallier Belletrud (Israel designed the bottle and packaging), along with a special travel case and trunk that features original work by the artist for the first time. "I looked to the city itself, specifically the view from the



hills, through silhouetted palm trees, overlooking Hollywood and the grid of city lights below," says Israel on what inspired his designs. "It posed a challenge: to explore Los Angeles mythology, to capture the mood of a place and time, and to distill these ideas into an image (and into an object) that hopefully maintains some trace of the city's magic." Cavallier Belletrud's lush citrus scent only adds to the intrigue. "It's radically turned toward the special, shimmering atmosphere of a night in Los Angeles when the singular setting sun gives way to the city's lights and spotlights that traverse the sky," he explains. "The brilliance of citrus creates a tension that's soothed by a veil of tiare flower, the gentle scent of monoi oil ennobled by essence of sandalwood and the caress of powdery musk. They celebrate the night and characterize the sophistication of a perfume that ultimately exhales sensuality—as if to say, 'Let's stay together like this forever.'"

FROM TOP, PHOTOS: BY QUENTIN DE BRIEY; COURTESY OF LOUIS VUITTON





Kevin Sabo, "La Vie en Bleue"

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# Healing Power

Perhaps no brand has caused more of a skin-sensation in recent years than Augustinus Bader ([augustinusbader.com](http://augustinusbader.com)). The tale is now the stuff of beauty legend: Esteemed stem cell biology expert and doctor of regenerative medicine Augustinus Bader's work has always been in the field of medical research as a physician and professor, where his discoveries led him to eventually launch the instant cult-status, multiple award-winning, cobalt blue-bottled beauty booster. The secret sauce? All of the formulas contain specialized compound TFC8—a "trigger factor complex" that stimulates the skin's process of self-renewal. Now available

in a variety of textures ranging from a rich cream and face oil to the newly debuted, ultracomforting The Ultimate Soothing Cream, the entire range focuses on long-term skin health.

Now, the Augustinus Bader team has also turned its attention to hair with a full range of TFC8-powered shampoo, conditioner, leave-in treatment and supplements—all to promote better hair health. "In my work as a medical doctor and

BUZZY BRAND AUGUSTINUS BADER EXPANDS WITH HAIRCARE, SUPPLEMENTS AND AN INNOVATIVE NEW CREAM—NOW OFFERING A FULL SPECTRUM OF BEAUTY BOOSTERS POWERED BY THE SCIENCE OF SELF-HEALING AND DESTINED TO REVOLUTIONIZE YOUR REGIME.

BY PHEBE WAHL

The cutting-edge Augustinus Bader haircare system includes The Scalp Treatment, The Shampoo, The Conditioner, The Hair Oil and The Leave-In Hair Treatment as well as The Hair Revitalizing Complex.



PHOTOS COURTESY OF BRAND



“By translating our award-winning technology for skin repair and cellular regeneration to the scalp and hair follicles, we have created an unprecedented science-backed system that reawakens the body’s intrinsic ability to regrow hair and supports renewal from root to tip.”

—AUGUSTINUS BADER

research scientist, I have observed many similarities between the complexion and the specialized cells that make up the scalp and hair follicles. Just like the skin, hair is governed by natural forces that slow over time, causing undesirable yet reversible outcomes,” says Bader. “By translating our award-winning technology for skin repair and cellular regeneration to the scalp and hair follicles, we have created an unprecedented science-backed system that reawakens the body’s intrinsic ability to regrow hair and supports renewal from root to tip,” he says.

The results? The numbers speak for themselves. In 12-week clinical trials The Hair Revitalizing Complex increased hair count by 34%, reduced broken and damaged hair from brushing by 86% and increased hair hydration by 79%. In 12-week user trials, 98% saw improvement in overall hair health

The Ultimate Soothing Cream



and quality, 95% noted stronger hair with decreased breakage, 91% observed improved hair growth, 94% said hair was shinier and more vibrant, 92% said hair feels thicker and appears fuller, and over 90% reported improvements to whole-body wellness, from reduced bloating and irritation to improved energy and digestion.

The numbers are impressive, indeed—and harnessing our body’s own healing powers to look our best and achieve maximum glow? Now, that’s truly brilliant. ■





# Intentionally Chic

FROM HOSPITALITY TO FASHION, ASLAUG MAGNUSDOTTIR PUTS SUSTAINABILITY AT THE CENTER OF EVERYTHING SHE CREATES.

BY LAURA ECKSTEIN JONES  
PORTRAIT BY KARI SVERRIS

Born in Reykjavik, Iceland, and raised between there and Los Angeles, Aslaug Magnúsdóttir has loved fashion for as long as she can remember. “When I was 4 years old, my favorite book was *Princess Penelope’s 365 Dresses* and I begged my mom to read it to me every night even though I knew all the words by heart,” says Magnúsdóttir, co-founder of Moda Operandi and founder and CEO of Katla, the vegan womenswear line she launched in 2020. “It was only recently that I realized that the book was actually a story about sustainable fashion.” The theme of sustainability has played a big part in her career, starting with Moda Operandi’s preorder model—“It allowed us to perfectly match supply and demand, and to minimize waste,” Magnúsdóttir explains—to Katla’s eco-conscious ethos. “We select beautiful eco-friendly fabrics, such as seaweed blends, organic cotton and vegan silks, and manufacture locally in the United States,” she says. “Most importantly, we apply a zero-waste manufacturing policy, which means that we only produce what our customers actually buy.” After experiencing major career burnout, Magnúsdóttir made health and fitness (running; sessions with Mary Helen Bowers, founder of Ballet Beautiful; martial arts; and more) a priority in her life, something she’s applying to the creation of Six Senses Össurá Valley, a wellness-focused luxury resort in Iceland that will open in two to three years. Here, the Iceland- and California-based entrepreneur—and mom-to-be—shares her sustainable style picks. ■



“Proximity to the ocean is something that I grew up with both in Reykjavik and California,” says Aslaug Magnúsdóttir. “Now, simply walking on the beach with my little shiba inu, Icy, is one of the most restorative things I do.”





"The stunning color of this dress is guaranteed to make a statement. I will be wearing it to summer cocktail parties and dinners." *Ganni cutout printed cotton strapless midlength dress, modaoperandi.com*



"Stella McCartney is my go-to for beautiful vegan shoes. I love the chunky sole of this sandal and will be pairing it with summer dresses and skirts." *Stella McCartney Emilie vegan leather sandals, modaoperandi.com*

"I regularly use this product—made from blue lagoon geothermal seawater and silica mud—to deep cleanse my skin and to help minimize the appearance of pores." *Blue Lagoon Iceland silica mud mask, skincare.bluelagoon.com*



"Cult Gaia bags have become a staple of my summer wardrobe. I love how oversized this raffia bag is, which makes it perfect for going to the beach." *Cult Gaia Irma large raffia tote, modaoperandi.com*



"I partnered with an Icelandic artist to create the print for this dress, which is inspired by the beautiful poppy fields of California." *Katla Soffia dress, katla.com*

"This mini version of the iconic Falabella tote is the perfect bag for casual dinners and nights out. It looks great with slacks and a button-down or cute crop top." *Stella McCartney mini Falabella crocheted cotton tote bag, modaoperandi.com*





LINES Ballet dancers  
Shuaib Elhassan and  
Adji Cissoko







# Moments of Grace

THIS MONTH, ALONZO KING AND LINES BALLET KICK OFF A 40TH ANNIVERSARY SEASON WITH A WORLD PREMIERE AT THE YERBA BUENA CENTER FOR THE ARTS.

BY MICHAEL MCCARTHY  
PHOTOGRAPHED BY RJ MUNA

**A**lonzo King never does anything without maximax effort. After all, the visionary choreographer is a creative force of nature. So, it's not surprising that, to kick off 40 years of beautiful dance, King's LINE Ballet will perform at the Yerba Buena Center for the Arts this month in collaboration with Grammy winner Lisa Fischer and MacArthur fellow and Kennedy Center Jazz Director Jason Moran. The season opener also will include LINES Ballet's 40th anniversary gala (May 14), an elegant evening benefiting LINES Ballet's new works and educational programs. King sat down with us to discuss everything from the essence of dance to what's next for this homegrown ballet company.



**What does movement and dance mean to you, and has it changed over 40 years?**

All dance, no matter what the form or style, is connected to our earliest primordial ancestors. Those ancestors understood that we're conduits for information and that one must get out of the way in order to receive and transcend.

In the rooms where most of us spend our time training and rehearsing, we cannot forget that we're linked to that primordial history, and our aim is the same. The goal, as it was then, is the same now: transcendence. The aim is to get beyond the five senses for a deeper experience, and to share what was culled from that experience with others—and also connect with the powers of nature.

**Why do you think LINES Ballet is just as important today as it was 40 years ago?**

I've maintained a long-held focus of exploring ballet's potentiality for endless possibilities by seeing it as a science of movement and not a style. And combining those explorations with the knowledge of the internal transformation that happens with the practice of yoga science.

Dance training can't be separate from life training. Emerson lucidly states that the aim of art is higher than





art. Everything that comes into our lives is training, and it's to mold and shape what's needed for the next step in our personal development.

When we observe dancers dancing, we're witnessing who they are. We dance our consciousness. The qualities we admire in great dancing are the same qualities we admire in humanity: courage, fearlessness, generosity, wisdom, depth, compassion and honesty. In good training, what's being taught are values, and what's being freed and strengthened is the mind.

**Doing anything for four decades is admirable, much less maintaining a dance company. How do you measure its success after all this time?**

When I consider that the company has been dancing, educating, performing and touring for 40

years, it affirms in me the power of perseverance. There's a strength from believing in something and sticking to it. I also recognize that nothing is done alone, and that true success has to include the success and happiness of others.

The work at LINES is fundamentally about the individual melting into the universal.



LINES Ballet dancer  
Adjil Cissoko.  
Opposite page:  
Dancers Shuaib  
Elhassan and  
Alvaro Montelongo.



LINES Ballet dancer  
Madeline DeVries





“The qualities we admire in great dancing are the same qualities we admire in humanity: courage, generosity, wisdom, depth, compassion and honesty.”

—ALONZO KING

Each human being is uniquely created. To perfectly imitate someone else is a death to your own original voice. It's important that the voice be original, because there is no other you; what you represent must be voiced, lived and expressed. Books can be a cause of inspiration, but, at some point, you have to become your own living book.

**Please tell me about your collaboration with Lisa Fischer and Jason Moran on the latest production.**

Lisa Fischer and Jason Moran are both musical titans. They plummet the most profound depths of musical diving and always resurface with shining treasures. We've worked together on multiple projects over many years, and it's always a joy.

**The documentary by Drea Cooper sounds exciting. What can you tell me about the film?**

Drea Cooper has been working on a documentary about LINES Ballet called *Origins*. It includes interviews and footage of the company at the San Francisco Museum of Modern Art and in the stunning landscapes of the Arizona desert. The film explores a cinematic approach to LINES Ballet's choreographed art form. The film is about creativity and dance, and it's about human beings' engagement in this art form from the very beginning.

**You have another film in the works starring Misty Copeland and LINES dancer Babatunji Johnson, yes?**

This is Misty's first independent film project through her production company, Life in Motion Productions. She wanted to highlight the social issues in the Bay Area, including homelessness, gentrification, history and community. I created choreography for the film, and we collaborated on how to tell the story



Alonzo King celebrates 40 years of LINES Ballet this year.

through movement. It was a beautiful form of art-activism combining the dance with storytelling on film.

**What other anniversary plans should our readers know about in the year ahead?**

We're currently in San Sebastian wrapping up the final month of an international tour. I just completed a new commission for American Ballet Theatre ([abt.org](http://abt.org)), which premiered at Segerstrom Center for the Arts ([scfta.org](http://scfta.org)) and will tour to the Kennedy Center ([kennedy-center.org](http://kennedy-center.org)) and the Metropolitan Opera House ([metopera.org](http://metopera.org)). My work will be performed by Ballet Rambert ([rambert.org.uk](http://rambert.org.uk)) and the National Ballet of Canada ([national.ballet.ca](http://national.ballet.ca)) later this year. And in October, we'll premiere another work at the Yerba Buena Center for the Arts ([ybca.org](http://ybca.org)), inspired by the Arctic. May 13-22, Blue Shield Theater at Yerba Buena Center for the Arts, 700 Howard St., 415.978.2787, [linesballet.org](http://linesballet.org) ■



# Art of Power

THE OFFICIAL PRESIDENTIAL PORTRAITS OF THE OBAMAS TRAVEL FROM THE SMITHSONIAN TO SAN FRANCISCO FOR A SUMMER STAY AT THE DE YOUNG MUSEUM. BY MICHAEL MCCARTHY

It should surprise no one that the most impactful couple to inhabit the White House in the past 50 years also had the most transcendent official portraits painted of them. The works of Barack and Michelle Obama by artists Kehinde Wiley and Amy Sutherland, respectively, are part of *The Obamas Portrait Tour* of five American cities, which began in Chicago last summer. The Bay Area stop is at the de Young Museum. The paintings represent the first time Black artists were commissioned by the Smithsonian's National Portrait Gallery to paint the official portraits of a president and first lady; more than 4 million visitors visited the paintings at the Portrait Gallery before the tour.

Each work goes beyond the staid portraiture of past first couples. President Obama stares into the middle distance wearing a suit and no tie; the unconventional backdrop is overgrown with chrysanthemums, the official flower of Chicago; white jasmine, a symbol of the state



PHOTOS COURTESY OF THE SMITHSONIAN NATIONAL PORTRAIT GALLERY





of Hawaii; and African blue lilies, an homage to the homeland of the president's Kenyan father. The first lady appears at once open and guarded, wearing a dress designed by Michelle Smith, who pays tribute to Gee's Bend quilters, a renowned group of Black women who've maintained the craft from their ancestors.

"Kehinde Wiley's portrait of former President Barack Obama and Amy Sherard's portrait of former first lady Michelle Obama are groundbreaking

American portraits that speak to the sense of hope and possibility that the Obamas inspire," says Tom Campbell, director and CEO of the Fine Arts Museums of San Francisco. "Both Wiley and Sherard are artists who work within the genre of Western portraiture painting while actively expanding and critiquing artistic conventions that have traditionally defined representations of power." *June 18-Aug. 14, 50 Hagiwara Tea Garden Drive, 415.750.3600, [deyoung.famsf.org](http://deyoung.famsf.org)* ■

Amy Sherard, "Michelle LaVaughn Robinson Obama" (2018, oil on linen), 72.1 inches by 60.1 inches. Opposite page: Kehinde Wiley, "Barack Obama" (2018, oil on canvas), 81.4 inches by 58 inches.





Alter is lending a hand in easily incorporated ayurvedic recipes by bringing health and taste to the forefront.

# Food *as* Medicine

DIVYA ALTER IS EVERYONE'S GO-TO GIRL FOR AYURVEDIC COOKING AND LIVING.

BY ANTONIA DEPACE

Let's take it back to 1990 Plovdiv, Bulgaria, when the communist regime broke. Divya Alter ([divyas.com](http://divyas.com)) was 18 years old and had just found her way into an underground yoga ashram. "They served this incredible vegetarian food inspired by Indian flavors and the spices and everything, and I was blown away. And I'm like, 'Yoga and vegetarian—this is what I'm looking for,'" she says. This moment sparked Alter's passion for cooking, which followed her into her next chapter of life living in India. It was there that she

PHOTO COURTESY OF DIVYA'S



learned about ayurveda and ayurvedic cooking. “Every time I would get sick, [I would go to] the local ayurvedic doctor,” she explains. “The doctor wouldn’t just give me the herbs. He would say, ‘Well, here’s the list of foods you have to avoid because you cannot digest them. They are good foods in general, but they are not the right foods for you now. Here’s the list of foods that you should focus on to heal faster.’” Thus, introducing the idea of food as medicine. Today, Alter has carved out a space in society as the go-to guru for approachable ayurvedic cooking methods so others can experience the same transformational and mindful effects of the diet and lifestyle. Not only has she published the cookbook *What to Eat for How You Feel: The New Ayurvedic Kitchen*, but she also runs New York City restaurant Divya’s Kitchen. Reaching an even larger audience, she’s also started to produce online master class-style cooking classes that debuted last month. “Ayurvedic cooking is nothing mystical,” Alter concludes. “The goal of ayurvedic cooking is just to align your body and mind with the cycles of nature.”

## DIVYA ALTER’S THREE STEPS TO APPROACHING AYURVEDA

### Practice Self-Awareness

“Just stop for a moment. Pause and see: Where am I at right now? How am I feeling? Am I tired? Do I feel cold or hot? Do I feel high-strung or do I feel really heavy and sluggish? So just connecting with how you feel will help you connect with your needs.”

### Find Balance

“Even if you don’t know anything about ayurveda, we do this even unconsciously with the weather. It’s cold

outside, we put on warm clothes. We feel dehydrated, we drink water—but you can take this further with food. So if you feel very heated, like really hot, don’t eat fiery foods. Don’t eat foods that are hot and spicy because they will only increase your heat.”

### Start Cooking Seasonally

“You go to the farmers market and see what’s in season. That’s one piece of it for sure. Seasonal also means the qualities of the season. So in the cold season, we need warm foods, moist foods, heavier foods, warming spices like ginger and cinnamon, for example. In the warm season, we tend to dehydrate, so we need those sweet, juicy fruits that are all in season; we need lighter foods.”

This fresh salad features kidney-cleansing ingredients.



## SUNCHOKES AND ASPARAGUS SALAD

(page 77, *What to Eat for How You Feel*, Rizzoli, 2017)

Prep: 5 minutes; Cook: 15 minutes

The sunchoke, also known as Jerusalem artichoke, has an astringent-sweet taste with a delicate, almost artichoke-like flavor, which I find very pleasant and refreshing. Although you can eat sunchokes raw, I highly recommend lightly cooking them to reduce their exuberant airy qualities. Peeling these tubers is preferred, but more time-consuming (and patience-testing); scrub them well with a vegetable brush when you’re cooking them in a hurry.

### INGREDIENTS

- 2 cups scrubbed and chopped (1 ½-inch pieces) sunchokes (about 12 ounces)
- 1 bunch asparagus, fibrous stalk ends trimmed and spears cut into 2-inch pieces (about 2 cups)

### DRESSING

- 1 tsp. black sesame oil or olive oil
- 1 Tbsp. fresh lime juice
- 1 Tbsp. ginger juice (see note)
- 1 tsp. fresh thyme leaves or ¼ tsp. dried thyme
- ½ tsp. salt
- ½ tsp. finely minced fresh rosemary leaves
- ¼ tsp. freshly ground black pepper
- ¼ tsp. ground nutmeg

### FOR AIRY DIGESTION

Increase the oil to 1 Tbsp. and omit the nutmeg; substitute parsnips for the sunchokes.

### FOR FIERY DIGESTION

Omit the ginger juice and increase the oil to 1 Tbsp.

1. Steam the sunchokes in a steamer basket set over a pan of simmering water for about 10 minutes, until they are crisp-tender; remove from the steamer to a serving dish and set aside. Steam the asparagus for about 5 minutes, until tender, and plunge it in cold water to refresh it; drain well. Add to the dish with the sunchokes.

2. Whisk all the dressing ingredients in a small bowl, pour over the vegetables, and let them marinate for 5 to 10 minutes. Serve at room temperature.

**NOTE:** To make ginger juice: Grate a 2-inch piece of ginger and squeeze the juice from it in your hand.

### THE HEALING BENEFITS OF SUNCHOKES

Unlike most root vegetables, sunchokes do not have starchy carbohydrates.

- Good source of inulin (a natural fructose that is medicinal for diabetics)
- Nourish the lungs
- Support the liver
- Treat constipation
- Aphrodisiac
- Good source of iron, potassium and phosphorus

*Keep an eye out for Divya Alter’s new cookbook, *Joy of Balance: An Ayurvedic Guide to Cooking with Healing Ingredients*, set to debut this fall.*



# The Feast

WE ASKED LOCAL CHEFS AND WINEMAKERS TO CONJURE THEIR FAVORITE HEALTHFUL DISHES FOR WARM-WEATHER WINE PAIRINGS.

BY IAN DEVEREUX WHITE

Spring has arrived and so have the crisp, fresh wines and foods that come with the season. To get into the spirit, we found some deliciously healthful spring dishes and wines to pair from the region's top chefs and wineries. CONTINUED...

Wine country sips and restaurants pair beautifully this spring.







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### SCHEDULE HIGHLIGHTS

#### FRIDAY, MAY 20

- **Kosta Browne Themed Lunch**  
Chardonnay Focus with Pinot Noir
- **SommFoundation Panel Led Tasting** Around the World with Chardonnay
- **Producer Themed Dinners**  
Chardonnay Focus with Reds
- **Anything but Chardonnay Bar**
- **SommFoundation Behind the Bottle**

#### SATURDAY, MAY 21

- **Mimosa Bar on the Lawn**  
Featuring Jansz Sparkling Wines
- **Sip and Paint with Bubbles**
- **Private Winemaker Lunches**
- **SommFoundation Panel Led Tasting** Chardonnay Retrospective
- **Grand Tasting on Lawn**
- **Producer Themed Dinners**  
Chardonnay Focus with Reds
- **Anything but Chardonnay Bar**  
Featuring Catena Zapata

#### SUNDAY, MAY 22

- **Brunch**
- **SommFoundation Panel Led Tasting** The Classic Chardonnays of the New World and Burgundy, Featuring Guest Winemakers and Owners

You are invited to join us at the Chardonnay Classic in Napa, California. The 2nd Annual Chardonnay Classic brings together the world's finest vintners with over 30 wineries featuring hundreds of incredible wines, gourmet lunches, and chef-curated dinners - all in one incredible weekend event at The Meritage Resort & Spa and Vista Collina Resort.

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...CONTINUED

**WINE** 2021 M Rosé, Pinot Noir, [mvinorose.com](http://mvinorose.com)

## CHEF AND RESTAURANT

Stephen Barber, Farmstead  
Napa Valley, St. Helena,  
[longmeadowranch.com](http://longmeadowranch.com)

## PAIRING Beets

"The 2021 M Rosé is a handcrafted rosé that relays a silky textural quality while maintaining beautiful floral aromatics and bright, crisp freshness," says M Rosé vintner Meghan Vergara. "This pairs perfectly with Farmstead Napa Valley's caramelized beets, Skyhill goat cheese crema, greens and chimichurri appetizer. The balanced flavor profile of the wine interacts nicely with the creaminess of the herbed goat cheese, the red berry and citrus notes on the palate complement the richly flavored caramelized beets, and the minerality on the rosé's finish with the greens."



Clockwise from top: Lang & Reed cabernet with seafood tostada at Mustards Grill; Sojourn Cellars chardonnay; Folktable's farm harvest salad.

**WINE** Arnot-Roberts Sauvignon Blanc, Randle Hill Vineyard 2020, [arnotroberts.com](http://arnotroberts.com)

## CHEF AND RESTAURANT

Jammir Gray, Compline  
Restaurant and Wine Shop, Napa,  
[complinewine.com](http://complinewine.com)

## PAIRING Seared Wild Salmon

"This sauvignon blanc comes from Randle Hill Vineyard," says Matt Stamp, Compline's co-owner. "The grapes have a vibrant personality with fine tannins and bright acidity. This pairs beautifully with the seared wild salmon with asparagus, spring onion chimichurri and celery-root puree. The brightness and acidity of this fresh white dances with the fresh, oily fish and the earthy notes of the celery root puree."

**WINE** Lang & Reed Cabernet Franc, California 2019, [langandreed.com](http://langandreed.com)

## CHEF AND RESTAURANT

Cindy Pawlczyn, Mustards Grill,  
Napa, [mustardsgrill.com](http://mustardsgrill.com)

## PAIRING Seafood Tostada

"Mustards Grill's seafood tostada offers a variety of textures and lively flavors—fresh fish, crispy corn tortilla, velvety organic black beans and spicy guajillo chile salsa—that are naturally complemented by the zippy and zesty Lang & Reed cabernet franc," says Pawlczyn. "The hint of char and smoke from the grilled fish highlights the wine's cedar flavors, while the acidity merges well with heat, and the energetic bite balances the creaminess of the beans. With a lower tannin structure, brightness and slight peppery tones,

cabernet franc is a red wine that lends itself to being part of a dish instead of overpowering or underwhelming it."

**WINE** Napa Valley Blanc De Noirs, Paula Kornell Sparkling Wine, [paulakornell.com](http://paulakornell.com)

## CHEF AND RESTAURANT

Bettina Rouas, Angèle Restaurant + Bar, Napa, [angelrestaurant.com](http://angelrestaurant.com)

## PAIRING Roasted Striped Bass

"The Napa Valley blanc de noirs pair beautifully with a diverse array of foods, but especially so with the seasonal roasted sea bass from Angèle Restaurant & Bar," says Rouas. "The bright acidity of the blanc de noirs makes it an ideal pairing for the oven-baked flavors and aromas of the sea bass on a bed of braised artichokes. The subtle sweetness of the freshly caught fish is enhanced by the light dosage of the bubbles, adding a lift to the citrus undertones of this dish."

**WINE** Sonoma Coast Chardonnay 2020, Sojourn Cellars, [sojourncellars.com](http://sojourncellars.com)

## CHEF AND RESTAURANT

Casey Thompson, Folktable, Sonoma, [folktable.com](http://folktable.com)

## PAIRING Farm Harvest Salad

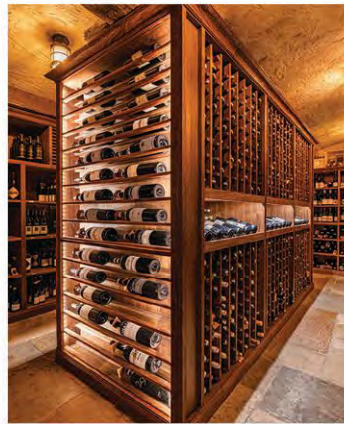
"The bright acidity of this Sonoma Coast chardonnay complements the zing from the pickled apples, pomegranate and fennel of the farm harvest salad," says Randy Bennett, Sojourn's winemaker. "And the toasted pecan and sumac dressing is heightened by the wine's round body. The savory ricotta salata dances with the succulent fruit notes in this chardonnay and keeps you coming back for sips between each bite." CONTINUED...





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sour tang of kumquats,” says Weiswasser. “The refreshing fruit and bright acidity of this wine complement the rich umami taste of the chicken.”

**WINE** *Sonoma County Sauvignon Blanc 2021, Saber Selection, William Knuttel, williamknuttel.com*

**CHEF AND RESTAURANT** *Anne Le Zlatt, Warung Siska, Redwood City, warungsiska.com*

**PAIRING** *Rockfish Otak Otak*  
“This dish—rockfish, lemon grass, kaffir lime leaves and coconut steamed and then grilled in a banana leaf—showcases herbaceous notes of the fresh herbs, coupled with the green flavors of the banana leaf,” says Le Zlatt. “It plays very well with the vibrant herb and tropical fruit flavors found in the sauvignon blanc.” ■

...CONTINUED

**WINE** *Spanish Springs Vineyard Syrah 2020, Dunites Wine Co., duniteswineco.com*

**CHEF AND RESTAURANT** *Jacob Towne, The Spoon Trade, Grover Beach, thespoontrade.com*

**PAIRING** *Pork Dishes and Bone Broth*

“This syrah blends the best of New and Old World profiles with fresh, dark fruits and bright acid,” says Towne. “The acid plays well with richer foods and cuts through the deep flavors of the bone broth. The braised pork belly sits front and center, bringing out the meaty characteristics of the wine.”

**WINE** *Day Owl Rosé 2019, O'Neill Vintners & Distillers, oneillwine.com*

**CHEF AND RESTAURANT** *Esteban Gallardo, Palm House, San Francisco, palmhousesf.com*

**PAIRING** *Fish Tacos*

“Day Owl rosé boasts flavors of ruby red grapefruit, tangerine and

strawberry, which make this bright rosé an easy pairing for Baja fish tacos,” says Gallardo. “The wine’s balanced sweetness of rose water and white peach on the palate are followed by a crisp mineral finish, so it complements warm-weather foods—one sip and you’ll feel like you’re on vacation.”

**WINE** *Bare Necessity Sparkling Rosé, Sosie Wines, sosiewines.com*

**CHEF AND RESTAURANT** *Ari Weiswasser, Glen Ellen Star, Glen Ellen, glenellenstar.com*

**PAIRING** *Grilled Chicken*

“The 2019 Sosie Bare Necessity sparkling rosé from Sonoma is both zesty and creamy on the palate with flavors of strawberry, watermelon and the citrusy-

From top: Seared wild salmon accompanied by Arnot-Roberts sauvignon blanc from Randle Hill Vineyard, served at Compline Restaurant and Wine Shop; pork belly ramen pairs well with Spanish Springs Vineyard’s syrah (2020) from Dunites Wine Co., found at The Spoon Trade.



FROM TOP, PHOTOS BY: ALEXANDER RUBIN; JENNIFER OLSON





## Genesis G90 Mood Curator

The new Genesis G90 ([genesis.com](https://www.genesis.com)) features a system called the Mood Curator, which enables integrated control of features like the ambient lighting, sound system, fragrance system, massaging seats and electric curtains to lift the occupants' moods. The car offers four different mood modes, including Delight, Vitality Care and Comfort, each of which can be customized for a high level of personalization.



## Mercedes-Benz GLS Air-Balance Package

Total wellness extends to your olfactory senses too. Mercedes-Benz's ([mercedes-benz.com](https://www.mercedes-benz.com)) new flagship seven-passenger SUV, the GLS, features the optional Air-Balance Package, which promotes well-being through a fragrance generator that emits a Forest Mood scent throughout the cabin. There's also an ionizer in the side air duct and an extra filtration system for improved interior air quality.



# The Road To Wellness

AUTOMAKERS ARE WAKING UP TO THE WELLNESS TREND, ADDING MORE AND MORE FEATURES TO PRIORITIZE YOUR PHYSICAL AND EMOTIONAL WELL-BEING. BY NATE CHAPNICK

**A**utomakers are fast realizing that for many people, their vehicles are more than just a means to get from point A to point B. Instead, many regard their automobile as their sanctuary, a place of refuge from the chaos of the world—and sometimes the one place where you can just be by yourself during the day. Realizing

this, automakers have applied a new emphasis on your physical and mental well-being, whether you're a driver or passenger. From massaging seats to advanced climate-control systems that can neutralize viruses, there are a host of exciting new features that will elevate your wellness from the moment you step into your vehicle. Here are a few to keep your eye out for.





## Volvo XC90 City Safety

Sometimes the unpredictable can happen, and even the best drivers can be caught off guard. Volvo's XC90 ([volvocars.com](http://volvocars.com)) lowers your stress levels while driving thanks to its City Safety system with pedestrian and cyclist detection. The system acts as a second set of eyes for the driver, alerting you if it detects a potential collision or even applying the brakes in certain situations, ensuring your safety and the well-being of those around you.

## Range Rover Filtration System

The totally redesigned 2022 Range Rover ([landroverusa.com](http://landroverusa.com)) puts a considerable emphasis on your physical well-being with the debut of a pioneering new Cabin Air Purification Pro3 system. Using advanced PM2.5 filtration and nanoe X technology for pathogen removal and allergen reduction, the advanced air-treatment system can even reduce viruses and bacteria including the SARS-CoV-2 virus.



## Jeep Grand Cherokee L Interior Rear Monitoring Camera

One's wellness is often interconnected with those we love and care for. The new Jeep Grand Cherokee L ([jeep.com](http://jeep.com)) brings you peace of mind by allowing you to keep tabs on rear passengers with an available rear-seat monitoring camera. The system projects a high-definition image on the front display so you can always keep tabs on the little ones you love.



## Lincoln Aviator Massaging Seats

Lincoln's ([lincoln.com](http://lincoln.com)) midsize luxury crossover takes seating comfort to a totally new level with its perfect position massaging seats. With 30 total positions and five different massages, your physical wellness was top of mind for Lincoln when it designed the Aviator's innovative stress-relieving seats.





01



02



03



04

## RH OPENING SOIREE

The new RH Gallery has arrived, and the brand and its CEO, **Gary Friedman**, recently celebrated in a monumental way. The upscale home goods brand features chic, timeless furniture, textiles and lighting, and the new Gallery—now occupying the renovated Bethlehem Steel Building—is a feast for a home designer's eyes. The classical revival landmark, with glowing windows and an unmatched atmosphere, welcomed notables like **Ellen DeGeneres, Portia de Rossi, Jessica Alba and Steve Kerr.**



05

(1) Steve Kerr and Zaza Pachulia (2) Ellen DeGeneres and Portia de Rossi (3) Christina Gutierrez, and Andre Tyler Iguodala (4) Sara Foster, Gary Friedman, and Erin Foster (5) Bella Hunter (6) Bella Hunter and Danielle Snyder Shorenstein (7) Guests enjoyed fabulous sips all night.



06



07



# ALONZO KING **LINES** BALLET



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Photography: Alonzo King LINES Ballet | Dancer: Madeline DeVries | © RJ Muna





## SF BALLET HOSTS ITS OPENING NIGHT GALA

The stars came out to play—and dance—for one of spring's most elegant and evocative evenings of the year. The San Francisco Ballet, which recently named **Tamara Rojo** as its artistic director (she also graced the March cover of this magazine), saluted longtime artistic director and principal choreographer **Helgi Tomasson**, who will step down after his storied career of leadership at the SF Ballet. The fabulous evening included a sparkling wine reception in the War Memorial Opera House lobby, followed by the gala performance; proceeds support SF Ballet artistic and education programs. Guests, including notables such as House Speaker **Nancy Pelosi**, **Dede Wilsey** and **Yurie Pascarella**, enjoyed an unforgettable evening of cultural revelry.

PHOTOS BY DREW ALITZER PHOTOGRAPHY



(1) Bob Hill, Dede Wilsey and Nancy and Paul Pelosi (2) Jennifer Walske and Rebecca Lynn (3) Roberto and Kevin Ruiz (4) Kimberly Marie Olivier and Joshua Jack Price (5) Sally Yu and Jeff Shen (6) Ballet patrons gather for the evening's big event.



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Darioush, and Quintessa

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San Francisco  
magazine





(1) Ken Fulk and Vanessa Getty  
(2) Komal Shah  
(3) Mauro Zanetti, Maria Manetti Shrem and Eva Zanetti (4) Sonia Yu (5) Stefanie Roumeliotis (6) Guests enjoyed getting a sneak peek at FOG art. (7) Sabrina Buell

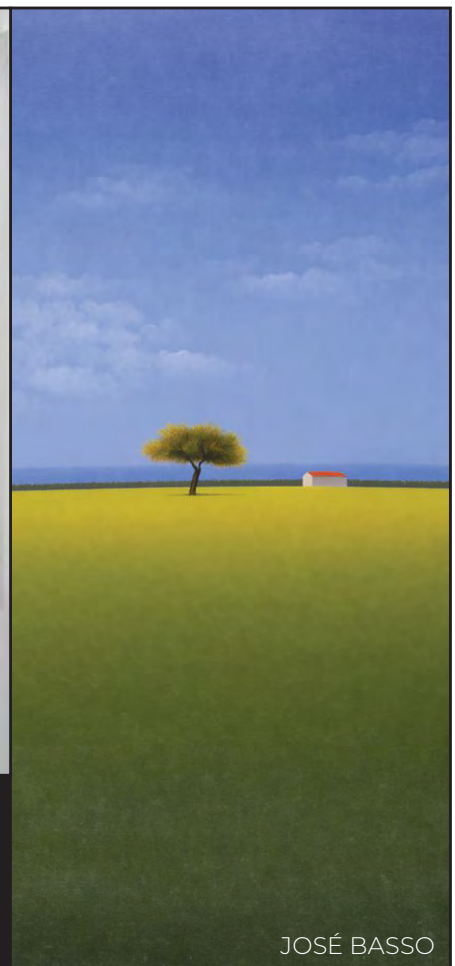
## FOG DESIGN + ART PREVIEW GALA

Oh, how we missed FOG! One of the city's most exceptional art experiences returned with a preview and gala that brought together guests like **Vanessa Getty, Randi Fisher, Ken Fulk and Sabrina Buell** at the Festival Pavilion, Fort Mason Center for Arts & Culture. Guests enjoyed mingling, talking art and, of course, early access to the fair's prominent selection of 20th century and contemporary design dealers and leading art galleries—plus entertainment, culinary delights and cocktails by design.



PHOTOS BY DREW ALTIZER PHOTOGRAPHY





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JOSÉ BASSO

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(1) Kirsten Strobel and Gwyneth Borden (2) Nichole Jordan (3) Misty Galtner, Nichole Jordan and Lauren Peebles (4) A three-course dinner was part of the festivities. (5) The perfect setting. (6) David Clark with Brandi and Tracy Pico (7) Dimitri Haloulos and Anne McKeough

## RED CROSS HOSTS HEROES UNMASQUED

The American Red Cross hosted a red-tie evening at San Francisco City Hall to raise vital funds to support the organization's mission to prevent and alleviate human suffering in the face of emergencies. More than 200 patrons attended the festive fundraiser that was co-chaired by **Gwyneth Borden** and **Kirsten Strobel**. The evening featured a cocktail reception with stunning displays by The Caviar Company, passed Champagne, a three-course dinner by chefs Ethan Mantle and Matt Hegel, an enticing live auction and live entertainment by The 415s.



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## DRESS FOR SUCCESS SAN FRANCISCO'S CASINO ROYALE GALA

Dress for Success San Francisco celebrated a milestone 16 years of serving a community of thousands of Bay Area women and changing countless lives during its Casino Royale Gala at the Palace Hotel. More than 500 guests attended the sold-out fundraiser to recognize clients, partners and this year's Success honorees **Andrew Freeman**, **Dion Lim** and **Stefanie Roumeliotes** for their outstanding contributions to local women in need. The special event, including dinner, silent auction and gaming, raised more than \$500,000 to support Dress for Success clients with workforce development and employment retention programming.



(1) Pernella Somerville and Colleen Quen (2) Dion Lim (3) Stefanie Roumeliotes (4) Kimberly Marie Olivier and Traci Schmitz (5) Andrew Freeman (6) Nanci Marsh and Christina Bullock (7) David and Sharon Seto with Deborah and Steven Rocha

PHOTOS BY DREW ALTIZER PHOTOGRAPHY



NAMED AS ONE OF THE  
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## DR. MIGUEL DELGADO

### San Francisco Plastic Surgeon

With a surgical center in Marin County and an office in San Francisco near Union Square, Dr. Miguel Delgado, Jr., MD is one of the Bay Area's most in-demand plastic surgeons. With certification by the American Board of Plastic Surgery and membership in the American Society of Plastic Surgery, Dr. Delgado's Marin Cosmetic Surgery Center provides private, concierge care in a state-of-the-art surgical facility on the Novato Community Hospital campus.

Dr. Delgado offers a full range of services for the face, breasts and body. He and his staff customize treatment plans to match each individual patients' needs, including a wide range of facelifts and neck rejuvenation treatments, breast augmentation, reduction and mastopexy, and state-of-the-art tummy tuck and body contouring surgeries.

A world-recognized specialist in the treatment of male breast enlargement, a condition known as gynecomastia,

Dr. Delgado also performs male breast reduction surgery using groundbreaking techniques that he's developed. Patients also travel far and wide for his customized mommy makeover treatment plans. His innovative approach has garnered attention of major media outlets, including the BBC, Discovery Australia and Fox News. Giving back is central to Dr. Delgado's medical practice and philosophy. As a volunteer for Faith in Practice, he's traveled to Central America to perform life-changing operations on patients disfigured by burns, birth defects and cleft palates.

A proud husband and father of two, he and his family reside in Kentfield where he's become an accomplished gourmet cook, as well as a connoisseur of fine wines, growing his own chardonnay and pinot noir grapes. His Delgado Family Vineyards wines have been showcased at numerous charity events supporting medical mission work.





(1) Iris S. Chana and Margaret Liu Collins (2) Yuan Yuan Tan (3) Davies Symphony Hall (4) Guests were graced with music by Bomsori. (5) Patricia Lee-Hoffmann and Greer and Steven Hoffmann (6) Sharon Juang and Thao Dodson



## SF SYMPHONY'S ANNUAL LUNAR NEW YEAR CELEBRATION

The Year of the Tiger began with a roar—and a lovely one at that—during the San Francisco Symphony's Lunar New Year Celebration at Davies Symphony Hall. This year's celebration marks the 22nd anniversary of the symphony's signature event, which bridges East and West traditions with the universal language of music. Conductor **Yue Bao** made her debut leading the orchestra in traditional folk music and works by Asian composers, featuring music from Chen Gang and He Zhanhao's *The Butterfly Lovers Concerto* performed by violinist **Bomsori**, and Tan Dun's "Eternal Vow" from *Crouching Tiger, Hidden Dragon* performed by SF Symphony assistant principal cello **Amos Yang**.

PHOTOS BY DREW ALTIZER PHOTOGRAPHY





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## SPECTRUM GALA AND ART AUCTION

Access Institute's Spectrum Gala and its signature art auction welcomed hundreds of community members, civic leaders, artists, art collectors and mental health professionals to an exciting evening supporting Access Institute—San Francisco's mental-health safety net that provides more than 13,000 hours of free and affordable mental health services. The festive evening at Pier 27, which included notables like **Karan Singh** and **Bart Magee**, continues a tradition of showcasing the Bay Area's collective big heart for those in need.

(1) Bart Magee (2) Eric Rottenberg, Irene Hernandez-Feiks and Phillip Hua (3) Connie Cormier, Kristina Omari and Kimmie Taber (4) Christina Isetta, Tina Conner and Stephanie Young (5) Karan Singh (6) Sonali Sheel, Joe Wadcan (7) Mark Evan and Richard Stan

PHOTOS BY DREW ALTIZER PHOTOGRAPHY



**JOIN THE SALVATION ARMY  
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Inspiring Stories from Kroc Center's youth program 🌱 Highly anticipated live floral design show, featuring designer John James and emceed by KPIX 5's Juliette Goodrich 🌱 Silent Auction featuring designer handbags and jewelry, exclusive vacation packages, and local experiences from popular Bay Area restaurants, vineyards, hotels, and concert venues 🌱 Fabulous food and views of the city from The Fairmont Hotel 🌱 Tax deductible contribution supporting The Salvation Army

The event begins with a silent auction and features an interactive signature floral design demonstration by floral designer, John James of John James Designs. The luncheon benefits San Francisco children served by The Salvation Army's after school and back to school programs in neighborhoods across the City, including the Tenderloin, Chinatown, South of Market and the Avenues.

**INDIVIDUAL TICKET: \$200**

**SPONSORSHIPS BEGIN AT \$2,500 - \$25,000**

For almost 20 years The Salvation Army has annually sent more than 1,000 San Francisco school children from low-income families back to the classroom not only with brand new backpacks and supplies, but also with higher self-esteem and confidence.

*Please register early as this event is expected to sell out!*

Contact Madison Barton for more information and sponsorship opportunities.  
[madison.barton@usw.salvationarmy.org](mailto:madison.barton@usw.salvationarmy.org)

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01



02



03

## SMUIN BALLET'S ANNUAL GALA

Smuin Contemporary Ballet celebrated its 28th season with its annual soiree hosted by gala chair **John Konstin**, along with Smuin's board of trustees and the Friends of Smuin committee. Arts, community, philanthropic, and civic leaders of San Francisco mingled with Smuin artists at this fabulous fete honoring nearly three decades of the company at the forefront of contemporary ballet. The elegant evening included a cocktail reception, gourmet dinner, performances by Smuin's dancers (led by **Celia Fushille**, Smuin's artistic director) and a thrilling live auction featuring one-of-a-kind gifts and experiences.



04



05



06

(1) Celia Fushille (2) The evening included outstanding performances. (3) Sam Peake, Marisa Rodriguez (4) Tommie Moon and AnneMarie Conroy (5) Uman Avich, Alan Fox and Renel Brooks-Moon (6) Patrons toasted to a fantastic evening and of celebrating beautiful dance.

PHOTOS BY DREW ALTIZER PHOTOGRAPHY





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# SMALL & Powerful



Small businesses are essential to the success of any community, especially here in San Francisco. Over the next six pages, we spotlight seven great companies and hear keen leadership insights from the San Francisco Chamber of Commerce and Bank of America.

The businesses featured here represent a small sample of the rich diversity of the city's small construction companies, restaurants, salons, retailers and more. As we emerge from the pandemic and celebrate

San Francisco Small Business Week, May 2 to 6, it's a reminder that the individuals behind these dynamic companies should be praised for their diligence, entrepreneurial spirit and adherence to the dream of success for every generation. The entrepreneurial spirit is alive and well here in San Francisco.

We thank Bank of America and the San Francisco Chamber of Commerce for supporting small businesses every day of the year. *—THE EDITORS*

*PRESENTED BY THE SAN FRANCISCO CHAMBER OF COMMERCE AND BANK OF AMERICA*





"I'M NOT A SCIENTIST,  
BUT I'M CONVINCED  
A HEFTY DOSE OF  
PERSEVERANCE IS  
FOUND IN THE DNA OF  
PEOPLE WHO CHOOSE  
TO LIVE AND WORK IN  
SAN FRANCISCO."

—**RODNEY FONG**  
PRESIDENT & CEO, SAN FRANCISCO  
CHAMBER OF COMMERCE  
SFCAMBER.COM

**O**nly nine years after  
the devastating  
1906 earthquake  
and fire, San

Francisco hosted one of the most  
successful and opulent World's  
Fairs, the 1915 Panama-Pacific  
International Exposition.

The San Francisco Chamber  
of Commerce meticulously  
planned the exposition, working  
to showcase the city's best  
attributes to the entire world.  
The event successfully delivered  
the message: Not only had  
San Francisco survived this  
historic disaster, but it also had  
triumphantly risen from the ashes.

While the spectacle of the  
Panama-Pacific International  
Exposition showcased innovative  
architecture and design, today  
we see the iconic Salesforce  
Tower rise above our skyline. It  
celebrated the engineering feats  
of the Panama Canal, and we  
engineer against sea-level rise.  
Some newfangled and astounding  
automobiles were showcased,  
and, today, cars self-pilot around  
San Francisco. Innovations in  
agriculture and horticulture  
were the talk of the exhibition,



Rodney Fong,  
president and  
CEO of the  
San Francisco  
Chamber of  
Commerce

and now cannabis is a newly legalized  
California crop, helping bring economic  
equity along with it. Perhaps the most  
popular exhibit was the Fountain of  
Energy—and today San Francisco and  
our region are global champions of  
solar and hydrogen power innovations.

That wasn't all. The exposition  
emphasized the importance of  
elevating women and challenged  
traditional gender roles, highlighted  
the importance of Native American  
and Indigenous people, and it featured  
culinary delights from around the  
world—all attributes that remain  
constant in modern-day San Francisco.

The pandemic has been a  
challenge for all. There's no doubt

that we've lost a lot, but I'm confident  
that San Francisco will rise. I'm not  
a scientist, but I'm convinced that a  
hefty dose of perseverance is found in  
the DNA of people who choose to live  
and work in San Francisco. And each  
time we pick ourselves up and dust  
ourselves off, we remain resolutely  
unsatisfied with what we had before.  
And we use the challenge and  
opportunity to rise to new heights.

While we salute those long-ago  
Chamber leaders who helped plan the  
1915 exposition, we hope you'll join the  
Chamber's business and civic leaders  
of today as we reimagine our city's  
vast opportunities and engineer a path  
toward our limitless future.



Gioia McCarthy,  
San Francisco-  
North Bay market  
executive, Bank of  
America



"HERE IN SAN FRANCISCO, BANK OF AMERICA IS COMMITTED TO ENSURING OUR LOCAL SMALL-BUSINESS OWNERS HAVE THE FINANCIAL SUPPORT THEY NEED TO ACHIEVE THEIR GOALS."

**-GIOIA MCCARTHY**

SAN FRANCISCO-NORTH BAY MARKET  
EXECUTIVE, BANK OF AMERICA  
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Over the past two years, we've seen the resilience of small-business owners on full display as they've navigated the many challenges created by the pandemic. Despite facing personal and financial sacrifices, entrepreneurs in San Francisco have persevered through flexibility, innovation and community support, and they are continuing to pursue their dreams—in fact, small businesses are being created at record levels nationwide.

This growth is encouraging, as we all recognize small businesses are integral to the neighborhoods we call home. Whether it's the coffee shop you frequent in the mornings or the florist you visit on special occasions, small businesses are the lifeblood of our neighborhoods. And while we know how important these

businesses are to us, research shows the appreciation goes both ways. According to Bank of America's 2021 *Small Business Owner Report*, 32% of business owners said the support they felt from the community helped them navigate the pandemic in 2021.

Here in San Francisco, Bank of America is committed to ensuring our local small-business owners have the financial support they need to achieve their goals. As our communities continue to navigate a changing landscape, our partnerships with nonprofits are important to help meet critical local needs like supporting BIPOC (Black, Indigenous and People of Color) entrepreneurs and creating jobs. That's why Pacific Community Ventures (PCV) and Prospera each recently received a multiyear, \$200,000 grant along with leadership

training through Bank of America's Neighborhood Builders program. The nonprofits were recognized for their efforts to invest in small businesses across the San Francisco Bay Area.

Looking ahead to the rest of 2022 and beyond, resiliency will continue to be crucial for the success of small businesses in the face of new and ongoing challenges. Additionally, we know women and minority entrepreneurs still struggle to find the capital needed to start and grow a business. Bank of America has committed \$270 million to about 95 investment funds for minority and women entrepreneurs to help supply growth capital and invest in programs to create future entrepreneurs. We also launched the Access to Capital Directory with Seneca Women to help these business owners understand the capital landscape and sort potential funding options.

The past two years have been a testament to the perseverance of small-business owners in San Francisco and beyond, and we will remain steadfast in offering support and resources to help them remain the backbone of our communities for years to come.





From top: The gorgeous Paper Tree; Linda Mihara runs the boutique.

## LINDA MIHARA: PAPER TREE

BY CHLOE KONRAD

Japantown is home to Paper Tree, an origami and paper crafts store founded by the Mihara family and currently run by Linda Mihara. The shop has been in Japantown for 54 years, following in the footsteps of Mihara's grandparents, who owned a publishing business called Oriental Culture Book Company.

That company published one of the first English origami books, so the family knew they needed to carry on the love of this traditional art. "I'd like to think the Mihara family helped to introduce origami to the masses," says Mihara. She continues the tradition by providing the largest selection of origami paper found in the region. "As the origami store, we feel we are carrying on an important and necessary cultural art that has existed for more than 1,000 years," says Mihara.

Paper Tree sells origami paper, books, decorative paper, handcrafted cards, gifts and Japanese art supplies. "We want Paper Tree to be a destination stop while visiting incredible Japantown," says Mihara. She offers classes in origami, teaching shapes like Flapping Butterfly and Jumping Frog. Paper Tree participates in origami events year-round, and Mihara's art is on view in her gallery, Origamihara. 1743 Buchanan Mall, 415.921.7100, [paper-tree.com](http://paper-tree.com)



From top: Malinda Williams; She's Got A Habit offers a range of handmade accessories from women-owned brands.



## MALINDA WILLIAMS: SHE'S GOT A HABIT

Actress Malinda Williams is powered by good habits, and so is her brand, She's Got A Habit. Patrons will find everything from bags to accessories—from women-owned brands that put quality over quantity. "I originally launched She's Got A Habit as a stand-alone e-commerce website, selling products and goods sourced from my global travels," Williams says. "I quickly began to see a lot of sales and traffic, so I decided to expand that single e-commerce store into a multiseller platform."

Williams left home in the 1990s to continue her acting career and landed leading roles in movies like *The Wood* and *A Thin Line Between Love and Hate*, and collected two nominations for NAACP Image Awards while doing it. With free time on set, Williams took an HTML coding class and, from there, She's Got A Habit was born. Her goal is to provide "quality choices for the mind, body and soul" for every woman. "The She's Got A Habit brand's focus is wellness, whether that be physical, mental or economic," Williams says. "Finding ways to contribute to the holistic wellness of my community is a part of my purpose and my ultimate goal." [shesgotahabit.net](http://shesgotahabit.net) —CK



## NANCY DO: ENDO INDUSTRIES

When Nancy Do founded Endo Industries, she changed the game for plant medicine. The woman- and queer-owned company shook up the cannabis industry by creating a top-notch product with meaningful partnerships. Endo provides supply-chain assistance through genetics, nursery and distribution for the best up-and-coming brands.

After witnessing a parent suffering from chronic pain, Do decided she needed to be involved in the cannabis industry. “As I got more involved, I saw and experienced the medicinal and wellness benefits of cannabis firsthand,” Do says. “Endo is here to not only provide safe and affordable access, but we are also here to contribute and support our surrounding communities. I understand too much about what this plant can do, and there’s nowhere I’d rather be dedicating my time than where I am now.”

Do’s brand is data-driven and focused on science. Endo’s nurseries fix problems in the industry through research and plant genetics and sharing that data so customers have “seed-to-sale” transparency. Do says her company empowers minority groups in this process and “building a transparent, reliable supply chain in cannabis that is grounded in science, data, wellness, impact and community.” [endoindustries.com](http://endoindustries.com) —CK



From top:  
Foreign  
Cinema  
owners Gayle  
Pirie and  
John Clark;  
the inviting  
dining space  
at Foreign  
Cinema.



## GAYLE PIRIE AND JOHN CLARK: FOREIGN CINEMA

One of the most magical dinner experiences in San Francisco is found at Foreign Cinema. The Mission District institution was taken over in 2001 by owners and chefs Gayle Pirie and John Clark. “The inspiration behind Foreign Cinema was at first the culling together of multiple spaces into one grand and unlikely spot,” Pirie says. “We want and need the restaurant to feel like home, a sanctuary—a place to forget about immediate troubles and escape into a seductive world of nourishment.”

Pirie and Clark met while working at Vicolo Pizza and were hired at Zuni Cafe before developing their own restaurant consulting practice to develop concepts in the United States, Asia and Canada. They’ve published three cookbooks: *Country Egg*, *City Egg*; *Bride and Groom*; and *Foreign Cinema’s Cookbook*. Stop by for an oyster night, or order one of the main features, such as the exotic spiced duck breast, while watching a movie after dusk. 2534 Mission St., 415.648.7600, [foreigncinema.com](http://foreigncinema.com) —CK



From top:  
Endo  
Industries  
founder  
Nancy Do;  
a growing  
facility  
at Endo  
Industries.





## JONATHAN OJINAGA: AZÚCAR LOUNGE

Azúcar Lounge is more than a restaurant. It's an immersion into Mexican culture that helps visitors forget where they are. The spot is run and managed by founder Jonathan Ojinaga and his husband, Jose Gutierrez. Almost everything is made in-house, and the team strives to offer a sampling of Mexican flavor and culture. Favorites are the burritos, nontraditional meals like the Azúcar tots and any drink with mezcal.

Ojinaga was inspired to create Azúcar Lounge by his grandfather and his childhood. "When I finished

high school, I left the small town of Bayard, New Mexico, for college with aspirations to build a life in the business world," Ojinaga says. "Memories and stories my grandfather shared of his experiences owning a small neighborhood bar came to the surface and sparked the fire for Azúcar Lounge." As a gay and Latino business owner, Ojinaga makes a point to be immersed in the community and fosters relationships with local organizations, including the San Francisco AIDS Foundation and the Positive Resource Center. 299 9th St., 415.255.2982, [azucarsf.com](http://azucarsf.com) —CK

Burritos and mezcal cocktails reign at the always-interesting Azúcar Lounge.



## OSCAR ZAVALETA: MONTEZ GROUP

The Montez Group for Engineering and Construction Management was built from the ground up. Founded by Oscar Zavaleta, it originally focused on quality assurance and control, and has since become a full construction management firm. Specializing in large infrastructure and transportation projects, the group works on projects like the San Francisco International Airport.

Zavaleta emigrated from El Salvador to Los Angeles and was inspired by immigrants in his life to become a business owner. "My dad was an entrepreneur, and although he passed away when I was a college freshman, I always had an independent streak," Zavaleta says. "When

I combined this independent streak with a lack of representation in our industry, I got the motivation to start my own firm."

Zavaleta champions small businesses through organizations like the Oakland Latino Chamber of Commerce. "Our firm is one of very few Latino-owned firms in the project management and construction management sector that works on massive infrastructure projects," Zavaleta says. The generosity extends inward too. "I have one mission when I hire someone," he says. "Help them grow professionally and share with them the community initiatives we work on and encourage them to help others." [montezgroup.com](http://montezgroup.com) —CK

Oscar Zavaleta



## NYKOL'E TAYLOR: SUMMERSANDFALL

SummersANDFall gives a new meaning to holistic beauty. Founder Nykol'e Taylor created the business in 2010 in Washington, D.C., as a student at Howard University. "I fell in love with Washington's summers and fall," Taylor says. "Growing up in San Francisco's Sunset District, you really don't get a chance to experience seasons." She was determined to make sustainable and ethical beauty—inside and out—accessible for all. The team covers all of its bases and more: vegan and cruelty-free products, local and artisanal ingredients and more.

SummersANDFall helps better the

community with strong partnerships like the one with Matter of Trust ([matteroftrust.org](http://matteroftrust.org)) and a recycling program called Rebloom. Her team also participates in their Volunteer For Change program.

Now a full-service salon in San Francisco, SummersANDFall provides the community with beauty services and products, including body butters, sage and moisturizers. Much of its work is meant to empower, strengthen and unite women. "SummersANDFall brings love to our community," Taylor says. "You fall in love with the authenticity, the diversity, the people and the creativity." 1014 Larkin St., 415.525.7135, [summersandfall.com](http://summersandfall.com) —CK ■

SummersANDFall offers a range of beauty products.



FROM TOP: PHOTOS BY GONZA LO MEYER/OLAPEXELS, COURTESY OF OSCAR ZAVALETA; BY ALESIA KOZIMPEXELS



A photograph of Sue Averell, a woman with blonde hair, smiling and standing in her art studio. She is wearing a black long-sleeved shirt and light blue jeans covered in paint splatters. She is holding a large, vertical abstract painting with blue, white, and green colors. In the background, there is a large, abstract sculpture of a face in blue and white, and a window looking out onto a garden.

*Sue Averell's*

*gallery*  
**Sausalito**  
*& working art studio*

Gallery Sausalito represents a contemporary collection of original, fine art works. Our artists work in a variety of mediums including; oil, acrylic, bronze, assemblage and ceramic.

Our customer service is personalized to meet your needs. Many of our artists accept commissions and we love to work with interior designers.

Gallery owner and artist, Sue Averell invites you visit the gallery in Northern California. If you can't, we offer several ways to see our art and get to know the artists! Shop online or contact us to set up your personal, virtual, gallery tour.

**Gallery Sausalito**

28 Princess Street  
Sausalito, California 94965

(415) 887-9238  
art@gallerysausalito.com

www.gallerysausalito.com  
www.sueaverell.com

 gallerysausalito

 sueaverellart

 gallerysausalito

 sue.averell.artist



DESIGN, HOME, REALITY

# Retreat

## AN OUTSIDE LOOK

Hot on the heels of her interior range of paints launched last year, Kelly Wearstler is now taking it outside with an exterior collection of paints for Farrow & Ball ([farrow-ball.com](http://farrow-ball.com)). The California Collection expands her West Coast-inspired range to the outdoors with perfect paints for front doors and balconies in weatherproof exterior eggshell and exterior masonry finishes. "The California Collection inherently lends itself to exterior environments with its versatility and sun-soaked palette," says Wearstler. "When working with natural materials outdoors, I like to incorporate earthy and rustic tones, such as Sand or Salt," she says. "Darker colors are a nice way to make a dramatic but elevated imprint on the exterior of a house. Completely outfitting a home in Tar can really take the property to impactful new levels." *BY PHEBE WAHL*

Farrow & Ball exterior  
eggshell paints in Faded  
Terracotta and Tar



Maison Maison Design  
rattan lampshade,  
maisonmaisondesign.com

Kathy Kuo Home  
Palecek Green Oaks  
Coastal Beach  
woven rattan-frame  
ceiling pendant,  
kathykuohome.com

# Weaving It All Together

WHETHER IN WICKER, RATTAN OR CANE, THE NATURAL TEXTURES OF WOVEN DESIGNS ADD AN EARTHY ELEMENT TO ANY INTERIOR. HERE, SOME MAGICAL MOMENTS TO WEAVE INTO YOUR HOME. BY PHEBE WAHL

Mainly Baskets Home  
braided column urn,  
mainlybaskets.com

Nest rattan grapefruit  
reed diffuser,  
nestnewyork.com

Annie Selke Nest lounge chair, annieselke.com

Gubi Bohemian 72 Collection sofa  
by Gabriella Crespi, gubi.com



Bloomist Zonga basket,  
bloomist.com

AERIN Colette cane  
frame, aerin.com

Brooke & Lou  
woven stool,  
brookeandlou.com

Jonathan Adler  
Riviera cocktail table,  
jonathanadler.com

Craftmade Lighting Malaya six-light pendant,  
craftmadefansolutions.com

Anyon Atelier Fong Brothers molded chair,  
anyondesign.com



# New Light

THE TEAM FROM KLOPF ARCHITECTURE REFURBISHES A SAN FRANCISCO SPEC HOME BY REVERSING THE FLOOR PLAN.

BY MICHAEL MCCARTHY // PHOTOGRAPHED BY MARIKO REED





After living in their San Francisco spec property for a few years, a couple decided the space could be their forever home. But it required serious modifications. They saw beyond dated materials and finishes and tapped Klop Architecture ([kloparchitecture.com](http://kloparchitecture.com)) to envision a new look to every room. First, the design team needed to completely rethink how the home—characterized by small, dark spaces—could incorporate flow and light.

The solution: a reverse floor plan. In the new design, bedrooms now faced the city and the bay, and, in the back of the home, a large great room with an open wall seamlessly merged into a lovely and functional outdoor space. Raised ceilings, massive windows, integrated ceiling lights, glass sliding doors, lush landscaping and inviting decor now grace this indoor-outdoor haven—proof that great design conquers any home worth saving. ■





A surreal outdoor courtyard scene. In the background, a large, solid pink wall stands under a clear blue sky. Several tall palm trees are planted in the courtyard. In the foreground, a dining table with a blue tablecloth is set with various items, including a vase of flowers and plates. The table is surrounded by chairs, some of which are made of woven material. The entire scene is reflected in a pool of water that fills the lower half of the frame. The lighting is bright, creating sharp shadows on the ground and water.

# Show Time

IN HIS NEW BOOK, LOCAL LUMINARY  
DESIGNER KEN FULK TAKES READERS  
ON A JOURNEY THROUGH HIS  
MAGICAL MIND.

BY LAUREN BROCATO





Above: Ken Fulk.  
Opposite page:  
Casa Grande in  
Mexico.



For most, fantasies exist solely within the confines of the imagination. But not for Ken Fulk. The designer, tastemaker and bona fide world-builder possesses the rare ability to bring the grand, even cinematic, visions that run endlessly through his mind to fruition.

The result? Decadent spaces, high-concept experiences and unforgettable soirees.

For more than 30 years, the San Francisco designer has crafted some of the most iconic spots across the globe, leaving his signature on everything he touches. Fulk also has racked up two James Beard Award nominations for his hospitality projects and been named to *Architectural Digest's* AD100 and *Elle Decor's* A-List. Now, in his debut book, *Ken Fulk: The Movie in My Mind* (Assouline, [assouline.com](http://assouline.com)), Fulk offers a behind-the-scenes peek into his highest-profile projects in a tome equivalent to a maximalist's dream.

Through insights penned by Fulk, a foreword by reporter and





From top: Sunfields Manor in Austin, Texas; The Mill.

*New Yorker* contributor Ronan Farrow and principal photography by Douglas Friedman, the designer invites readers to step into his magical mind.

"I hope readers might get to experience the journey of bringing a project to life from a seedling of an idea," Fulk says. "There's quite a bit of research we put into every concept that we create. It's never simply about the look, but the story and how the experience unfolds. Whether it's for a client's new home or the patrons at a new restaurant, we begin with an emotion or sometimes a memory, and all our references and decisions lead back to that notion, which I call the Movie."

Each page offers a new glimpse into Fulk's extravagant endeavors, from the decadent design of Carbone Miami and the magnificent Casa Grande in Mexico to splashy residential



PHOTOS BY DOUGLAS FRIEDMAN





The Kips Bay  
Decorator  
Show House in  
Dallas, Texas





projects that scream Fulkian design inside and out. “We even included a chapter in the book called ‘Period Drama,’ which includes The ‘Quin House, which was formerly Boston’s Algonquin Club and designed in 1886 by McKim, Mead and White,” Fulk adds.

And if Hollywood called for a real movie about his life? Fulk sees Paul Newman as the star—in his fantasy world, of course. “But,” he says, “I’d settle for Jude Law.” ■



The Mill.  
Opposite  
page: Casa  
Grande in  
Mexico.

PHOTOS BY DOUGLAS FRIEDMAN











# Well-Traveled Rooms

SERENA DUGAN UNVEILS A NEW WALLPAPER COLLECTION WITH THEMES INSPIRED BY THE SILK ROAD, MEXICO CITY AND FRENCH ART DECO.

BY MICHAEL MCCARTHY

Artist and designer Serena Dugan ([serenadugan.com](http://serenadugan.com)) never stops conjuring gorgeous looks for our homes. Case in point: Dugan recently launched a new collection of wallpaper, including vibrant prints and refreshed hero designs; the new looks join her core wallpaper and printed grasscloth collection with refreshed colorways and a new handwoven paper weave material.

Dugan, who is the co-founder of Sausalito-based Serena & Lily ([serenaandlily.com](http://serenaandlily.com)), says she thinks of the new Khiva print as a modern-day Silk Road. "Khiva melds damask, Ottoman and Moorish motifs and modernizes them with a lighter hand and crisper palette," she says. "Block

**"Block printing each shape lends a watercolor effect that brings even more modernity to this exotic print."**

—SERENA DUGAN

printing each shape lends a watercolor effect that brings even more modernity to this exotic print." The Nara print, which is architectural, light and airy, is inspired by Japanese wood-block prints with its central chrysanthemum motif (signifying life and rebirth).

"Olga is my animated polka dot," Dugan says about another print from the new collection. "Color placement and print variation are the key elements that bring

Olga to life and make each colorway and each section take on a spirit of its own." And the Tigre pattern was designed as a statement more than a mere stripe. "The irregularity of each line and mark creates movement and brings an otherwise predictable stripe into more vibrant and interesting territory," says Dugan, making sure that our rooms look as well traveled and exotic as the passport stamps of our dreams. ■



retreat ARCHITECTURE

# Heirloom Architecture

WALKER WARNER ARCHITECTS DESIGNS  
ENDURING SPACES FOR INSPIRED LIVING.

BY MISTY MILIOTO

ALL PHOTOS COURTESY OF WALKER WARNER ARCHITECTS





A soaring Pacific Heights home designed by Walker Warner Architects

**W**hen Brooks Walker and Greg Warner started Walker Warner Architects

(walkerwarner.com) in 1989, it was to design two spec homes in Hillsborough.

While their early work was relatively modest, they have built a stellar reputation over the years and taken on larger, more complex designs. Together with two other principals, Mike McCabe and Kathy Scott, and a team of 70 talented staff members, the firm now has diverse clients and projects in the western United States and Hawaii, including many single-family homes, wineries and resorts.

According to McCabe, the architectural firm's work always starts with the client's goals and the project site. "Our goal is to create stunning, inspiring, highly crafted architecture that lives well for our clients and feels appropriate and timeless for the site where it's located," he says. "This approach holds true whether we're working on a personal residence or a hospitality venue for a winery."

In fact, the site always







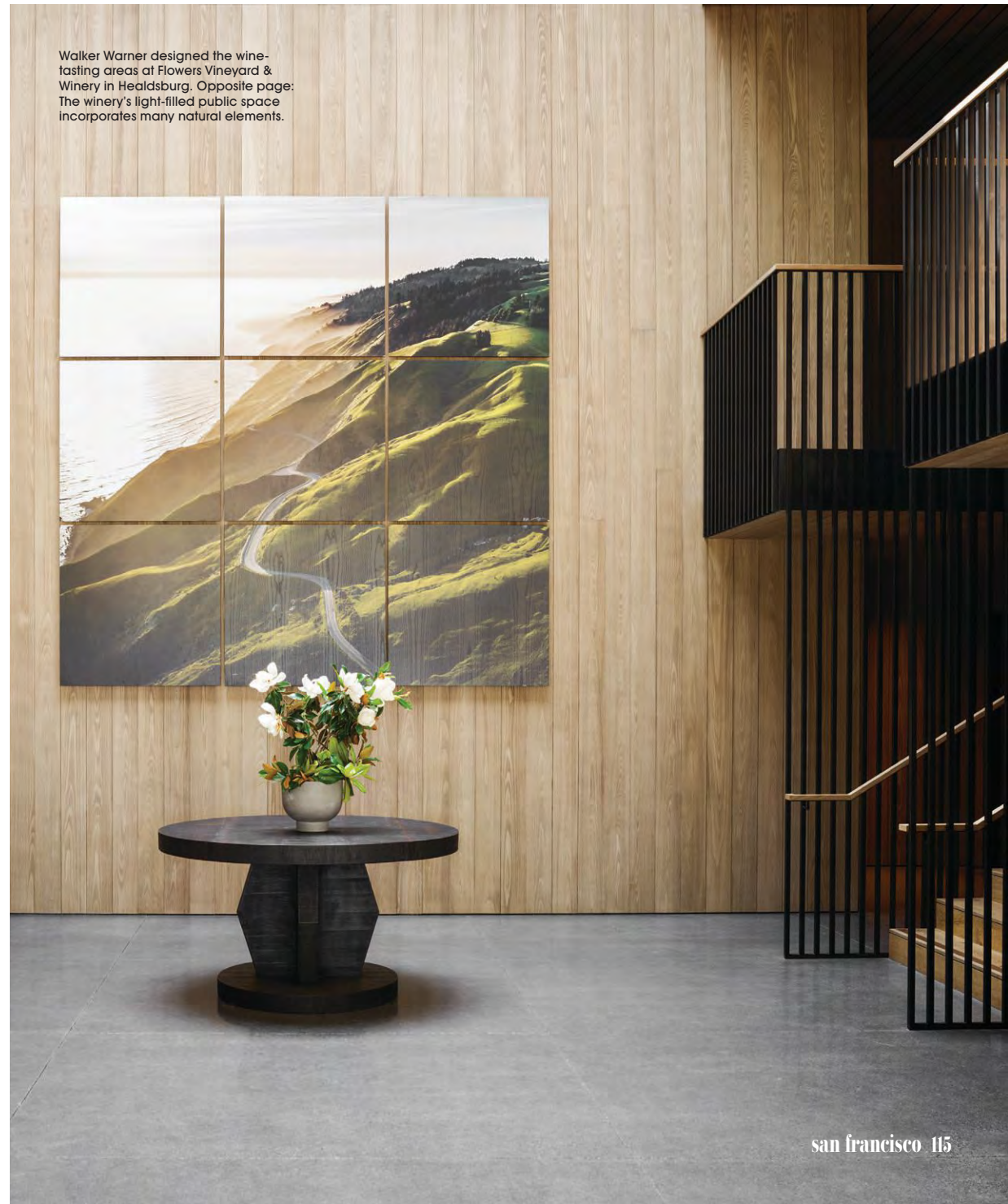


drives the design for the firm's projects. "With a wide range of project sites, both on the mainland and in Hawaii, as well as situated in locations that might be rural or urban, on the coast or in the mountains, there's a lot to inspire us," Scott says. "While each principal has a slightly different approach, our work consistently focuses on the connection of our buildings to the immediate and distant landscape as

well as the importance of materiality, attention to detail and livability."

For Walker Warner Architects, design is about using durable materials and creating work that stands the test of time. "For residential work, that means thinking about the client's full life cycle," Warner says. "A home has to be versatile enough to accommodate life changes without requiring a renovation every 10 years." ■

Walker Warner designed the wine-tasting areas at Flowers Vineyard & Winery in Healdsburg. Opposite page: The winery's light-filled public space incorporates many natural elements.








A pavilion at Quintessa in St. Helena reveals Walker Warner Architects' knack for blending nature and great design.





"A HOME HAS  
TO BE VERSATILE  
ENOUGH TO  
ACCOMMODATE  
LIFE CHANGES  
WITHOUT  
REQUIRING A  
RENOVATION  
EVERY 10 YEARS."

—ARCHITECT GREG WARNER



# Creatures of Habit

FROM MINDFULNESS APPS TO DIET HACKS, THE BAY AREA'S GROUNDED GURUS HAVE A WEALTH OF WELLNESS KNOWLEDGE TO SHARE.

BY MICHAEL MCCARTHY

Jerry Rice plays regularly at Sharon Heights Country Club ([sharonheightscc.com](http://sharonheightscc.com)), where he's a member.



PHOTO BY BRENDAN MAININI



## JERRY RICE

Former NFL star, entrepreneur, philanthropist  
jerryricefootball.com

If there's a busier former NFL player, we'd love to see him. Jerry Rice, 59, looks like he could still run deep-crossing routes and burn past countless cornerbacks. His secret? The Hall of Famer hasn't bought into the notion that slowing down equals happiness. Not only is he honorary board chairman of the 49ers Foundation (49ers.com), but, two years ago, he co-founded the healthful energy drink G.O.A.T. Fuel (goatfuel.co) with his daughter Jaqui. The brand has grown steadily (find it in Target stores in Northern California, among other places) and has reeled in ambassadors like the Niners' Trey Lance. "I still wake up very early, get my workout in and walk or run the dogs," says Rice, who notes he drinks lots of water and two cans of G.O.A.T. Fuel each day to help with his oxygen levels and keep powered during workouts. Location helps too. "We have everything here—amazing weather, excellent food and great people," he says. "It keeps me motivated, as there are so many people here inventing and creating new businesses. The energy is contagious. This is home."



### BREAKFAST:

Protein shake

### WAKE-UP TIME:

Dogs get us up at 6:30AM.

### DIET:

It's about moderation.

### NEMESIS:

Failure

### ESCAPE:

Golf

### WEAKNESS:

Pecan pie

### UNIFORM:

49ers!

### HOTEL:

Must-have gym and restaurant/bar, Marriott Bonvoy properties

### WORKOUT:

Right now, it's my Peloton.

### WELLNESS APP:

Don't need one; it's in my genes.

### WORKOUT SHOES AND OUTFIT:

Nike

### WORKOUT PLAYLIST

Hip-hop and R&B

### WORKOUT BUDDY:

My wife

### BEST ADVICE:

Always give 100 percent.

### PHILANTHROPY:

Jerry Rice 127 Foundation (jerryricefootball.com), honorary chairman of the 49ers Foundation (49ers.com) and 8 to 80 Zones (foreveryoung.org) with Steve Young

### MANTRA:

Today I will do what others won't, so tomorrow I can do what others can't.

### DINNER:

Grilled halibut or salmon

### SOULMATE:

My wife

### BEDTIME:

9PM

### ZODIAC:

Libra

Clockwise from top left: Jerry Rice notes that his workout gear, including shoes, is always Nike; Rice's wake-up breakfast is a protein shake; one major wellness fix for Rice is playing golf; his dinner of choice is grilled salmon.





## Laura Oronzi

Yoga and fitness instructor  
lauraoronzi.com

Laura Oronzi says her fitness and yoga career started 10 years ago when her oldest son, then an infant, was crying in the backseat of her car. "It was raining and gray, and I was a very fried new mom," says Oronzi, who pulled into a shopping center and saw a sign advertising a new yoga studio with childcare. Her life changed. Not only did she take classes but also became a yoga teacher and certified fitness instructor. Oronzi now teaches power yoga and hot Pilates at Hot Yoga Republic (@hotyogarepublic) in San Rafael; she also films workouts for the Luna Mother Company (@lunamotherco) fitness app. "I wake up super early every morning and journal, read, meditate and plan my day," she says. "It was a practice I got away from during COVID, but I'm back in full swing, and it makes such a difference." The yoga pro also takes heart from those around her in the Bay Area. "This is coming from someone with a strong dose of vanity, but there's a greater focus on inner beauty in the Bay Area—and I'm all about that."



From top: Laura Oronzi starts her day with strong coffee; part of her workout routine includes weight training; Oronzi says her uniform includes sneakers, mascara and good eyebrows; the Pilates reformer machine is a beast, but it's also an amazing workout; one of Oronzi's go-to meals for overall fitness is stir-fry chicken and broccoli.

### BREAKFAST:

Oatmeal, plus really strong coffee every single day

### WAKE-UP TIME:

5:30AM with the alarm set across the room, so I have to get up.

### DIET:

I avoid bread and sugar and try to eat a lot of veggies and lean protein.

### NEMESIS:

Pilates reformer machines are so boring.

### ESCAPE:

Murder podcasts and the *Real Housewives*

### WEAKNESS:

Cutting sizable chunks off my kids' grilled cheese sandwiches before serving; the house takes 10%.

### UNIFORM:

Sneakers, mascara and good eyebrows

### WORKOUT:

Power yoga, hot Pilates, weight-training circuit, quick and fast runs

### SUPPLEMENTS:

B vitamins, a women's multivitamin, collagen

### WORKOUT SHOES:

Golden Goose (goldengoose.com) unless I'm running—then Nikes (nike.com)

### WORKOUT OUTFIT:

Leggings, tank top

### WORKOUT PLAYLIST:

Hip-hop. Right now, Bia, 'Can't Touch This'; 2 Chainz, 'Million Dollars Worth of Game'; and Saweetie, 'Get it Girl'

### BEST ADVICE:

It's never them, it's always you.

### PHILANTHROPY:

Helping women get and stay sober

### MANTRA:

The truth points in both directions (from the *Tao of Healing*).

### STREAMING NOW:

*The Dropout*

### DINNER:

Roasted chicken thighs and broccoli

### BEDTIME:

10PM

### ON MY NIGHTSTAND:

*Both Ways Is the Only Way I Want It* by Maile Meloy

### ZODIAC:

OMG, I'm such a Libra!



Laura Oronzi's go-to workouts include power yoga, hot Pilates, weight-training circuit and quick and fast runs.



## Yotam Israeli

President, LuxFit SF  
luxfitsf.com

In the middle of the pandemic, Yotam Israeli had a revelation: Since many professional trainers had to figure out new careers, why not head to the great (and safe) outdoors to stay fit? Specifically, an outdoor gym as an alternative to a big-box gym. LuxFit SF, located in Hayes Valley and The Crossing at East Cut ([eastcutcrossing.com](http://eastcutcrossing.com)), was born. "Everyone was happy to finally have a place to be able to work out safely," says Israeli, who has led multiple studios, including Fitness SF and Equinox. "I start every single day with a greens supplement, a joint-by-joint mobility routine, five minutes of writing in a gratitude journal, followed by meditation and 20 minutes of reading." Israeli says the best workout begins and ends with the flow of kettlebells. "Most of us lose the ability to move naturally and freely. Kettlebells have always allowed me to stay in shape while still allowing the creativity of flow to continue to thrive."

Yotam Israeli  
launched LuxFit  
SF during the  
pandemic.





CLOCKWISE FROM TOP LEFT, PHOTOS: BY DOM JPEXELS; COURTESY OF NIKE; BY MIKE CONO.; BY SUZY HAZELWOOD/PEXELS; BY RAY PIEDRA/PEXELS



Clockwise from top left: Yotam Israeli says one of his desert-island essentials would be a jump rope; Israeli typically wears Nike Metcon and Frees 2.0; Israeli lives for kettlebell workouts; another desert-island essential for the fitness pro: an endless supply of books; for his go-to uniform, Israeli says it's always white shoes.

#### WAKE-UP TIME:

5AM every single morning

#### DIET:

I have an 80/20 split of healthy, home-cooked food versus dining at restaurants.

#### NEMESIS:

A good time (did someone say a 4AM DJ?)

#### ESCAPE:

A kettlebell and working out

#### WEAKNESS:

Egg custard lava buns

#### UNIFORM:

Off-White sneakers, Lululemon pants, LuxFit hoodie

#### HOTEL:

Four Seasons

#### WORKOUT:

A heavy trap bar deadlift followed by kettlebell flow and kettlebell conditioning

#### SUPPLEMENTS:

Athletic Greens (athleticgreens.com) daily supplement

#### WELLNESS APP:

Headspace (headspace.com) for meditation

#### MENTOR:

My brother

#### WORKOUT SHOES:

Nike Metcon x Frees 2.0

#### WORKOUT OUTFIT:

Sneakers, shorts and shirtless for vitamin D

#### WORKOUT PLAYLIST

Housewerk on Spotify

#### BEST ADVICE:

Your health depends on your mind and body.

#### PHILANTHROPY:

LuxFit has teamed with multiple organizations and held fundraisers for Huckleberry Youth (huckleberryyouth.org) and Stop Asian Hate (stopaapihate.org), and I'm a mentor for Big Brothers Big Sisters (bbbs.org).

#### MANTRA:

Train your mind, and the body will follow.

#### SOULMATE:

Amber Woolcock

#### BEDTIME:

10PM

#### ON MY NIGHTSTAND:

*The Premonition* by Michael Lewis

#### 3 DESERT ISLAND ESSENTIALS:

A utility tool, an endless supply of books and my jump rope

#### YESTERDAY:

Was another amazing day. I was able to work outside and help those in our community.



## Casey Miller

Owner, FitNV  
fitnvonmain.com

For Napa Valley fitness entrepreneur Casey Miller, a mind-and-body wellness routine definitely includes the classes her studio offers to clients (from spin to yoga), but there's always something more tangible. "[It's about] surrounding myself with great family and friends who genuinely want the best for me and an incredibly supportive fiancé," says Miller, who has a graduate degree in kinesiology and launched FitNV just before the pandemic. "I'm also lifting heavy weights and taking recovery more seriously than I used to in my 20s. Plus, I'm taking time to be alone outside whether it's a walk, a hike or a run."



Clockwise from top left: Casey Miller says one of her favorite meals for powering her body includes jasmine rice, broccoli and salmon; her last meal is pho; the FitNV owner says her breakfast includes avocado toast; Miller is a big advocate of heavy lifting; an essential fitness outfit for Miller features Lululemon pants.

### **BREAKFAST:**

Avocado toast

### **WAKE-UP TIME:**

5:15AM

### **DIET:**

Listening to my body

### **DOPPELGANGER:**

Literally Blake Lively, but in my soul it's Beyoncé.

### **NEMESIS:**

No time for that

### **ESCAPE:**

The beach

### **WEAKNESS:**

My niece and nephews

### **UNIFORM:**

Lululemon (lululemon.com) and Nikes (nike.com)

### **HOTEL:**

Just needs a good tub

### **WORKOUT:**

Heavy lifting

### **LAST MEAL:**

Pho

### **SUPPLEMENTS:**

Mushroom powders, turmeric and prenatal vitamins

### **WELLNESS APP:**

My Fitness Pal (myfitnesspal.com) and Nike Run Club

### **WORKOUT SHOES:**

Nike Metcons

### **WORKOUT OUTFIT:**

Lululemon pants, sports bra and Alo (aloyoga.com) crop top

### **WORKOUT PLAYLIST**

2000s hip-hop and rap

### **ROUTINE:**

Epsom salt baths and bone broth daily

### **BEST ADVICE:**

Life is short. Love fearlessly, forgive quickly, work hard for what you want and don't look back.

### **PHILANTHROPY:**

Donating my hair to Wigs for Kids (wigsforkids.org) four times

### **MANTRA:**

Change is inevitable, progress is optional.

### **STREAMING NOW:**

Euphoria

### **DINNER:**

Salmon, jasmine rice and broccoli

### **SOULMATE:**

Isaac Anjejo

### **BEDTIME:**

Before 10PM

### **ON MY NIGHTSTAND:**

Water and books

### **THEME SONG TO YOUR LIFE:**

'Freedom' by Beyoncé

### **YESTERDAY:**

It's gone—all we have is right now.

### **ZODIAC:**

Pisces sun and moon, Cancer rising



Casey Miller owns wine  
country's FitNV.





Bottega Veneta dress,  
[thewebster.us](http://thewebster.us); Coelho's  
own jewelry.



# *THE POWER of INFLUENCE*

FASHION AND BEAUTY  
MAGNATE **CAMILA  
COELHO** EXPANDS HER  
BUSINESS VENTURES  
AND BEGINS A NEW  
CHAPTER.

BY TAYLOR STODDARD  
PHOTOGRAPHED BY ALBERTO GONZALEZ  
STYLED BY MANUELA GUTIERREZ  
SHOT ON LOCATION AT THE W SOUTH BEACH







# “It’s been such a beautiful journey,”

Camila Coelho muses, as she begins to reflect on the trajectory of her business ventures in the lustrous realms of fashion and beauty. A Zoom meeting in early February was the digital locale for my meeting with Coelho, Instagram’s style darling-turned-multihyphenate boss babe who’s continuing to earn her stripes in arduous, and often quite unforgiving, industries.

We met virtually not because of any pandemic restriction—it was simply the best way to catch her in between a 36-hour jaunt to New York Fashion Week and before boarding a flight to her native Brazil, where she was enlisted to model in a campaign for a local designer. Coelho logged on promptly, sporting a black crop top and matching blazer from her namesake collection (a bestseller, she later affirms), ensconced by billowing palm leaves in the backyard of her new Miami digs. Despite finding her in a sliver between trips, she looked perfectly relaxed and primed with a bronzy glow—the kind of effortless glam that the nearly 10 million followers she has spellbound online are enamored with.

Coelho has been commanding a digital audience for more than a decade, and if you’ve been following her ascent, you’ll know she started to make a name for herself long ago on YouTube. She amassed an avid following for her beauty tips

and tricks—a trade she learned from working as a department store makeup artist for Dior, where she learned to appreciate the transformative power of makeup. After establishing herself as a superinfluencer with staying power, she launched her eponymous fashion line, the Camila Coelho Collection (CCC), in 2019. Cut to just a year later in the midst of the COVID-19 outbreak, and the designer followed through on evolving her ready-to-wear line and longtime dream of foraying into beauty—risks that have proven to be well worth it.

Coelho didn’t have a formal design background, but it was her sartorial sensibility and encouragement from peers that incentivized her to get started. “I remember in the first few meetings I was like, ‘Guys, how does the process work? Do we sketch first? Do we see fabrics first?’ she recalls. “And today, I totally get the process. I have an experienced design team who helps me, filled with women that inspire me every day.”

The Camila Coelho Collection has exclusivity with coveted e-tailer Revolve and drops newness every month. Raissa Gerona, Revolve’s chief brand officer, reported that the influencer’s line was one of the top launches in the history of the company. “It’s so fun doing it with a team that completely understands you,” Coelho continues.

Fresh into the pandemic and quarantined in an uncertain world, the designer had planned to introduce a new category of CCC she had been cooking up for some time. “I was so scared,” she admits. “We were launching swim, which is a category that I feel so strongly about, and I thought we were going to kill it. But with the pandemic, I thought, ‘What do we do?’”

She recalls supportive business advice from friend and mentor Jen Atkin (celebrity hairstylist and owner of OUA), as well as some encouragement from fashion icon Diane von Furstenberg when they attended the Met Gala together. “Do it,” she remembers DVF telling her. “There’s no right time. Being an entrepreneur is all about taking risks, and if you don’t do it now, it’s going to be too late.”

With a brief delay, Coelho and her team moved forward with the launch despite the possibility of hampered results, only to see the collection completely sell out. “That was one of the biggest moments for me where it really proved ‘follow your heart,’” Coelho says with a smile. “Selling out during a pandemic blew my mind.”



Chanel full look,  
[chanel.com](https://www.chanel.com)









“My husband and I say we kind of have two different lives. My life on social media is not a fake life, but it’s so glamorous, right?”

The internet darling then coyly slips that she’s been working on yet another new category for her expanding fashion business. “What are your guesses? Let me just see,” she challenges me.

“Footwear?”

“No, not yet.”

She let me rattle off a couple more predictions in a lightning round of quips until she eventually swore me to secrecy, as excited to share as I was to find out. Once informed of the future announcement, I sat back in my moment of realization thinking, “Aha! Of course it is.”

While we anxiously await said announcement, Coelho and I discuss her current offerings. Being a fashion designer, surely she can afford a Carrie Bradshaw-like closet full of unlimited options of her own creations, but Coelho—who not only makes her own clothing and could also call on any industry fashion czar of her choosing—mentions that she loves to repeat her favorite closet staples, and the perfect day is usually quiet at home, sans makeup, relishing in simple joys like spending time with friends and family. Herein lies one of the many alluring attributes of Coelho—the woman behind the staggering Instagram and YouTube followings is, in fact, truly relatable.

“My husband and I always say we kind of have two different lives,” she says. “My life on social media is not a fake life, but it’s so glamorous, right? We travel the world, stay at the best hotels, but the life we truly love is when we’re home in our ugly pajamas, watching TV, having friends over and just being silly. That’s what makes me the happiest.”

Rarely do influencers-turned-entrepreneurs still feel intimately personal with their fans after a parade of achievements, but Coelho proves that you can be. A goal of hers this year is to be more active on YouTube, but sharing more of the “real life” Camila as she calls it—a stripped-back version and not just through an ultraglam, influencer lens.

Months after building on CCC, Coelho announced her big beauty venture in the same pandemic summer: Elaluz, which translates to “she is light” in Coelho’s mother tongue, Portuguese. The entrepreneur’s cosmetic line made its debut with only two products, a lip and cheek stain and hydrating lip treatment, both under \$35, and has grown to include a

From top:  
Subsurface  
chainmail slip and  
detached sleeves,  
subsurface.tv;  
Celine by Hedi  
Slimane earrings,  
thewebster.us.  
Louis Vuitton  
full look,  
louisvuitton.com.  
Opposite page:  
Fendi full look,  
fendi.com; Coelho’s  
own earrings.







complete collection of essentials across makeup, skin and hair. Funny enough, when asked what she can't leave the house without, she references her first two creations.

"I'm such a freak about lips," she mentions. "My friends make fun of me. I'm always like, 'Wait! I don't have my lipstick on and need to retouch!' The stain makes your lips a bit reddish, and it stays," she proudly divulges. "I ran out of mine in Brazil, so I stole my mom's, and she was so mad at me because I left with it. I actually forgot to give it back to her."

With Elaluz, Coelho commits to mindfulness with thoughtful touches across the full course of manufacturing, from the packaging to the formula, using recyclable materials and FSC-certified boxes, and omitting hundreds of known toxins from the final product.

Coelho didn't just want to bring a makeup line to market, but rather emphasize the importance of finding your light, recalling personal hardships she has faced as a result of her epilepsy diagnosis at age 9—adversity she only started publicly discussing a couple of years ago. To Coelho, the power of her influence comes into play with her philanthropic endeavors.

"I always say so many people are influencers today that don't even know it," she notes. "If you're active on social media and putting content out there, you're influencing someone whether the audience is small or big."

Coelho serves as an ambassador of the Epilepsy Foundation, and she uses her platform extensively to bring awareness to the cause. For her birthday last year, in lieu of receiving gifts, she asked brands and friends alike to make a donation to what was most dear to her.

The end of 2021 marked the start of a new chapter for the creative when she spontaneously decided to move to Miami. After finding a home she felt comfortable in, Coelho started decorating what she lovingly refers to as her little oasis. "We love contemporary but modern and cozy decoration," the new Floridian expresses. "I found this Brazilian designer, Maris Raffa, who I'm loving, and a lot of my furniture now is from Artefacto. They make everything in Brazil!" Coelho and her husband are looking to purchase a more permanent home in the area in the near future, but have already jumped on supporting local designers to help dream up their perfect abode. "I'm so excited to be in Miami, and as a Brazilian, I feel at home here."

So, while Coelho settles into her new life in Miami filled with backyard sunbathing, fine dining, friends and revelry, the work doesn't stop, and she has a slew of projects underway in addition to growing her beloved fashion and beauty empires on a global scale. All eyes are on Coelho, who has proven herself to be a fearless businesswoman who transcends the digital world, and while she's a muse for so many, I couldn't help but ask who serves as hers.

"Rihanna, of course!" ♦



# Rapid *Fire*

FAVORITE  
VACATION  
DESTINATION

*Brazil*

GUILTY  
PLEASURE

*TV and chocolate*

BEST WAY TO  
RELAX

*At home in my  
bikini in the  
backyard*



Dior full look,  
dior.com;  
Coelho's own  
jewelry.

Hair by Dafne  
Evangelista

Makeup by  
Babi Moura

Managed by  
Pecchy Group






# THE NEW

Glassy and  
glossy skin is  
the spotlight  
this season  
for fresh-faced  
beauty that  
shines.

Photographed by Helena Palazzi  
Styled by James Aguiar  
Makeup by Kim Weber





On eyes: Sisley-Paris Les  
Phyto-Ombres in Glow  
Gold 41, [sisley-paris.com](http://sisley-paris.com);  
Clé de Peau Beauté Precious  
Gold vitality mask,  
[cledepeaubeaute.com](http://cledepeaubeaute.com). On  
face: Tata Harper cream  
highlighter in Flashy,  
[tataharperskincare.com](http://tataharperskincare.com). On  
lips: Byredo tinted lip balm  
in Argila, [byredo.com](http://byredo.com).





On eyes: Violette\_FR  
Yeux Paint liquid in  
Scarabée D'or, Ciel de  
Nuit and Cuivre de  
l'Aube, [violettefr.com](http://violettefr.com).  
On face: Symbiome The  
Renewal daily cleanser,  
[symbiome.com](http://symbiome.com). Opposite  
page, on face: Violette\_FR  
Boum-Boum Milk cream  
spray, [violettefr.com](http://violettefr.com).







On lips: Tom  
Ford Gloss  
Lux lip gloss  
in Phantome,  
[tomford.com](http://tomford.com)











On face: Sisley-Paris  
Instant Eclat primer,  
sisley-paris.com; Tata  
Harper cream blush in  
Seductrice and Coquine,  
tataharperskincare.com.  
Opposite page, on  
face: Tata Harper  
Gommage Corps Lissant,  
tataharperskincare.com;  
Chantecaille Liquid  
Lumiere in Brilliance,  
chantecaille.com. On  
eyes: Violette\_FR Yeux  
Paint liquid in Tout Doux,  
violettefr.com.

Model: Mari Taylor, Industry  
Model Management







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HEALTH, LEISURE, TRAVEL, WELLNESS

# Revive

Take a dip at andBeyond Sossusvlei Desert Lodge, which rests on the edge of the Namib Sand Sea—the largest dune field south of Africa's Sahara Desert.

## A WORLD OF WELLNESS

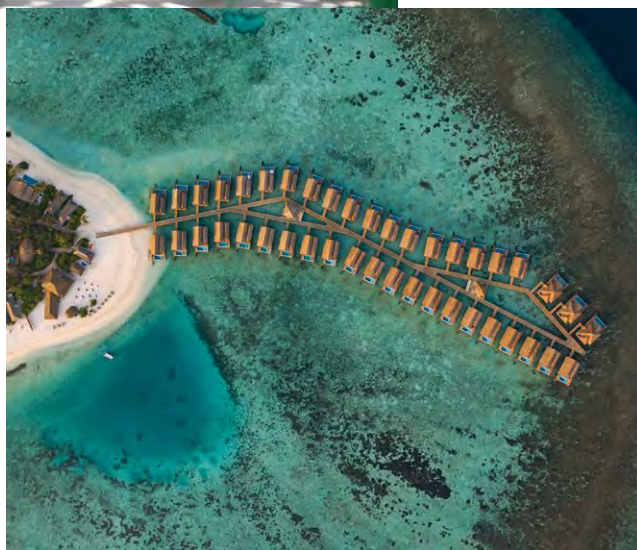
From Mexico to Africa—and beyond—these newly opened resorts invite guests to venture to exotic locales to achieve serenity in style. *BY ALLISON MITCHELL*

CONTINUED...





From left: Meditation classes and overwater bungalows help guests at the new Emerald Faarufushi Resort & Spa find serenity in the beauty of the Maldives; spa experiences at Hacienda AltaGracia begin with a purifying ritual at Casa de Agua, which includes an herbal exfoliation and local clay treatment.



...CONTINUED

## ANDBEYOND SOSSUSVLEI DESERT LODGE

Newly renovated five-star hotel and Beyond Sossusvlei Desert Lodge allows guests to explore Namib, the world's oldest living desert, tucked within Namibia in southwest Africa. The expansive property—clocking in at 31,419 acres—is home to this well-appointed lodge, where 10 stone-and-glass suites offer private plunge pools, beds situated under the stars thanks to retractable skylights, and glass-enclosed rain showers with 180-degree desert views. While stargazing and helicopter or hot air balloon rides offer visitors both tranquil and adventurous ways to enjoy the mesmerizing locale, the wellness center by Healing Earth equally dazzles. The center is primed to enjoy the sunrise and sunset from your secluded treatment room, where a private spa bath and a separate wet room spa await. Choose from a range of services, including the Quiet Mind Journey (featuring a blend of aromatherapy and deep-tissue massage techniques), or bring your little ones along to enjoy the WILDChild Beauties and Buddies (a foot soak and 15-minute massage followed by African tribal face painting). Further, visitors are encouraged to embrace the mystery of the desert with solo strolls, e-biking and quad rides through the spectacular sand dunes, some of which reach 1,000 feet in height. Desert dreaming, indeed. [andbeyond.com](http://andbeyond.com)

## EMERALD FAARUFUSHI RESORT & SPA

If an aquatic adventure is what you're after, set your sights on the forthcoming Emerald Faarufushi Resort & Spa, an Emerald Collection property in the majestic Maldives bowing in October.



Situated on a 7-acre private island in the Raa Atoll, the resort is surrounded by a tranquil 100-acre lagoon that makes a splash with signature teal waters for which the area is known. As the sister property of Emerald Maldives Resort & Spa, this intimate destination offers 80 villas—the majority of which include private pools—that are ideal for couples and families alike. Five restaurants—including the signature Mediterraneo, an Italian concept—and two bars ensure appetites are satiated, while the Emerald Spa, the resort's state-of-the-art wellness center, shines as the property's crown jewel. There, guests will find eight spa suites, tucked under a canopy of palm trees, to enjoy myriad Balinese-inspired massages and facials, plus a steam room, a mani-pedi corner, a yoga pavilion, plunge pools and an outdoor oasis that allows for forest bathing. Fitness is also top of mind thanks to scuba diving, a bevy of water sports, tennis and paddle courts, and an air-conditioned gym featuring Technogym equipment. Now, that's sweating in style. [emerald-faarufushi.com](http://emerald-faarufushi.com)

## ÉTÉREO, AUBERGE RESORTS COLLECTION

Discover the magic of Mexico's Riviera Maya at Étéreo, a new Auberge Resorts Collection property that debuted in December 2021. Tucked within a protected mangrove forest, the waterfront wonder honors the traditions and heritage of its sacred Mayan land through its many amenities. Begin your wellness journey with a pre-treatment cleanse at SANA, An Auberge Spa by choosing from a curated selection of soaps, clays, scrubs, butters and oils by Circe Brujeria de Origen to enjoy on your own. From there, indulge in healing energy rituals—which utilize scent, sound and massage techniques—body treatments, exclusive facials by KYPRIS, mani-pedi services, and even tarot card readings. Book SANA privately to experience four to six hours in your own secluded spa setting, which comes equipped with an outdoor rain shower, a hot tub and relaxation areas. You can even curate your own day of wellness with the guidance of Étéreo's expert team. The mind-body exploration continues outside the spa with sunrise meditations, sound baths, traditional Mayan full-moon ceremonies, yoga and functional fitness classes, and much more. When hunger strikes, toes-in-the-sand dining awaits at the beach club or at the signature Itzam, where fresh tortillas and fire-roasted corn are brought to life on the wood-fired comal daily. Go ahead, dig in. [aubergeresorts.com/etereo](http://aubergeresorts.com/etereo) CONTINUED...

EMERALD FAARUFUSHI PHOTOS COURTESY OF BRAND; HACIENDA ALTAGRACIA PHOTO COURTESY OF AUBERGE RESORTS COLLECTION



## LOCAL NONPROFIT

# Celebrating 132 - Year Anniversary at Oracle Park

By Ashley Latoof

**Telegraph Hill Neighborhood Center** (TEL HI) was founded in 1890 and has been serving children and families in San Francisco by providing crucial programs that enhance the quality of their lives. This May, TEL HI will celebrate 132 years of service during its annual fundraising gala, A Taste of TEL HI, and at a special dedication ceremony to rename its playground.

## A Celebration to Remember

TEL HI's annual fundraiser, A Taste of TEL HI, will be held at San Francisco's Oracle Park on Thursday, May 19, 2022 from 6:00 pm to 9:00 pm. The gala is open to the public and will benefit programs that support children's education and help get their schooling back on track.

Oracle Park's Club Level event will be emceed by Renel Brooks-Moon, the pioneering female announcer in Major League Baseball, and auctioneer Franco Finn, the irresistible hype man for the Golden State Warriors, who will entice guests with exciting live auction items. The evening will highlight TEL HI's dedication and service to San Francisco residents, and honor Christiana "Tina" Keker and her contributions to TEL HI. For more information or tickets, visit [taste22.givesmart.com](https://taste22.givesmart.com)

## New Playground will Honor Tina Keker

TEL HI's playground will undergo a much-needed renovation and will be renamed the "Tina Keker Playground" in honor of an amazing woman who helped transform TEL HI from a struggling nonprofit to an integral community organization whose programs span five locations, serving over 1200 people a day. During the fifty plus years that Tina was involved, she fundraised to keep TEL HI open during difficult financial times, helped to expand TEL HI's programs and services, which benefit thousands of people in the community, and served on the Board of Directors. TEL HI will host a dedication ceremony to celebrate the opening of the renovated playground. Dion Lim, news anchor and reporter for KGO-TV/ABC7, is scheduled to emcee the event. Joining Dion Lim will be public officials, special guests, community members, and kids from TEL HI's preschool and after school programs.

**"As we began to plan the renovations, we decided to name the playground after Tina Keker in honor of her contributions to TEL HI." said Nestor L. Fernandez II, TEL HI CEO/Executive Director. "Tina became involved with TEL HI when her boys were enrolled in the preschool program and, over the last 50 years, she has played a significant role in expanding TEL HI's important work in San Francisco. It just seemed right to name our playground after Tina."**

## A Cornerstone of San Francisco

Over 1200 residents a day rely on TEL HI's programs and services that are offered at different locations throughout the city, including the North Beach and Mission Bay neighborhoods. Their programs include year-round early childhood education for infants, toddlers, and preschoolers, and an after-school program that provides activities and tutoring for children in kindergarten through 5th grade during the school year and a full-time Summer Camp during the summer months. TEL HI also operates middle and high school-based programs that provide academic and social-emotional support to students throughout the school day, as well as senior and family services, including daily nutritious hot meals, technology and wellness classes, and various in-person and online workshops. To learn more about TEL HI, visit [telhi.org](https://telhi.org)



Christina "Tina" Keker



Board Executive Committee Members Fady Zoubi, Lynn Jefferson, Nestor L. Fernandez II and Dan Hernandez inspect playground.



...CONTINUED

## HACIENDA ALTAGRACIA

Experience an all-encompassing holistic getaway at Costa Rica's new Hacienda AltaGracia. An Auberge Resorts Collection destination, the 180-acre property invites guests to achieve tranquility in the lush foothills of the Talamanca Mountains, easily accessible from both San José and Liberia. In partnership with New York City-based wellness provider The Well, Hacienda AltaGracia begins each visitor's trip with a virtual health coaching consultation to plan an all-inclusive itinerary that emphasizes each guest's goals—whether it be plenty of time at the spa or white-water rafting down the sacred Pacuare River. On-site, Casa de Agua plays home to a hydrotherapy center—think pools, showers, steam rooms and saunas—plus eight treatment rooms, where holistic massages and tech-driven experiences, like Celluma light therapy, take place. Outdoors, movement classes, meditation, a healing garden and a signature herbal river bath on the banks of the Calientillo River connect guests with their natural surroundings. Don't miss the 700-pound Well Rancho Crystal to experience integrative energy healing as well. Once serenity is found, get your heart pumping by hiking through the lush El Rio forest, or horseback riding to Don Nery's nearby farm to discover tortilla-making and sugarcane distillation. You can even take flight from AltaGracia's private airstrip to the Osa Peninsula and Isla del Caño National Park to snorkel, dive, fish and lounge on the sun-kissed sand. By night, nocturnal treks reveal the forest's residents—including brightly colored frogs and wild ocelots—while stargazing gets a personal twist thanks to astrologer-led birth chart readings. How's that for adventurous? [aubergeresorts.com/altagracia](http://aubergeresorts.com/altagracia)

## SIX SENSES FORT BARWARA

More than 10 years in the making, the 14th century Six Senses Fort Barwara in Rajasthan, India, has been thoughtfully transformed into a 48-suite resort, where accommodations range in size from 753 to 3,014 square feet. Accessible via a two-and-a-half-hour car ride from Jaipur International Airport or a 6- to 7-hour car ride from Indira Gandhi International Airport in Delhi, the historic site immerses its guests in local cuisine at Roohani, the property's signature restaurant led by chef Matthew Crop. Ingredients in its health-driven dishes are sourced from the on-site organic garden and nearby farms to allow produce to shine across the menu. Meanwhile, the 30,000-square-foot Six Senses Spa revitalizes travelers with signature massages, ayurvedic treatments, healing facials, mindfulness practices and personalized wellness programs. Visit the spa's Alchemy Bar to create your own energy-boosting scrub, utilizing a blend of indigenous essential oils, muds, clays, gels and vegetable oils. Off-property, the Six Senses team is happy to coordinate a sunset drive through the Rajasthani countryside, ending at a secluded lake, or a wildlife safari adventure in Ranthambore National Park. Finally, retreat to your elegant quarters—originally owned by a royal Rajasthani family—to enjoy views of Chauth Ka Barwara village and its storied Chauth Mata temple. [sixsenses.com](http://sixsenses.com) ■



Clockwise from top: Greet the day with sunrise yoga at Six Senses Fort Barwara; the 753-square-foot Fort Suite at Six Senses Fort Barwara includes views of Barwara Village; Etéreo's in-house shaman, Yaotekatl, educates guests about Mayan culture and leads daily sunset rituals to honor the moon and the Mayan goddess Ixchel; Etéreo's large terraces embrace Mexico's indoor-outdoor living.



SIX SENSES FORT BARWARA PHOTOS COURTESY OF SIX SENSES; ETÉREO PHOTOS COURTESY OF AUBERGE RESORTS COLLECTION





## Charles K. Lee, MD, FACS

L plastic surgery - San Francisco

Named one of America's Top Doctors by Castle Connolly, Dr. Charles K. Lee is a board certified plastic surgeon specializing in eyelid and facial surgery serving the Bay Area since 2003. As the author of multiple chapters in the Clinics of Plastic Surgery textbook, Dr. Lee's precision approach to surgery is at the cutting edge for Asian eyelid surgery to microsurgery. His expertise in plastic surgery is not only devoted to breast reconstruction using self-tissues, but also enables him to perform finesse cosmetic surgery in the face, nose, and breast. He has lectured all over the world and has been an invited speaker and consultant to eminent medical companies. "It is absolutely essential to understand each patient's specific and unique goals while also explaining the details of the process from start to finish, and feeling absolutely comfortable with your surgeon," he says. Dr. Lee is the Chief of Plastic Surgery at St. Mary's Medical Center and is an Associate Clinical Professor of Surgery at the UCSF Division of Plastic Surgery teaching residents and fellows in the art and science of surgery. He has been called the "surgeon's surgeon," being entrusted to operate on surgical colleagues, while also helping other surgeons who request his expertise for the most challenging operations. Dr. Lee takes special care in corrective, revision surgery for operations that have been done elsewhere that have gone awry. "My greatest reward is in seeing my happy patients who can't stop smiling at their follow-up appointment!"

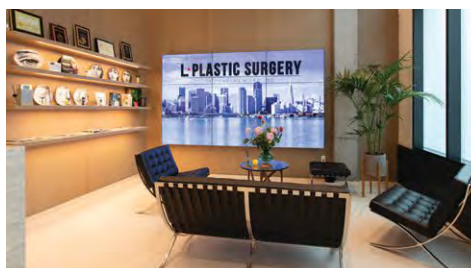
**THE SERVICES:** Upper & Lower Eyelid Surgery, Facelift, Fat Grafting, Rhinoplasty, Breast & Body Contouring, Laser Skin Rejuvenation, Botox

SAN FRANCISCO

# L-PLASTIC SURGERY

BY CHARLES K LEE, MD

"My greatest reward is in seeing my happy patients who can't stop smiling at their follow-up appointment."



Photography by: Christophe Testi



There comes a time in every vacationer's life when taking a plunge becomes not only a necessity, but also part of understanding the mosaic of a place. I consider this notion as I stand on a platform clinging to an inner tube the size of a tiny European car. I'm atop the so-called Cyclone Rush, one of 24 slides at the new 15-acre beachfront luxury water park known as Baha Bay, located at Nassau's Baha Mar (bahamar.com), which features the first-ever gaming pavilion inside a water park. The aptly named Cyclone Rush is akin to sliding down Class IV rapids—that is, if a river were tilted on its side, partially encased in a tube and occasionally defying the laws of gravity.



Clockwise from top left: Café Boulud is located in the Rosewood at Baha Mar; Marcus at Baha Mar Fish + Chop House offers a mix of traditional and contemporary Bahamian fare; the Rosewood Lagoon Pool at Baha Mar.



I needed this. And I'm guessing many others feel the same after two years of following protocols and forgetting what abandon actually entails. The park also includes two uphill water coasters, a FlowCurl surf simulator and a 500,000-gallon wave pool. It's a theme of unbridled fun, coupled with surprises and countless luxuries, which make the resort—encompassing Rosewood Baha Mar, SLS Baha Mar and Grand Hyatt Baha Mar—a Bahamas favorite for everything from its buzzy casinos and pool parties to the Caribbean's only

## Art of Abandon

NASSAU'S BAHAMAR CONTINUES TO OFFER GUESTS DIVERSIONS THAT SURPRISE AND FEED THE ISLAND SOUL. BY MICHAEL MCCARTHY



PHOTOS COURTESY OF BAHAMAR





flagship ESPA (with 24 private rooms for an impressive lineup of spa treatments) and splendid beaches.

When mapping out a stay here, consider the extremes. Embark on a mind-blowing flume, followed by afternoon tea in the Rosewood's library, a room so gilded in splendor it feels like a *Downton Abbey* set; I advise to sink into the gold and blue velvet couches for an hour. From Thursday through Saturday afternoons, the room hosts a Folklore Tea—stories abound regarding the mythical Lusca, Chickcharnie and Anansi—with local bush teas, tea-based cocktails, scones, finger sandwiches and desserts like delicately forged macarons. The tea service is part of the resort's choreographed aesthetic, which combines tradition and a new way to see the world.

Part of this vision falls into the lap of Nassau native John Cox, a Rhode Island School of Design grad and the creative arts director for the resort. I meet Cox at Baha Mar's art gallery, known as The Current Gallery and Art Center, a space filled with contemporary work by local artists shattering the notion of what constitutes Bahamian art.

"My job is to effect a paradigm shift," says

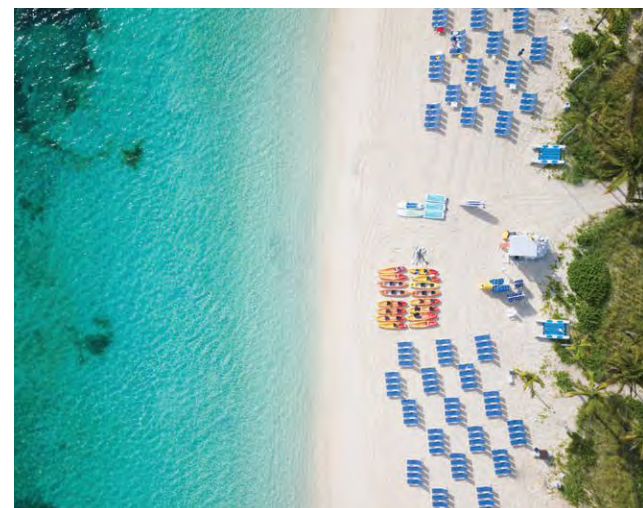


Cox, whose work has shown at Art Basel. "We have 7 million tourists coming to Nassau each year. We can create a metaphoric highway that intersects with that vast number of people to show them a new vision of what our art really is." He walks me around The Current and the resort itself, pointing out work from breakthrough artists like Sue Katz ([susankatzstudioart.com](http://susankatzstudioart.com)), whose mixed-media genius is part of 2,500 pieces of Bahamian art from established and rising creators. It's an ambitious effort that further establishes the resort's singularity.

This progressive tone continues with two signature restaurants (among 45 dining spots and lounges at the resort): Café Boulud and Marcus at Baha Mar Fish + Chop House. Chef Daniel Boulud's namesake restaurant goes glam with both its indoor and outdoor spaces; the chef's steady hand is mirrored in the kitchen, with dishes like yellow tuna carpaccio, sablefish, roasted duck (dressed in clementine, parsnip, beets and red wine jus) and bold Berkshire pork chop (lined in bacon crust and braised with endive apple puree).

The decibel level at chef Marcus Samuelsson's on-property restaurant, with its white decor scheme, is decidedly higher; make no mistake, this is a culinary party, with a menu that shows the chef's keen interest in exploring traditional island flavors and using the kitchen as a lab to create new ones. The for-the-table cornbread is a revelation; its crispy shell holds a delicate center—be sure to anoint the bread with the accompanying hot-buttered rum for instant bliss. From there, standout entrees include black crab Bolognese

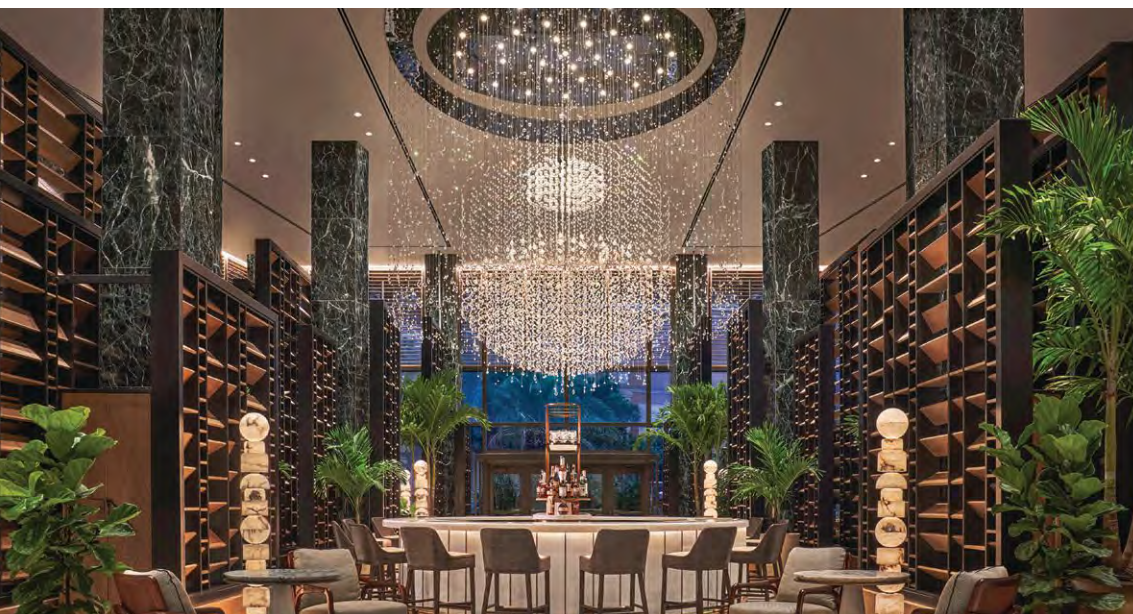
Clockwise from top left: Chef Marcus Samuelsson; The Library at the Rosewood at Baha Mar is the perfect spot for high tea; gorgeous beaches grace Baha Mar; John Cox, the creative arts director at Baha Mar, also oversees The Current.



with sour-orange gremolata, and grilled pork chop elevated with sizzled pineapple, corn and jerk rub. Samuelsson's hangout symbolizes Baha Mar's overall vibe: daring patrons to explore and treasure new facets of an island that continues to evolve. The rest comes easily, as guests take the plunge toward everything good under the Bahamian sun. ■







Clockwise from left: The stunning Chandelier Bar beckons just off the lobby; a bartender mixes up a French 75; bathrooms are generously sized and boast luxe marble finishes; indulgent clay pot dirty rice is a highlight at Miss River.

# The Big Easy, Elevated

LET THE GOOD TIMES ROLL IN LUXURIOUS STYLE AT THE RECENTLY UNVEILED FOUR SEASONS HOTEL NEW ORLEANS. BY J.P. ANDERSON

From incredible dining and world-class music to an irrepressibly joyful attitude toward life, New Orleans is a nonstop feast for the senses—and its main banquet table is the historic French Quarter, where revelers eat, drink, party and play at every hour of the day. It's easy to overindulge, but on a recent visit to the Crescent City, we found a sublimely soothing retreat from the scene just a few blocks away: the just-debuted Four Seasons Hotel New Orleans ([fourseasons.com/neworleans](http://fourseasons.com/neworleans)).

The location has serious history: Hugging the bank of the Mississippi River steps from the Quarter, the hotel and residences (341 rooms and suites and 92 condos) is set in the 1967 World Trade Center building, a downtown landmark that is listed on the National Register of Historic Places and, at 34 stories, one of New Orleans' tallest structures. It has also sat empty since the building's closure in 2011, making its renaissance as one



of the city's most luxurious hospitality destinations that much sweeter. "The building itself is something to celebrate," says Mali Carow, the property's general manager. "There is so much soul in this building that you can feel it when you step inside."

The building's exterior is staid, but the vibe inside is decidedly inviting, with sophisticated surroundings that exude a healthy dose of Creole flair. In the lobby, all eyes are immediately drawn to the stunning Chandelier Bar, which earns its name with a showstopping central fixture dripping in 15,000 crystals; walls are covered in work by renowned local and national artists like John Alexander and Leonardo Drew. Just beyond beckons



bistro-chic Miss River, one of two on-site restaurants, this one helmed by James Beard Award winner Alon Shaya (the other, fifth-floor Chemin à la Mer, is led by fellow Beard winner Donald Link). Billed as Shaya's "love letter to Louisiana," Miss River had us smitten by meal's end. Even in a city where it's nigh impossible to have a bad meal, our dinner—from decadent blue crab au gratin to clay pot dirty rice that had us scraping the last bits from the bowl—had us enraptured from start to finish.

And that's just the start

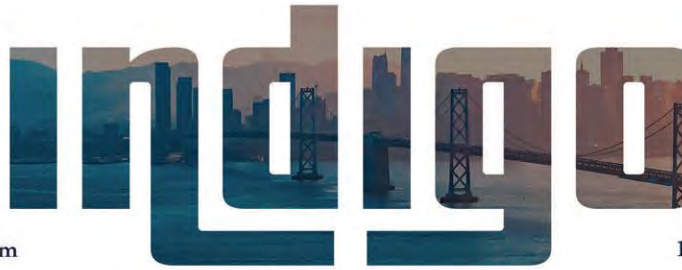
of the Four Seasons New Orleans' charms. The generously sized rooms boast marble bathrooms and stylish riverboat-inspired shiplap walls; the spa tempts with Triple Lift facials and Southern Gentleman massages (perfect after a night of revelry); and the must-visit observation deck on the 34th floor offers unsurpassed river and city views. Best of all, everything is within easy strolling distance of the heart of the French Quarter, making it even easier to have the poshest Big Easy weekend ever.

TOP RIGHT PHOTO BY DENNY CULBERT; OTHER PHOTOS BY CHRISTIAN HORAN/COURTESY OF FOUR SEASONS



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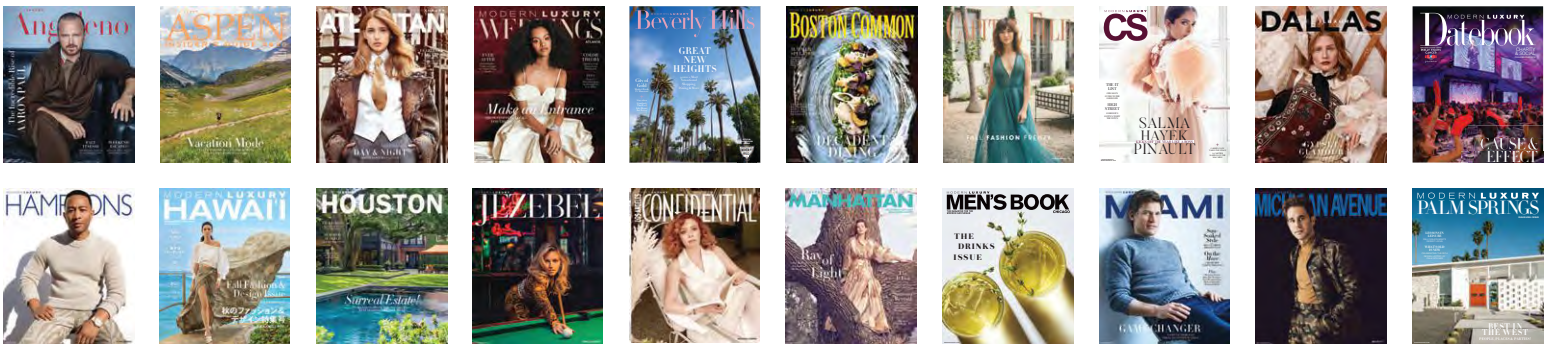
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Behold The Magic of the Painted Lady

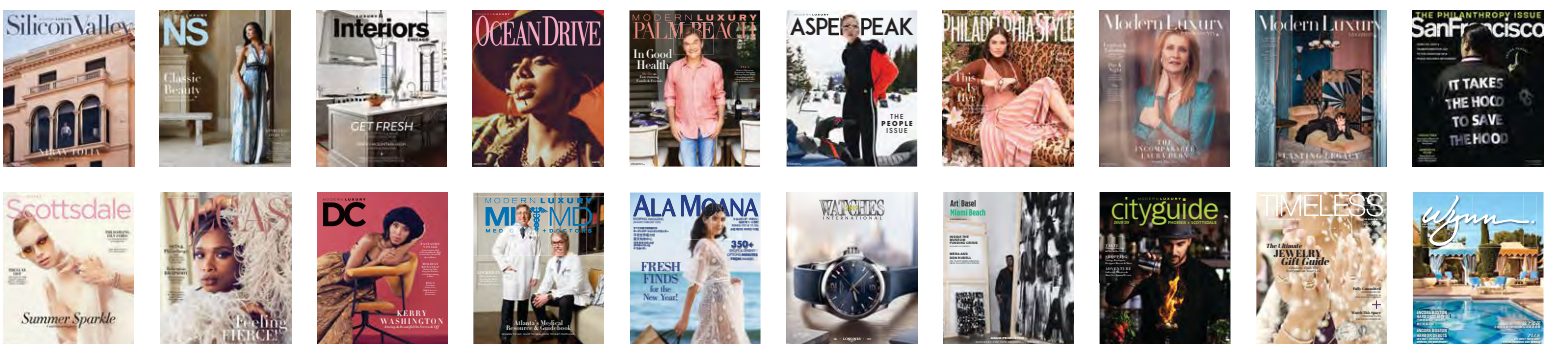
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MODERN LUXURY MEDIA

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There's something about the Hawaiian Islands that just feels right. Warm, fragrant breezes; lush foliage and flowers; and even the omnipresent ukulele music that plays adds up to a deeply soothing experience that's lured visitors to the middle of the Pacific Ocean for ages.

One destination that gets less attention than Maui or Oahu is the tiny island of Lanai. Previously the center of the world's pineapple production, it was purchased by Oracle co-founder Larry Ellison in 2012. Since then, he's been busy updating Lanai's two luxury resorts—the beach-adjacent Four Seasons Resort Lanai and Sensei Lanai, A Four Seasons Resort, the latter of which recently underwent a major overhaul.

Located nearly 2,000 feet above sea level, Sensei Lanai is an adults-only paradise dedicated to all things well-being. A collaboration between Ellison and Sensei co-founder Dr. David Agus, the resort offers visitors a variety of packages, from room-

## Finding Balance

BLENDING A DATA-FOCUSED APPROACH TO HEALTH WITH LUSH SURROUNDINGS, EXQUISITE MEALS AND AWE-INSPIRING TREATMENTS, SENSEI LANAI, A FOUR SEASONS RESORT, HAS MASTERED THE ART OF LIVING WELL.

BY LAURA ECKSTEIN JONES

only rates that include access to classes and activities to the new five-day Optimal Wellbeing Program, where a dedicated guide uses a data-driven approach to create a customized itinerary centered on health and longevity.

After a strenuous few months, I am absolutely giddy to try out the Optimal Wellbeing Program. My journey actually starts weeks before the trip when a

From top: The resort's restaurant, Sensei by Nobu, is a collaboration between chef Nobu Matsuhisa and Sensei co-founder Dr. David Agus. The menu contains a mix of healthy and more decadent options; a wooden soaking tub is just one amenity in each of the 10 decked-out spa "hales," or houses.



Whoop—a techy band that records all sorts of health and sleep metrics—arrives at my door. I wear it leading up to and during my stay: The data gathered plays a part in shaping my overall experience.

When I finally arrive to Sensei Lanai—after landing in Honolulu and a short, 25-minute transfer via a semiprivate Lanai Air plane—I'm struck by the gorgeous property. Not only is it bursting with lush foliage and elegant Cook pine trees, but there's an assortment of striking sculptures woven into the landscape, including figural works by Botero in front of the plantation-style hotel, and a towering Jeff Koons piece in the high-ceilinged lobby. The property is dotted with works by many important artists—including several by Jaume Plensa and Robert Indiana—something that adds a extra layer of depth and discovery. In between relaxing in my beautifully appointed room (there are 96 on property), partaking in classes and a hike, relaxing by the pool, soaking in outdoor hot tubs nestled in the onsen garden, dining **CONTINUED...**

RESORT PHOTOS COURTESY OF SENSEI LANAI, A FOUR SEASONS RESORT. BACKGROUND PHOTO BY ANNIE SPRATT/UNSPLOSH

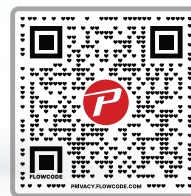
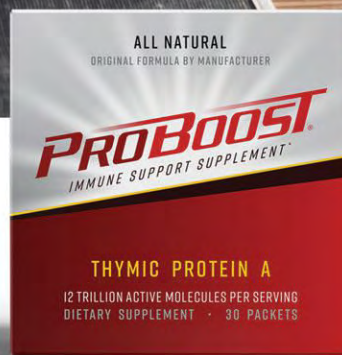


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From top: The resort's natural beauty can be viewed from every angle, including from various walking paths that snake across the property; the airy lobby is the center of activity; Sensei by Nobu at night.

...CONTINUED at the signature Sensei by Nobu all-day restaurant, visiting the sister beach property and enjoying an incredible spa treatment (more on that later), I meet with several experts to discuss my health and wellness intentions.

My first appointment is with my guide, Trevor, who pulls up the information I submitted before arrival in an impressive presentation. We go over my goals, and discuss how they relate to the Sensei Way: three fundamental paths including Move, Nourish and Rest. At Sensei Lanai—and I assume at other Sensei resorts that will open in the future, like Sensei Porcupine Creek in Rancho Mirage, Calif., set to debut this fall—so much revolves around these pillars. Movement and Rest are self-explanatory, while Nourish focuses on both food and activities that nourish the soul.

From there, he conducts a series of physical tests that will help guide my time at the property. This data will also appear in a Guide to Growth that's sent after the trip. I have blood taken to test certain biomarkers, and those results are discussed in my next meeting with Marlee, a nutritionist on staff who I vibe with immediately. I walk her through my eating habits, and she comes up with subtle changes that can make a big difference.

The last expert I meet with is Skyler, who helps me determine the best workouts for my lifestyle. One thing she says will stick with me: Workouts don't have to be full "meals" every time—they can also be "snacks," or small 5- or 10-minute bursts of activity throughout the day, like jumping jacks. It's such simple advice—I know I can



follow it and integrate it into my busy schedule.

My most memorable experience by far is time spent at the spa, consisting of 10 small houses or "hales." Each is equipped with infrared saunas, steam showers and onsen wooden tubs, plus an outdoor shower and soaking pools; I could have easily spent all day relaxing in the space. I am booked for a biomapping session that measures areas of heat in my body, followed by a massage. The biomapping gives my therapist insight into what areas need extra attention, leading to one of the best massages of my life. Post-treatment, I enjoy fruit and tea in the hale and make the most of the incredible facilities. One thing to note: Spa treatments only come with an extra 20 minutes of time to enjoy the hale. Definitely reserve extra time.

Besides the top-notch service and the beyond-gorgeous property, what sets Sensei Lanai apart is its astute attention to detail—and to data. While there, experts communicate with each other about you before each meeting, so your time is never wasted and you always feel cared for. Connection—to the caring guides, to nature, to the inspiring artwork, to the beautiful property and, most importantly, to yourself—is key, and lasts long after leaving. [sensei.com](http://sensei.com) ■







Shruti Naik, Ph. D., Assistant Professor of Pathology at New York University School of Medicine & V Scholar Award recipient



David & Kary Duncan, 2022 Inaugural Sonoma Epicurean Vintner Grant Honorees



Sonoma Epicurean Co-Host Sage Steele



Guests celebrate \$2.4 million raised

# MODERN LUXURY SPOTLIGHT about town

## The Inaugural V Foundation Sonoma Epicurean Gala

**Montage Healdsburg  
March 31—April 3, 2022**

The V Foundation for Cancer Research raised over \$2.4 million at the inaugural Sonoma Epicurean weekend, held March 31 - April 3 in Sonoma County's renowned wine country. A signature series of events, Sonoma Epicurean featured curated experiences with award-winning chefs, local artisans, and world-class vintners with a focus on lifestyle, wellness and sustainability. Proceeds from the inaugural event will support grants funded through the Stuart Scott Memorial Cancer Research Fund at the V Foundation for Cancer Research. The V Foundation has now funded over \$290 million in cancer research grants nationwide.

*Photography by Courtesy V Foundation Sonoma Epicurean*



Mark Malpiede, Chef Charlie Palmer and V Foundation CEO Shane Jacobson



Jaron Dubinsky, Executive Chef of Montage Healdsburg and Stuart Bryan, Vintner Ambassador



Aperture Cellars Winemaker Jesse Katz and Chef Dustin Valette



Sage Steele, Award-winning actor and philanthropist Hill Harper



# Work It Out

LOOK NO FURTHER THAN THESE LOCAL SHOPS FOR FITNESS APPAREL AND GEAR THIS SUMMER. BY PILI SWANSON



## AETHER

AETHER is a haven for outdoor looks. Dedicated to functionality, modernity and resistance, many of AETHER's clothes are weather-resistant and waterproof. The brand's mantra, "You only get one spin," embodies being active and saying yes to adventure, which is what the clothing aspires to showcase. As the original stand-alone store, the Hayes Street location is presented through three large containers stacked on top of each other with a glass-encased lounge and a belt-driven "dry-cleaner" conveyor system. The shop offers a curated, trend-driven selection of men's and women's threads. 489 Hayes St., 415.437.2345, [aetherapparel.com](http://aetherapparel.com)

## A RUNNER'S MIND

A Runner's Mind made its debut in 2010, offering a professional gait analysis, performed by team members to measure customers' feet combined with a recording of them walking on the sidewalk for a brief amount of time. Team members analyze a client's foot, hip and other mobility functions to find the right fit. The brand offers several group events, where people

with a range of running or walking experiences can participate in weekly Thursday-evening walks. "Our team members are runners of all levels who are more than happy to share their tips and expertise on injury prevention and treatment, recommend local physical therapists and fitness classes, and make training suggestions," says Chance Kinney, store manager and digital media director. 3575 Sacramento St., 415.800.7575, [arunnersmind.com](http://arunnersmind.com)

## ALLBIRDS

Increasingly popular brand Allbirds is known for creating comfortable shoes sustainably. Its shoes are made with merino wool and eucalyptus tree fiber; the brand also uses recycled plastic for shoe laces, castor oil in the insoles and recycled cardboard for packaging materials. Other efforts include shifting farming practices for healthy soil (reducing CO2) and using cleaner fuel and energy—and less of it. San Francisco is home to the first-ever Allbirds store, which opened in 2014, and its second location was designed to keep natural materials in mind

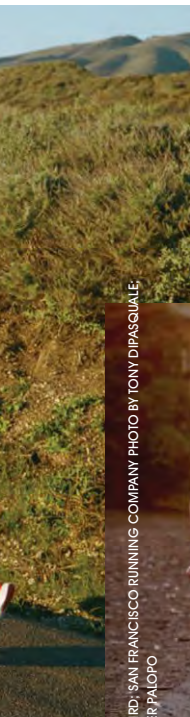


From top:  
Cashmere  
hoodie and  
Dolomite boots  
from Aether;  
Allbirds' Tree  
Dasher 2 shoes.



PHOTOS COURTESY OF RBANDS





From left: Sports Basement; San Francisco Running Company.

variety of activities from top brands, including Hoka, Salomon, Altra and Nike. “We welcome trail runners of all abilities, whether they’re starting out or trying to train for a marathon,” says Mecque Tucker, the store’s general manager. 247 Shoreline Highway, B1, 415.450.7031, [sfrunco.com](http://sfrunco.com)

by using reclaimed wood within key parts of the store. 425 Hayes St., 415.469.1455; 57 Hotaling Place, 415.802.2800, [allbirds.com](http://allbirds.com)

## SAN FRANCISCO RUNNING COMPANY

Known as one of the finest trail-running stores in the Bay Area since 2013, the San Francisco Running Company offers more than just shoes. This community-centric establishment hosts monthly Saturday-morning group runs on trails like the Tennessee Valley and Coastal Trail, with the length of runs varying each week. Plus, the recently launched membership program offers in-store discounts, monthly field trips, events and other perks. Although the company is trail-shoe-centric, other styles are offered for a



## SPORTS BASEMENT

Since 1998, this one-stop shop for sports fanatics has not only focused on the outdoors but also on community needs. In 2015, the Basemateer program was launched: The profit-sharing initiative rewards members with store perks and also donates 10% of a fiscal year’s worth of profits to nonprofits of the member’s choosing. With 11 locations throughout the Bay Area, the stores offer a space for local gatherings and events, from community meetings to film screenings. Customers can pick up brands like Patagonia, New Balance, The North Face and many others. Plus, every location offers rental equipment for biking, tennis, skiing, snowboarding and more. *Multiple locations, [shop.sportsbasement.com](http://shop.sportsbasement.com)*



RUNNERS PHOTO BY MARINE KINNAIRD; SAN FRANCISCO RUNNING COMPANY PHOTO BY TONY DIPASQUALE; SPORTS BASEMENT PHOTO BY OLIVER PALOPO





# Smooth Move

LOOKING FOR A HEALTHFUL POSTWORKOUT BOOST? TRY ONE OF THESE TOP SMOOTHIE AND JUICE SPOTS AROUND THE BAY AREA. *BY CHLOE KONRAD*

## Bebebar

Dolores Park is home to local smoothie and juice favorite Bebebar. Brazilian ingredients and an owner from Rio de Janeiro make for out-of-this-world flavors in the venue's acai bowls, smoothies and juices. Bowls are topped with gluten-free granola, and customers can add exotic toppings like hemp or bee pollen, or opt for smoothies like the Indra or the Senan for something a bit sweeter. Plus, the shop has Brazilian "nosh," including *pão de queijo* for a heavier snack. Inside the location next to Mission Dolores Park, visitors will find a colorful interior with tables created by the

Argentinian and San Franciscan artist Alex Garcia. 3809 18th St., 415.874.9896, [bebebar.com](http://bebebar.com)

## Sidewalk Juice

The brand now has five locations across San Francisco and the Bay Area, including one in the SFO International Airport. Owner Jason Nazzal was a wrestler who found that cleaner, healthier foods aided his performance and recovery, so the business was founded on four values: build trust by using the best local ingredients, be a reliable source of nutrition, inspire customers to live a balanced lifestyle and be transparent about what goes in the food. Nearby farms and agricultural vendors are used,

and the menu isn't small. There's a long list of smoothies, such as the El Nino and Mango Colada, vegan smoothies like the Tropical Pitaya, fresh juices and smoothie bowls like the Butter Bowl and Nuts About. *Multiple locations, [sidewalkjuice.com](http://sidewalkjuice.com)*

## Beloved Cafe

San Franciscans have been loving this Mission District spot since 2017, and for good reason. Beloved Cafe's cozy interiors and friendly vibe make for the perfect place to start the day, especially with one of the raved-about smoothie bowls and drinks. All ingredients are 100% organic and plant-based, and all of the dishes are made fresh in-house. The team at Beloved works with local farmers and herbalists to find the best combinations of ingredients and creates options like the Million Dollar Smoothie, the Buddha Berry Bowl, the Cooling Greens juice and blueberry lemonade. Snack on some oatmeal, soup or salad while sipping the Blueberry Restorer Smoothie. 3338 24th St., 415.800.6546, [belovedcafe.com](http://belovedcafe.com)

## Nourish Cafe

Located in Nob Hill and the Richmond District, Nourish Cafe has served plant-based and GMO-free food for seven years. Sarah Bacon and Brighton Miller opened the cafe together and are passionate about bringing plant-based diets to locals. Miller is the head chef and uses sustainable local ingredients for all her dishes, including the smoothie bowls, smoothies and juices. Nourish strips down the showy breakfast trends to the basics for dishes like the dragon fruit bowl. Moringa, a superfood, can be added as a topping to any of the bowls. Smoothies like the Very Berry, the Dragonfly and the Baobab Banana Berry are also available, and the

Sixth Avenue location has a short and sweet selection of juices. Choose from the Balanced, the Nourished or the Vibrant juices to start the day. 189 Sixth Ave.; 1030 Hyde St., [nourishcafesf.com](http://nourishcafesf.com)

## Juice Shop

What started as a solution for liver health problems is now a bond between three brothers who offer clean, plant-based juices at Juice Shop. The team continues to concoct a lengthy list of brightly colored and tasty juices like Citrus Gold and Turmeric Ginger-Aid. Juice Shop recently released a new line of products known as the tonics. Each drink is 100% organic and made using a hydraulic press, which produces liquid retaining the highest amount of nutrients, enzymes and flavor possible. Putting sustainability at the forefront, Juice Shop uses glass bottles that customers can bring back for reuse. 432 Octavia St., 415.757.0696; 221 Corte Madera Town Center, Corte Madera, 415.927.1959, [juiceshop.com](http://juiceshop.com)

Quinoa bowl with roasted vegetables and marinated tempeh from Beloved Cafe



FROM TOP, PHOTOS: BY POLINA TANKILEVICH/PIXELS; COURTESY OF BELOVED CAFE

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## 1 PLAY HOOKY AT THE COSMOPOLITAN

Make waves and steal glances this summer with 25% off midweek stays at The Cosmopolitan. More time to soak up the sun during the day, watch blockbuster hits at the pool on Monday nights or get the best view of The Strip while listening to live music during Sunset Cocktail Hour on Thursdays. The Pool District at The Cosmopolitan has something for everyone all throughout the week.

[cosmopolitanlasvegas.com](http://cosmopolitanlasvegas.com), 702.698.7000

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## 4 FIREFLY DROPLET BY NANCY CALLAN AT MONTAGUE GALLERY

As the only gallery in San Francisco that specializes in contemporary glass art, visiting Montague Gallery is a special treat. Presenting an expansive roster of world class artists, Montague Gallery showcases a variety of techniques including blown, cast, flameworked, and cut glass. You will also discover carefully selected paintings and fabulous jewelry featuring exquisite handblown glass beads.

445A Sutter St., San Francisco,  
[montaguegallery.com](http://montaguegallery.com), 415.964.4978



## 2 VISIT CK CONTEMPORARY

Located in the heart of Union Square, CK Contemporary is committed to new and experienced collectors who desire a skillful steward in the acquisition of paintings, drawings and sculpture that are both timeless and unique. Realism and representational art has long been the gallery's focus, though we showcase genres ranging from abstraction to contemporary still life. CKC also develops a number of historic artist estates, primarily of mid-century American painters.

[ckcontemporary.com](http://ckcontemporary.com), 415.397.0114

## 3 ALONZO KING LINES BALLET'S SPRING SEASON

The internationally celebrated contemporary ballet company is thrilled to kick off its 40th Anniversary season with the world premiere of a new work featuring Grammy Award-winning vocalist Lisa Fischer. The brilliant vocalist will perform live alongside the LINES Ballet dancers to a new commissioned score by jazz pianist Jason Moran. Performances run May 13-22, 2022 at the Blue Shield of California Theater at Yerba Buena Center for the Arts.

[linesballet.org/spring-2022](http://linesballet.org/spring-2022)





# Roll With It

PROFESSIONAL CYCLIST PETER STETINA TEAMS UP WITH HOTEL HEALDSBURG THIS SPRING FOR RIDES LIKE NO OTHER. BY MICHAEL MCCARTHY

Peter Stetina ([peterstetina.com](http://peterstetina.com)) has the type of résumé that's storytelling gold during long, lovely rides. Among other accomplishments, including three national championships, he was a member of Ryder Hesjedal's groundbreaking Giro D'Italia victory team; he also completed two Tour de France and Vuelta de Espana races. More recently, the Sonoma native set

a course record for Moab, Utah's infamous White Rim Trail. Now, the cyclist partners with Hotel Healdsburg and its sister properties, h2 hotel ([h2hotel.com](http://h2hotel.com)) and Harmon Guest House ([harmonguesthouse.com](http://harmonguesthouse.com)), to pedal with guests during cycling adventures in wine country. The private, guided ride with Stetina for up to four guests of all skill levels includes a two-night stay, a welcome

bottle of Sticky Bottle (a collaboration between winemaker Lucas Meeker and Stetina) and postride Sonoma County craft beer. A \$400 donation per package goes toward the B-Rad Foundation ([b-radfoundation.org](http://b-radfoundation.org)), which provides a new bike, helmet, lock and cycling adventure to a local child in need. *Pro Cycling Experience package, 25 Matheson St., Healdsburg, 707.431.2800, [hotelhealdsburg.com](http://hotelhealdsburg.com)*

Peter Stetina (far right) will customize rides with guests of the Healdsburg Hotel and its sister properties through Sonoma.

PHOTO COURTESY OF HOTEL HEALDSBURG