

DESIGNERS

style. substance. soul.

TODAY

NOVEMBER/DECEMBER 2020

LINEWEAVER

BUSINESS

Healthy *Choices*

Members of our community share experiences, opinions and tips that are having a healthful impact on their own lives, their businesses and the greater good.



Above: Susan M Kaineg, tech wiz, artist, and visionary behind Be OUTSPOKEN statement hide rugs, likens yoga to a rewiring of the brain. Practicing for more than 30 years, she says, “Yoga definitely is my place to meditate, gain clarity and resilience on the mat, so I live more skillfully and centered off the mat. It has also been a great vehicle to ‘find my voice’ and speak my truth.”

Sharing and Selling *Sanctuary*

Interior designer **Lisa Kahn** of Naples, Florida-based Lisa Kahn Designs has been building out the concept of Sanctuary — that peace around us will inspire peace within us — for the last 10 years. It had become an integral part of her full-service concierge design brand, it was a way she chose to live and other initiatives were in the works. When the pandemic hit Kahn felt a new urgency. “Never has there been a more important time for sanctuary. It’s what humanity needs.”

She went into action — committed to writing her weekly Finding Sanctuary blog, started the Sanctuary Collective Facebook group, and started retooling The Sanctuary Class. Kahn and her husband Phillip Allen also created The Sanctuary Institute, a fledgling non-profit that will explore the relationship between the built environment and human transformation.

For more tangible and immediate Sanctuary, Kahn has launched a candle and spray collection available in two flavors, Grounding and Soothing, representing the richly scented forest floor and beach breezes, respectively. “Candles are one of the easiest and quickest tools for creating instant sanctuary,” says Kahn. “Light a candle and take a deep breath. That’s all you need to switch your energy.” —J.D.



Intentional design: Soy wax Finding Sanctuary candles are scented with a unique blend of essential oils and hand-poured into recycled glass vessels. They are made at STAR*Made Studio, a social enterprise in Naples.



Paying Attention to You

REDEFINING SELF-CARE

BY **DESI CRESWELL**

I’ve never been a fan of the term self-care. To me the phrase conjures up images of bubble baths and massages. While I’m all for a day at the spa, when we narrowly define self-care in this way we limit our ability to care for ourselves on a daily basis. Have you ever considered that self-care could come in a wide variety of forms, many of which you are already doing but too busy to notice or acknowledge? Opportunities for self-care

are everywhere but we do have to train our brain to see them.

Like many others families, we adopted a pandemic puppy. As I took her out for yet another walk I found myself feeling frustrated and rushed. I was going through the motions — just trying to do get it done and get back to my desk in as little time as possible. But as I rounded the corner of our usual loop I had a moment of awareness. I could choose to continue to be annoyed at the interruption to my day or I could appreciate the ability to care for myself through movement. Is walking the

dog a chore or is it self-care? We get to decide, and one feels a lot better than the other.

There are so many opportunities to note our present experience in a way that serves us. It could be straightening the living room pillows not because we are the only one who will do it but because we love how it looks when we come down in the morning. Or carefully applying a favorite lotion before bed because the touch is soothing, not just because we are fighting off dry winter skin. Self-care doesn’t require additional time; it simply takes intention. Simple, consistent shifts in your attention will create a sense of well-being that is far greater than any day at the spa.

I encourage you to ask yourself, how can I build the practice of regularly acknowledging the ways in which I already care for myself? How can I cultivate more everyday opportunities to give myself a little more of what I need? Start paying attention to yourself and see what happens.

Desi Creswell is a Certified Life Coach who helps interior designers stop feeling overwhelmed so they can build a life and business with intention. To learn more, visit www.desicreswell.com.