CAMILLE STYLES

EDIT



THE ULTIMATE SUMMER READING LIST
YOUR CAN'T-PUT-DOWN READS OF THE SEASON

CHLOÉ CRANE-LEROUX

3 SPRITZES TO SAVOR
ZERO ALCOHOL REQUIRED

interviews

BOBBI BROWN
CAMILLA MARCUS
CLAIRE ZINNECKER

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Photograph by Michelle Nash

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slow down
savor
connect







The Secret of the SUN





From the Editor



CAREFREE DAYS

As a kid, the last day of school felt like magic. The final bell would ring, and suddenly a whole world of freedom opened up: bike rides until sunset, popsicles on the front porch, bare feet in the grass. Summer meant possibility—unstructured, playful, and deliciously slow.

But somewhere along the way, that feeling started to fade. As an adult, summer lost its rhythm and began to feel just like any other time of year. Work continued, calendars stayed just as full, and the promise of carefree days got lost somewhere between kids' summer camp schedules and project deadlines.

This year, I'm reclaiming that sense of summer freedom—not just for a week at the beach, but in the everyday moments at home. Drinking coffee on the patio with the morning sun on my face. Family walks after dinner. Playing hooky on a Thursday afternoon to jump in the pool and pretend we're on vacation without leaving home. It's the small rituals that remind me: The freedom of summer is something we create for ourselves.

It's this spirit that inspired our theme for the Summer issue: *Carefree*. Inside these pages is an invitation to slow down, savor, and reconnect with ourselves and each other:

Our cover star, Chloé Crane-Leroux, hosts a dreamy summer dinner party with recipes for gathering at golden hour.

Beauty icon Bobbi Brown shares the rituals, routines, and products that help her feel her most authentic (and beautiful) self.

Regenerative chef and author Camilla Marcus gathers for a backyard lunch under the trees that reminds us how beautiful simplicity can be.

We're also sharing the summer pastas we make on repeat, sun-drenched style for the season, a reader-curated list of the best summer reads of all time, and so much more to help you live this summer to the fullest.

Consider this your invitation to slow down, savor the wild abundance of the season, and say "yes" to a summer lived with more lightness, connection, and joy.

Here's to letting go—and letting in everything that matters most.

Camille

Editor-in-Chief


this is your
invitation to let go
and let in everything
that matters most

CONTRIBUTORS

THE QUESTION

When was the last time you felt *totally carefree*?



Camille Styles
Editor-in-Chief

AUSTIN
TEXAS

For me, the combination of salty air, wet hair, sounds of ocean waves, and being totally disconnected from my phone always does it for me. I'm channeling this as much as possible this summer.



Nicole Ziza Bauer
Managing Editor

BASSANO DEL GRAPPA, ITALY

I recently went on a rare escape with my best friend. It was four days of late-night chats, slow breakfasts, and floating in the ocean rambling about anything and everything on our minds. It felt like soulful indulgence in the best way—total presence, deep gratitude.



Brittany Chatburn
Designer & Content Marketing Director

AUSTIN
TEXAS

I was sitting around a table with friends after a year of intentionally invested in one another. We swapped stories and laughed over small plates and wine, and the safety of their friendship felt like freedom.



Suruchi Avasthi
Photographer & Food Editor

CHICAGO
ILLINOIS

I feel totally carefree every evening during my self-created and protected Me Time before I go to bed. As a night owl, having every late evening to just enjoy my own company, do the things I love like doodling, reading, daydreaming, catching up on my shows, moodboarding, you name it, just makes me feel so carefree and full of joy.

CONTRIBUTORS



Edie Horstman
Wellness Editor

DENVER
COLORADO

Mother's Day, early evening. What started as a simple hangout turned into an impromptu block party—kids playing hide-and-seek, parents chatting with drinks in hand, music playing from someone's speaker. The weather was perfect and no one was in a rush to be anywhere. It felt effortless, joyful, and full of community—one of those stark moments that made me fall in love with our little corner of Colorado all over again.



Michelle Nash
Photographer

AUSTIN
TEXAS

Today. Swimming around in the ocean wearing my nieces toddler goggles looking for seashells.



Isabelle Eyman
Contributing Writer

PORTLAND
OREGON

I booked a spontaneous solo weekend in Vancouver, BC recently. No agenda, no pressure to plan—just ocean walks, solo dinners, and hours spent reading my book in all the cozy coffee shops. I wasn't just carefree, I was at peace.



Bridget Chambers
Fashion Editor

DALLAS
TEXAS

I'm by far the most carefree when the UV is 10, I'm lost in a witty romance novel, and I'm parked on a beach. Followed by a luxuriously long bath and a fluffy bathrobe, of course.



Joelle Kutner and Jesse Rudolph
Contributors

LOS ANGELES
CALIFORNIA

Joelle: That's a hard one! It's probably been a while — running a business, being a mom, and just life in general can be a lot. We did go to Palm Heights in the Cayman Islands last year for a friend's birthday. The water was super clear and calm — we ended up spending hours in it, just floating around and looking up at the sky. It was the first time in a long time I really felt like I could switch off.

Jesse: When traveling!

FOR YOUR JOURNAL

When was the last time *you* felt totally carefree?

summer intentions



Swap your alarm for sunshine. Let natural light be your wake-up call—open the windows and start the day with sunshine on your face.

Slow down your mealtimes. And savor every bite. Resist the urge to rush. Enjoy good conversation and actually chew your food (your digestive system will thank you).

Ditch your inbox after 5pm. Set a boundary and step outside. Water the garden, make a spritz, take a walk. Let it feel like summer.

Let the farmers market inspire your dinner. Explore the stalls and see what sparks menu ideas. Let the colors and scents of the season be your guide.

Embrace your natural beauty. Let skincare feel like self-care. Moisturize, gua sha, and go makeup-free to let your skin breathe. You'll uncover an all-new glow.

Rewatch your favorite childhood movie. There's nothing like nostalgia to take you back to simpler times and help recapture the carefree feeling of summer.

Light a candle in the morning. Slow down and set the tone before the busyness of the day takes over. The smallest rituals can change your whole vibe.


wild
as the sea
carefree
as the
summer

FOOD



Recipes designed to *nourish* your body, *engage* your senses, and make every meal a ritual.


EDIT



RAISE A GLASS—THESE BOOZE-FREE SPRITZES BRING THE FLAVOR.

CIN-CIN!

RECIPES & PHOTOGRAPHY BY SURUCHI AVASTHI

There's something undeniably perfect about a summer afternoon with a bowl of cold watermelon, a good book, the warmth of the sun, and a chilled drink in hand. As someone who often opts for non-alcoholic options, I'm always looking for drinks that feel just as fun and special as a cocktail—full of flavor, refreshing, and perfect for kicking back on a warm day. These spritzes check all the boxes—and then some.

I took a more-is-more approach and created a variety of flavors so everyone can find a favorite. The **Pinkberry Rose** spritz is sweet, fruity, and perfect for a laid-back patio hang. The **Cucumber Ginger** spritz is my ode to the savory flavors of my mom's mint chutney, just sweet enough to be the ultimate summer sipper. And the **Mango Orange** spritz is a celebration of sunshine in a glass—bright, fun, and poolside-ready. For me, a great NA drink needs more than bubbles—it has to deliver real flavor. Blending the fruits and veggies smooth means no straining is required, and it gives the drink a richness that makes these spritzes especially satisfying.

The best part? You can make them all ahead of time in big batches. Each mix makes about 3–4 drinks, so double the recipe for a crowd or prep it once and enjoy all week. Just set everything out and let your friends DIY their perfect spritz.

Pinkberry Rose Spritz

ROSE SYRUP

½ cup granulated sugar
¼ cup water
2 tbsp food-grade dried rose petals
splash of vanilla extract

SPRITZ

½ cup raspberries
½ cup strawberries
¼ cup cherries
juice of ½ lemon
pinch of salt

METHOD

Prepare the rose simple syrup. In a small stovetop pan or pot, add the sugar and water. Bring to a slow simmer, stirring occasionally. Cook on low until the sugar has dissolved—this should take just a few minutes. Remove from heat, add the rose petals and vanilla, and let steep until the syrup is cool. Store in an airtight container in the fridge until ready to use.

Next, blend the spritz mix. Add all mix ingredients to a high-powered blender and blend until completely smooth. Taste and adjust as needed (more lemon for brightness, more berries for sweetness). Store in an airtight jar in the fridge until ready to use.

TO SERVE

Add 2-3 tablespoons of the berry spritz mix and 1-2 tablespoons of rose syrup to a glass. Top with ice and finish with sparkling water. Stir gently and enjoy cold.





Cucumber Ginger Spritz

INGREDIENTS

- 2 small cucumbers, chopped
- 2 inches ginger, peeled
- handful of mint leaves
- small handful of cilantro leaves
- 2–3 tbsp honey
- juice of ½ lime
- pinch of salt

METHOD

Blend all ingredients in a high-powered blender until smooth. Taste and adjust with more honey for sweetness or more lime for tartness. Store in an airtight container in the fridge. To serve, spoon 2-3 tablespoons into a glass, add ice, and top with sparkling water.

Mango Orange Spritz

INGREDIENTS

- 1 mango, peeled and chopped
- Juice of 1 orange
- Juice of 1 lemon
- Pinch of salt

METHOD

Combine all ingredients in a blender and blend until silky smooth. Taste and adjust as needed. Store in the fridge in a sealed container. When ready to serve, add a 2-3 tablespoons to a glass, top with ice and sparkling water, and enjoy chilled.





by Camille Styles
photography by Suruchi Avasthi &
Michelle Nash

LA DOLCE PASTA

PASTAS TO CHANNEL AN ITALIAN SUMMER



If there's one thing Italians do best, it's embracing the simple pleasures of the season—and in summer, that means pastas bursting with sun-ripened flavors that are meant to be savored slowly. This collection of veggie-forward recipes captures the carefree spirit of an Italian escape: juicy burst tomatoes, tender zucchini, creamy lemon-scented ricotta, and market-fresh roasted vegetables that take center stage. They're unfussy and come together with just a few ingredients—perfect for long lunches or spontaneous dinners at golden hour. Light and satisfying, these are the pastas you'll have on repeat all summer long.



LEMON RICOTTA PASTA

RECIPE BY CAMILLE STYLES

INGREDIENTS:

2-3 tbsp olive oil
1 shallot (or ½ small onion), chopped
3 small zucchini, finely chopped
3 garlic cloves, minced
½ cup ricotta
Juice of 2 lemons
1 cup canned or jarred artichokes, chopped
½ bunch kale, chopped
½ lb pasta (like bucatini)
Salt, pepper, and red pepper flakes (optional)

INSTRUCTIONS:

Heat olive oil in a large pan over medium. Add shallot and a pinch of salt, cook 1 minute. Add zucchini, more salt, pepper, and chili flakes if using. Cover and cook 10-15 minutes, stirring and mashing the zucchini until it becomes saucy. • Stir in ricotta and lemon juice. Set aside. • Cook pasta as directed. Reserve 1 cup of pasta water before draining. • Stir kale and artichokes into the zucchini mix. Add ½ cup pasta water to loosen. • Add pasta to the sauce, toss well. Add more pasta water if needed. • Serve with extra lemon juice, herbs, or cheese.

RATATOUILLE-STYLE ROASTED VEGETABLE PASTA



RECIPE BY CAMILLE STYLES

INGREDIENTS:

6 tbsp olive oil, divided
1 small eggplant, cut into half moons
1 zucchini, sliced into ½" rounds
½ yellow bell pepper, sliced into ½" strips
½ yellow onion, thinly sliced
6 garlic cloves, smashed
1 (14-oz) can fire-roasted diced tomatoes, drained
¼ cup chopped fresh basil (plus more to serve)
1 tsp Italian seasoning or herbes de Provence
¾ tsp sea salt
Black pepper
Pinch red pepper flakes
½ lb short pasta (like rigatoni or penne), cooked
Parmesan, to serve

INSTRUCTIONS:

Heat oven to 400°F. On a lined baking sheet, toss eggplant, zucchini, and garlic with 1 tbsp olive oil, salt, pepper, and Italian seasoning. • Roast 10 minutes. Then add bell pepper, onion, tomatoes, 1 more tbsp olive oil, red pepper flakes, salt, and basil. Toss and roast 20-30 minutes more, until everything's tender and caramelized at the edges. • Add roasted veggies to a bowl with cooked pasta. Drizzle with more olive oil and a pinch of salt. Toss well. • Top with Parmesan and fresh basil. Serve warm.



SIMPLE ZUCCHINI PASTA

RECIPE BY CAMILLE STYLES

INGREDIENTS:

¼ cup olive oil
10 garlic cloves, smashed
2 lbs summer squash and zucchini, halved and sliced
Kosher salt & black pepper
12 oz paccheri, rigatoni, or other tube pasta
½ cup grated Parmesan, plus more to serve
Zest and juice of 1 lemon
½ cup basil or mint leaves
½ cup toasted pine nuts or crushed walnuts

INSTRUCTIONS:

In a large skillet, warm olive oil over medium-low heat. Add garlic and cook until golden, about 5 minutes. • Add squash, season with salt and pepper, and cook on medium-low for 30 minutes, stirring occasionally, until soft and caramelized. • Cook pasta in salted water until al dente. Drain, reserving ½ cup pasta water. • Add pasta to the squash with reserved water and half the Parmesan. Stir, then add remaining Parmesan, lemon zest and juice, and half the basil. • Top with more Parmesan, basil, nuts, and red pepper flakes. Serve and enjoy.



BURST TOMATO PASTA

RECIPE BY SURUCHI AVASTHI

INGREDIENTS:

Pasta for 2 servings
1 large shallot, finely chopped
5-6 sun-dried tomatoes in oil, finely chopped
3 tablespoons tomato paste
10 ounces cherry tomatoes
Basil, Parmesan, and red chili flakes to serve

INSTRUCTIONS:

Boil water and cook pasta according to package directions. • Meanwhile, heat 2-3 tablespoons of sun-dried tomato oil in a pan. Add shallots, chopped sun-dried tomatoes, and tomato paste. Cook until shallots caramelize and tomato paste darkens. • Add cherry tomatoes and cook until they start to burst. • Pour in a ladle of pasta water and cook until sauce thickens. Finish with more sun-dried tomato oil or a pat of butter. • Toss pasta in the sauce until coated. • Serve warm topped with basil, Parmesan, and chili flakes. Enjoy!

A BACKYARD LUNCH *with* CAMILLA MARCUS

LESSONS IN REGENERATIVE COOKING



WHOLE BULB SALAD
with smoked almonds



SPRING PEA GAZPACHO
vibrant, green, crisp, bright



TARTINES
sweet or savory



DARK CHOCOLATE BARK
bee pollen, rose petals, pink salt

INTRODUCTION BY CAMILLE STYLES
ADAPTED FROM *MY REGENERATIVE KITCHEN* BY CAMILLA MARCUS
PHOTOGRAPHY BY MICHELLE NASH

recipes inside

At first glance, Camilla Marcus is a study in contrasts. She takes her work seriously, yet brings a sense of *playfulness* to everything she does. She can effortlessly pull off a dinner party for 100, but she might not plan the menu until the morning of—letting the *farmers market* be her guide. Her *vegetable-forward* cooking is deeply *nourishing*, yet she's never one to turn down a midday glass of wine (or two).



But nothing about Camilla feels inconsistent—she's so rooted in authenticity that all of her layers come together as a beautifully aligned life. They reflect the passionate approach she brings to her career as a regenerative chef, founder of west-bourne, and mother of four in Los Angeles.

To celebrate the launch of her cookbook, *My Regenerative Kitchen*, Camilla joined me for a backyard lunch under the trees with a few friends. We cooked vibrant, plant-based dishes from the book, poured natural wine, and soaked up her wisdom on what it means to cook in a way that nurtures both our bodies and the earth. As she puts it, "What's good for our soil is always better for our health."

Read on for Camilla's practical tips on bringing regenerative practices into your home kitchen—because even the smallest shifts can spark meaningful change. Plus, she's sharing all the recipes from our gathering to inspire your own seasonal feasts.

The vast bounty of the west has instilled my innate sense of gratitude and awe for Mother Nature—inherently wild, rhythmically unpredictable, and magnificently monumental. Living with the land, not just on it, is my Californian nature. Being a human of the earth means to listen, adapt, and grow in balance with the planet as it ebbs and flows.

Cooking, similarly, is about letting go and living with abandon. It's the very feeling I imagine musicians vibe on when playing jazz, not knowing where the notes and rhythm will lead or end up, which is the point of the experience. To be present is to savor the winding road of the process. While improvisational cooking might feel daunting at first, as is so often when we depart from routine, give yourself some grace and surrender to experimenting. With time and some trial and error, hopefully you too will find that sweet spot of joy in adapting alongside nature, discovering that not being in control can be both liberating and inspiring.

My way of cooking is about being counterintuitively progressive, going back in time to find innovation in tradition—how nature intended. The data and reality are clear: Our topsoil has eroded, threatening our ability to grow food on productive land. Our atmosphere is warming at alarming rates, and we're running out of options for waste disposal. The climate crisis is here and looming. The good news is we can do something about it.

Every day we make decisions about what to eat and drink. What if those daily choices were made with the perspective of how we could support climate solutions from our homes and kitchens? Release the draw to buy perfect-seeming produce year-round in plastic packages at grocery stores. Reconsider cooking without regard for waste in search of a pristine preparation. Try new ingredients or change a menu based on what you can find.

You too can be a radical by letting go of how it's been done. An agent of change—as a citizen, as a consumer, and as a cook. It just takes one step, followed by another. I'm not here to coax you into becoming a full-time vegan (unless you want to). I am here to bring a climate consciousness to how you source and prepare food in your home, whether personally or when hosting. Maybe over time, these new kitchen habits might shift into regular daily practices.

When we honor our Earth, we nurture our own health—the true meaning of regeneration—finding harmony between our soil and soul. Small shifts—together—build a big impact.







CAMILLE MARCUS' TIPS *for a* ZERO-WASTE KITCHEN

Camilla has long championed the idea that our kitchens can be powerful tools for change—and her zero-waste approach proves just how impactful our everyday choices can be.

BREAK UP WITH PAPER TOWELS
Camilla's #1 shift is to ditch the disposables. Keep a stack of washable kitchen towels within reach—you'll be surprised how quickly you stop missing the paper.

REIMAGINE YOUR PANTRY WITH GLASS + METAL
That plastic wrap? Replace it with beeswax alternatives. Swap plastic containers for glass jars and metal tins. Camilla uses jars for everything from flours to preserves—organized, labeled, and plastic-free.

GO REUSABLE WITH STORAGE
Stasher silicone bags are your sustainable Ziploc replacement. Camilla also freezes stocks, sauces—even leftover wine—in silicone freezer molds to make future meals a breeze.

CLEAN GREEN
Your cleaning products shouldn't leave toxins behind. Look for nontoxic brands like Koala Eco, Branch Basics, and Grove Collaborative that actually work—without harming your home or the planet.

USE THE WHOLE VEGGIE
Camilla's mantra: no stalk left behind. Use fennel fronds as garnish, add stalks to stock, and skip peeling whenever possible. If it's edible, it's usable.

RETHINK "SCRAPS"
Before you toss it, ask: Can this be used? Onion peels, herb stems, even cheese rinds can add flavor to broths or sauces. Compost what you truly can't cook.

COMPOST WITH CONFIDENCE
Composting isn't just for farms. Start with a countertop bin (Camilla loves the chic Bamboozle), and look for local drop-offs or try at-home solutions like Lomi or Mill. Composting emits 20x fewer greenhouse gases than landfilling food waste.





THE WHOLE STALK OR BULB SALAD

Makes 4 servings

2 ounces (55 g) blue cheese
¾ cup (180 ml) chardonnay vinegar
4 dates, pitted and chopped
12 ounces (340 g) celery (4–5 stalks) or 1 fennel bulb, washed and dried
1 tablespoon minced preserved lemon
1 tablespoon brine from pickled chilis
Sea salt and freshly cracked black pepper
½ cup (70 g) smoked almonds, toasted and chopped
¼ cup (60 ml) extra-virgin avocado oil

Building a great salad is all about balance—start with a base that can soak up acid and salt (think lettuce, melon, or celery), then finish with oil to trap flavor. Layer in sweet, sour, and bitter notes, plus plenty of crunch, color, and a mix of raw and cooked textures. If fennel's not your thing, try celery or shaved celtuce, and swap in any toasted almond you like (smoked, salted, or plain).

Place the blue cheese in the freezer for at least an hour so it's firm enough to shave with a mandolin or cheese peeler. In a small saucepan, bring the vinegar to a boil, then turn off the heat and add the chopped dates. Cover and let sit for 10 minutes to soften slightly, then strain—reserving the vinegar for the dressing.

Thinly slice the celery or fennel using a mandolin or sharp knife, and set the leaves or fronds aside for garnish. Soak the sliced veg in an ice bath to keep it crisp, then dry well. Toss with preserved lemon, chili brine, reserved vinegar, and a pinch of salt. Let marinate for a few minutes.

To serve, scatter the chopped dates and smoked almonds on a plate. Mound the celery or fennel on top, garnish with the leaves or fronds and shaved blue cheese, then finish with a drizzle of avocado oil and cracked pepper.

TARTINES

Makes 2 servings

2 thick slices of bread (like country loaf or brioche)
4 tablespoons avocado oil, plus more to garnish
Maldon salt and freshly cracked pepper
1 heirloom tomato, sliced
6 slices blue cheese, frozen to firm up, then shaved
¼–½ cup sheep's milk yogurt or crème fraîche
6 slices roasted golden beets
1 tablespoon toasted pepitas

Tartines are the ultimate chef snack—equal parts gooey and crunchy, meant to be messy and indulgent. It all starts with great bread: thick slices from a country loaf or brioche, fried until golden and crisp, then piled high with whatever's freshest and most flavorful.

Heat avocado oil in a cast iron skillet until hot, then fry the bread until golden and crisp on both sides. Transfer to a towel or rack to drain and sprinkle with salt while still hot.

Top one slice with tomato and shaved blue cheese, finishing with avocado oil, salt, and pepper. Spread yogurt or crème fraîche on the second slice, then add beets and pepitas. Season with salt and pepper and serve warm.

shop the table









Linen Table Throw | Oversized Frayed Linen Napkins | Playa Dinner Plate | Playa Pasta Bowl | Mango Wood Serving Platter | Recycled Wine Glasses | Stemless Wine Glasses | El Matador Vase | Sharing Bowl Sabre Ivory Flatware | Antipasto Bowl | Luna Carafe and Cup Set | Mesa Carafe and Cup Set | Ulu Arm Chair | Ulu Dining Chair

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SPRING PEA GAZPACHO

Makes 2-4 servings

2½ cups (400 g) fresh peas, shucked
2 tablespoons avocado oil, divided
½ yellow onion, chopped
1 garlic clove, chopped
¾ cup (180 ml) water or vegetable stock
2½ teaspoons sea salt, plus more to taste
¼ cup (25 g) micro pea tendrils
2 radishes, thinly sliced
Juice of ½ lemon
2–3 tablespoons herb oil
¼ cup pistachio dukkah

Vibrant, crisp, and naturally gluten-free, this chilled soup skips the bread and lets peas and olive oil bring the creamy texture. It's everything we love about the season—bright, green, and fresh—with a crunchy pistachio dukkah topping for the perfect finish.

Bring a pot of water to a boil and prep an ice bath. Blanch peas for 90 seconds, then transfer to the ice bath. Once cool, drain and freeze.

In a saucepan, heat 1 tablespoon avocado oil and cook onion and garlic until soft. Add water, cover, and simmer for 5 minutes. Remove from heat and blend until smooth. Add frozen peas and salt, then blend until creamy, thinning with more water if needed.

In a small bowl, toss pea tendrils and radish slices with the remaining avocado oil, lemon juice, and a pinch of salt. Pour soup into bowls, top with the salad, drizzle with herb oil, and finish with pistachio dukkah. Serve chilled.

DARK CHOCOLATE BARK

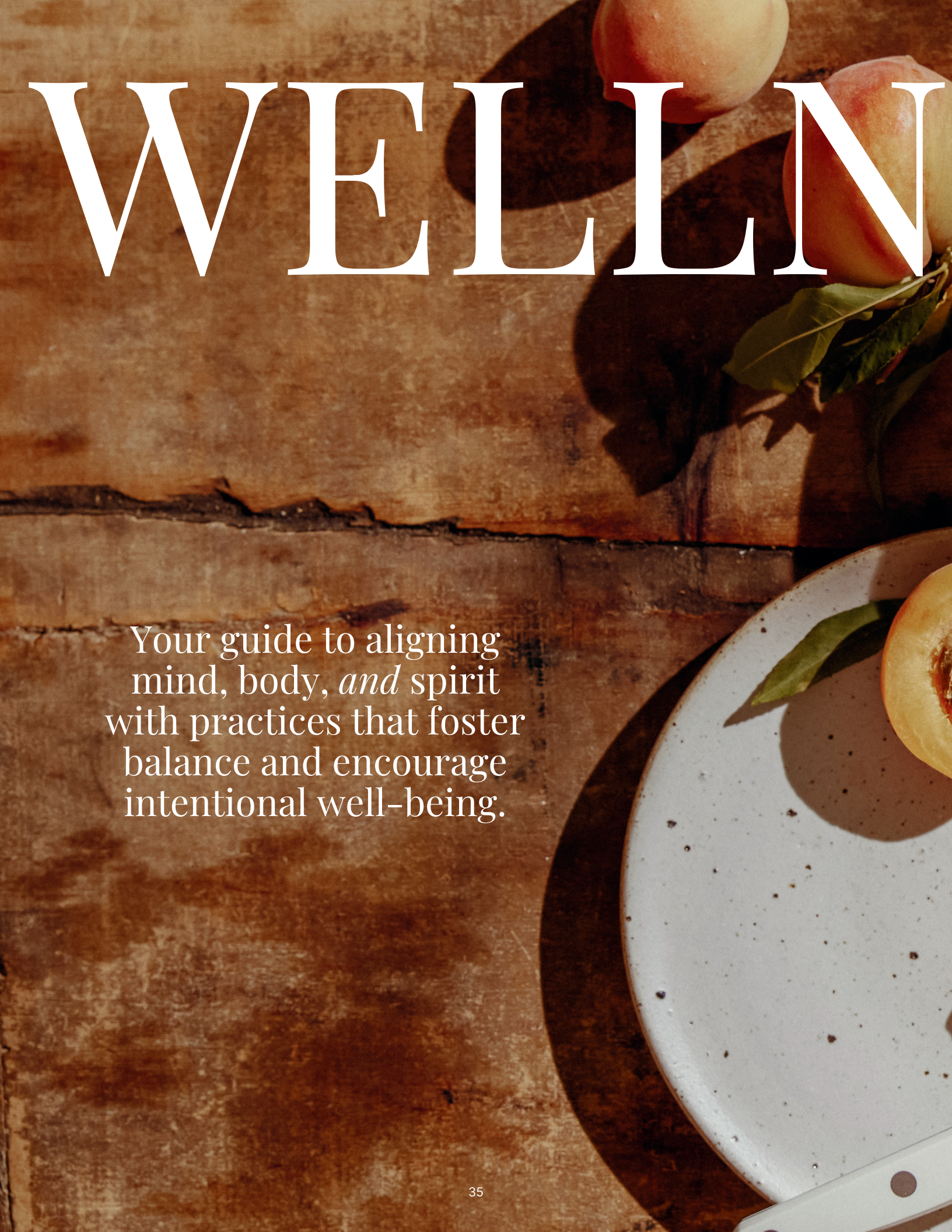
with Bee Pollen, Rose Petals, and Pink Salt
Makes 12 servings

20 ounces dark chocolate
3 tablespoons bee pollen
2 tablespoons crushed dried rose petals
2 tablespoons pink Himalayan or Maldon salt

A ode to nostalgic treats, this floral, crunchy bark is both indulgent and vibrational—a beautiful dessert centerpiece you get to smash. Tip: For an eco-friendly chocolate bar, choose brands that are Fair Trade, organic, and committed to regenerative agriculture. Two to try: Alter Eco and Good Sam.

Line a quarter sheet pan with parchment and clear space in your freezer. Melt chocolate in a double boiler (or a metal bowl over a saucepan with simmering water), stirring gently until smooth. Pour onto the pan and spread into a ¼-inch-thick layer.

While still soft, sprinkle bee pollen, rose petals, and salt evenly over the top. Transfer to freezer for at least 1 hour, or overnight. Let bark come to room temp before serving—then break it apart with a mallet and enjoy.



WELLN

Your guide to aligning mind, body, *and* spirit with practices that foster balance and encourage intentional well-being.


ESS
EDIT

BOBBI BROWN'S

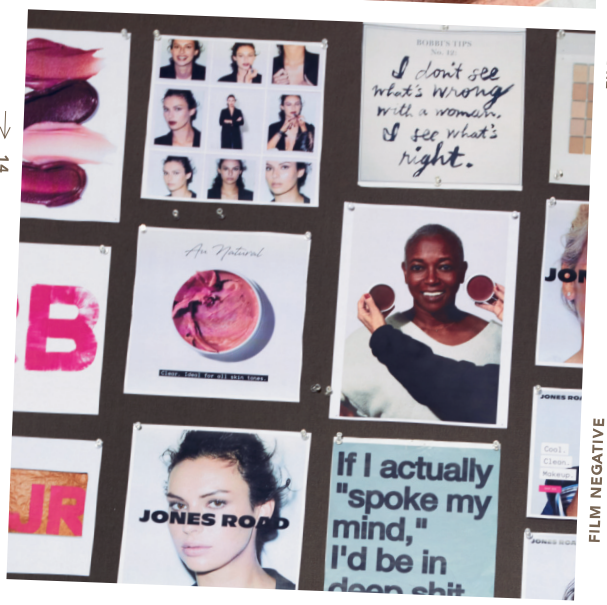
GOLDEN RULES OF SUMMER BEAUTY



13

13 A

FILM NEGATIVE



14

14 A

FILM NEGATIVE

THE BEAUTY ICON SHARES RITUALS THAT HELP YOU FEEL LIKE YOUR TRUEST SELF.



WHEN IT COMES TO BEAUTY, Bobbi Brown has always been a guiding light—championing the philosophy that true beauty begins from within. Over the years, her perspective has evolved to focus even more on how feeling good translates into looking your best, which she shares in her forthcoming memoir, *Still Bobbi*. As we head into the height of summer, Bobbi shares the daily rituals, mindset shifts, and easygoing beauty tips that reflect her signature approach to self-confidence. It's all about keeping it simple.

BEAUTY STARTS FROM WITHIN

Bobbi: I've realized that it's not about how you look; it's about how you feel—in your body, in your skin. I've found that I look my best when I'm less stressed and taking care of myself. For me, a major key is staying hydrated. Lately, I've been loving chlorophyll drops in my water—it doesn't really taste like anything, but it makes me want to drink more. Hydration has such a huge impact on how you feel and how your skin looks.

BALANCE IS KEY

I rarely eat things that don't make me feel good—but if I do, I own the consequences. I love pizza, but it has to be worth it since it probably won't make me feel great the next day. So I've learned to only indulge when it's really good.

Same with alcohol—I enjoy a cocktail, but stick to just one because I want to feel good enough to exercise in the morning. Life's too short to deprive yourself of things you really love, as long as you keep it balanced and focus on ingredients. My go-to drink at home is called "Bobbi Rocks"—it's vodka over a big ice cube with fresh lemon juice and a little mint. It's clean, refreshing, and makes me happy.

KEEP IT SIMPLE

Summer invites us to do less. I move more, I'm more active, and my skin gets some sun (even with sunscreen!) so, I find that I need less makeup. If I am wearing makeup, it's simple: **tinted moisturizer with SPF**, a little **Miracle Balm** on my cheeks and lips, pencil under my eyes, and mascara. I usually finish it up in the car on the way to wherever I'm going.

I don't believe in a full face of makeup in the summer—keeping it light feels fresh and more natural.

THE RULE TO BREAK

You don't need foundation every day. If you have a little redness or a spot, just touch it up—you don't have to cover your whole face. People look better with less.

THE MUST-HAVE PRODUCT FOR SUMMER

Our new Jones Road Beauty sunscreen launches July 10, and I've been testing it every day. It's lightweight, blends beautifully, and is the perfect first step in any summer routine. If I had to pick one essential, it would be that—followed by our tinted moisturizer for a little extra coverage.

MAKEUP FOR MATURE SKIN

Make sure your makeup is working for you. If it settles into lines or makes skin look dry, it's not the right product. Hydration is key—often, you don't need more coverage, you just need more moisture. I love using oils, and our **Oil Stick** or **Hippie Stick** are great for adding that fresh, dewy finish.

WELLNESS HABITS FOR GLOWING SKIN

It's the basics: drinking enough water, getting good sleep, moving your body, and eating real, whole foods. It doesn't have to be complicated—it's about consistency.

CONFIDENCE IS KEY

Confidence comes from being comfortable—in your clothes, in your body, in your own skin. Stretching, staying active, and surrounding myself with people who make me laugh help me feel my best.

BOBBI'S 1-2-3 SUMMER BEAUTY TOOLKIT:

The Oil Stick



Just Enough Tinted Moisturizer



Miracle Balm





SUMMER WELLNESS QUESTIONS—ANSWERED!

YOUR MOST NOURISHED SUMMER

BY EDIE HORSTMAN | PHOTOGRAPHY BY MICHELLE NASH

Q: I'm trying to get better at portion control—are there any effective methods besides using food-tracking apps?

Yes—there are simple, hands-on ways to manage portions without apps. Start by using smaller plates and bowls. They naturally encourage you to serve less without feeling deprived! A great rule of thumb is to aim for a fist-sized portion of protein, a cupped hand of carbs, and fill at least half your plate with non-starchy veggies (which you can eat freely!).

Here's an easy visual to get started:

Protein: About the size of your fist (think chicken breast, tofu, or fish). This will equate to 20-40 grams of protein per meal.
Carbs: A cupped hand portion (like brown rice, quinoa, or sweet potato).
Veggies: Fill at least half your plate with non-starchy veggies (leafy greens, cauliflower, artichokes, mushrooms, etc.)—these are low in calories and high in fiber, so eat freely!
Fats: A thumb-sized portion of healthy fats (avocado, nuts, olive oil) rounds out the meal.

A few more hot tips:

Slow down your eating. Actually chew your food—don't just inhale it (savor it!). And I know this is easier said than done, but put your fork down between bites. You'll automatically eat at a slower pace. You can also try using chopsticks or a fork/spoon with your non-dominant hand!

Use the "pause and play" method—Before reaching for seconds or snacks, pause for 5 minutes. Drink a glass of water or take a short walk around the room. Often, your body just needs a moment to register fullness (this break can prevent unconscious overeating).

Q: I'm 46 and was diagnosed with pre-diabetes 9 months ago. Despite working out daily and limiting sugar and carbs, my A1C hasn't improved much. What might I be missing, and what else can I do?

First off—well done for showing up for your health in so many consistent ways! But here's what you might be overlooking: blood sugar is influenced by more than just diet and exercise. Poor sleep, chronic stress, and imbalanced hormones (especially during perimenopause) can all play a role. Also: make sure you're eating enough—especially protein (aim for 25–30g per meal). Try walking for 10-20 minutes after meals, focus on fiber-rich foods, and don't be afraid of healthy fats. If things still feel stuck, consider asking your provider to run additional labs, like fasting insulin and cortisol.

And in terms of exercise, while cardio is great for heart health and overall fitness, building muscle is especially powerful for blood sugar regulation. That's because muscle acts like a "sponge" for glucose—when you strength train, your muscles pull sugar out of the bloodstream to use as energy, helping lower blood glucose levels more efficiently. The more muscle you have, the better your body becomes at managing insulin and keeping A1C in check.

EDIE'S TOP 5 WELLNESS TIPS FOR A CAREFREE SUMMER

1. PREP ONCE, EAT TWICE. Grill or roast extras for mix-and-match meals later.

2. HYDRATE LIKE IT'S YOUR JOB. Add a pinch of sea salt and lemon for extra minerals.

3. ANCHOR EVERY MEAL WITH PROTEIN. Your blood sugar and hormones will thank you.

4. DON'T SKIP BREAKFAST. It's your cortisol's BFF.

5. SOAK UP SUNSHINE—and prioritize sleep. Both are powerful (and free!) wellness tools.



Welcome to Ask a Nutritionist—a new column where certified nutrition consultant Edie Horstman answers your most pressing wellness questions. As a mom of two and founder of Wellness with Edie and *Daily Deposits*, her approach is equal parts evidence-based and real-life ready. No crash diets or all-or-nothing rules here—just grounded, sustainable advice to help you feel your best, one small shift at a time.


SUBMIT A QUESTION

Q: What are some simple and healthy meals I can put on repeat this summer?

A few of my go-to's:

For Breakfast:
01: Greek yogurt mixed with a scoop of chocolate collagen peptides with frozen wild blueberries, chia seeds, and a spoonful of nut butter.

02: Mash two hard-boiled eggs with cottage cheese and dollop it on top of toasted sourdough with hot honey and sea salt.

03: Whip up a smoothie bowl with frozen peaches, spinach, ground flaxseeds, a scoop of vanilla protein powder, and a dash of cinnamon. Pour in just enough milk to blend. Top it with pumpkin seeds and a drizzle of tahini.

For Lunch:
01: I love a snack plate with deli turkey, sliced cucumber, cherry tomatoes, hummus, a handful of seedy crackers (like Mary's Gone), cornichons.

02: Rotisserie chicken + smashed avocado on rice cakes, with a side of sliced bell peppers, baby carrots, and olives.

03: Mash canned salmon with a spoonful of avocado oil mayo or Greek yogurt, a squeeze of lemon, sea salt, and a pinch of dill. Serve over arugula with a handful of Siete tortilla chips and fresh strawberries.

For Dinner:
01: A house fave: Chicken sausages, grilled zucchini, and couscous (cook in bone broth). Optional: crumble feta on top.

03: Egg noodles tossed with olive oil, cherry tomatoes, and canned tuna or white beans with fresh basil and parmesan (or use nutritional yeast for dairy-free).

04: Cube extra-firm tofu and toss with avocado oil, coconut aminos (or low-sodium soy sauce), garlic powder, and a little cornstarch for crispiness. Spread on a sheet pan with chopped bell peppers, red onion, and broccoli. Roast at 425°F for 25–30 minutes, flipping halfway. Serve over rice with a drizzle of sriracha mayo.

HOW TO MANAGE BLOOD SUGAR IN THE SUMMER

Prioritize protein at every meal.

Eat in the ideal order: veggies first, then protein and fat, and starches or sweets last to slow the post-meal glucose spike.

Keep balanced snacks on hand.

Go for a walk after eating.

Don't skip meals (or let yourself get hangry).

Stay hydrated with electrolytes.

Q: What's the real deal on how much protein we need—and is there solid science behind it?

Protein is having a moment—and for good reason! It plays a critical role in blood sugar balance, muscle maintenance, hormone production, and satiety (aka staying full between meals). But here's the thing: most women still aren't getting enough, especially at breakfast. While the RDA is set at 0.8g/kg of body weight, that's the bare minimum to prevent deficiency—not to thrive. For optimal energy, hormone health, metabolism, and body composition, many women benefit from 1.2–1.6g/kg daily (roughly 25–40g per meal).

If you aren't already following her, consider taking a peek at Dr. Gabrielle Lyon! She's a physician specializing in muscle-centric medicine, advocates for even higher protein intake, suggesting 1 gram per pound of ideal body weight. She emphasizes that adequate protein is crucial for muscle health, especially as we age.

For a practical guide on protein intake, Dr. Lyon offers a helpful Protein Chart that outlines how much animal protein is needed to reach 30 grams. This can be a valuable resource to ensure you're meeting your protein goals throughout the day.

But protein isn't the only player in the game. Fiber is equally essential, yet often overlooked. While protein helps balance blood sugar, fiber helps blunt the rise in blood sugar by slowing digestion and feeding beneficial gut bacteria—which also impact insulin sensitivity. Think of them as the ultimate blood sugar-supporting duo. If you're focusing on one, don't forget the other.

What that looks like in real life: pair your protein (like eggs, chicken, Greek yogurt, or tofu) with fiber-rich foods (like leafy greens, berries, beans, or chia seeds) for meals that keep you full, energized, and metabolically supported for hours.



Golden Summer Starts

the art of slow summer mornings



by Isabelle Eyman
photography by Michelle Nash

There's a particular kind of morning I return to often in my mind—bare feet on cool tile, the windows open just enough to let in the breeze, and the whole day stretching out in front of me. It's not a memory tied to any one place or age, but a feeling: sun-warmed, slow-moving, just a little bit magical. The kind of morning ritual that only seems to exist in summer.

Of course, these days, my mornings are marked by calendar invites and standing meetings, not the freedom of an endless day. But I've come to believe that the feeling of summer isn't reserved for PTO—it's something you can cultivate, even if you're still going to work. And maybe the secret isn't in stepping away from our lives—but in choosing how we step into each day.

This guide is a quiet rebellion against rushed routines and autopilot mornings. Think of it as a resource for reclaiming a sense of ease—offering small, soulful shifts that bring more golden hour energy into the everyday.

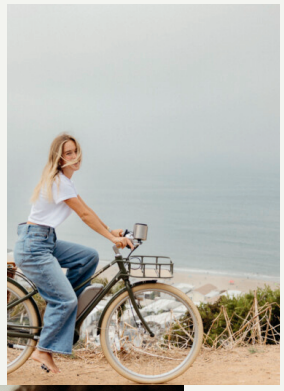
Reframe the Morning

We often treat our mornings like a hurdle: something to get through quickly just to arrive at the "real" part of the day. The goal becomes getting out the door, into our inbox, and onto the next thing. But what if instead of letting the day start without us, we began to meet it with intention?

This doesn't require a 5 a.m. wake-up call or an hour-long journaling session. It's not about doing more, but about showing up differently—more present, more intentional. It starts with permission: to go a little slower, to notice what feels good, to make space for beauty and softness, even in small ways. When we stop measuring mornings by their productivity, we create space for them to feel grounding and generous.

Shift 1: **Let the Senses Lead**

If summer has a superpower, it's this: The season invites us to feel. The warmth of sunlight on bare skin. Hearing a favorite song while you make that first cup of coffee. Tapping into your senses is one of the simplest ways to shift your morning from mechanical to magical.







Before you scroll, try checking in with your body instead. What do you hear? Smell? See? Maybe it's opening the window just enough to let the breeze in while you get ready. Maybe it's lighting a candle that smells like citrus and the ocean's salt air. Maybe it's cleansing your face a little slower, letting your skincare routine feel like a ritual instead of a task.

This isn't about glossing over your to-do list—it's about using your senses to gently bring you back to yourself. Summer isn't a place you go. It's a feeling you create.



You're allowed to be a participant in your morning —not just a manager of it.







Shift 2: **Slow Down a Single Moment**
When your schedule feels nonnegotiable, the idea of a slow morning can feel out of reach. But what if you didn't have to slow everything—just one thing?

Think of it as inserting a breath into your routine. A ten-minute walk before opening your laptop. Sitting to sip your coffee rather than drinking it while standing over the sink. Listening to a full song without checking your phone. You might be surprised by how even a single unhurried moment can soften the edges of the day ahead.

The key isn't perfection. It's presence. By choosing to slow just one moment, you stretch time in the most subtle, powerful way. You remind yourself that you're allowed to be a participant in your morning—not just a manager of it.

Shift 3: **Set the Tone With Sound**
There's a reason a single song can transport you to a different place or time. Music is memory, mood, and momentum—and one of the most underrated ways to shift your morning energy.



Curate a playlist that sounds like summer to you. Maybe it's '70s soul with the windows open, or soft folk that makes your kitchen feel like a beach house. Maybe it's bossa nova while the espresso brews. Let your soundtrack be less about hype, and more about atmosphere. Something that turns getting ready into a scene rather than a scramble.

Sound, like scent, can tether you to a feeling. With the right music, your morning doesn't have to be a countdown to work. It can be a slow opening—a little dreamy, a little golden, entirely yours.

Shift 4: **Make Room for Pleasure**

Summer mornings often hold simple joys—a fresh pastry, a quiet moment on the porch, the taste of water with lemon. These little pleasures aren't indulgences; they're anchors. They remind us to slow down and to be with yourself. Here and now. Carving out a few minutes each morning for something purely pleasurable creates a rhythm of self-care that infuses the rest of your day with calm and clarity.

Pleasure, in this way, is a practice. It's an invitation to start your day aligned with what nourishes you—not just what demands your attention. It's a gentle way to carry summer's calm clarity with you, no matter what's on the calendar.

Carrying Summer With You

Summer mornings aren't a season—they're a state of mind. They're found not in a calendar date but in the choices we make at the start of each day: to notice, to slow, to savor, to invite light and joy into the ordinary. You don't need a perfect moment to create this feeling. It lives in the small shifts—the way you apply your skincare, the morning meal you craft, the deliberate pause before emails. These are invitations to reclaim your mornings, to hold a little more space for yourself in a busy world.

So, as you face the demands of your day, remember: The spacious energy of summer is already within reach. It's waiting in your breath, your senses, your presence. All you have to do is begin.



SUMMERTIME BEST SELLERS

a collection of novels

SUMMER *is for* BOOK LOVERS

A GUIDE FOR READERS BY

PEOPLE WHO LOVE BOOKS



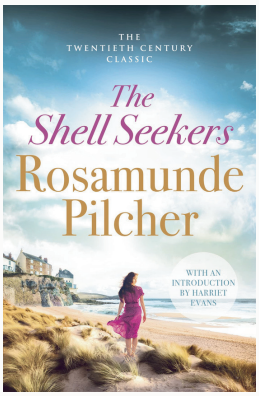
“THIS LIST IS AN ODE TO EVERYTHING YOU LOVE ABOUT SUMMER READING.”

There’s something magical about summer reading—the way a good book can whisk you away to another place, all while you’re lounging in the sun or curled up during a lazy afternoon. We know our readers are never far from their next favorite read. So, we turned to you—our community of passionate, thoughtful, and always well-read book lovers—to find out which stories you return to again and again. And as always, you delivered.

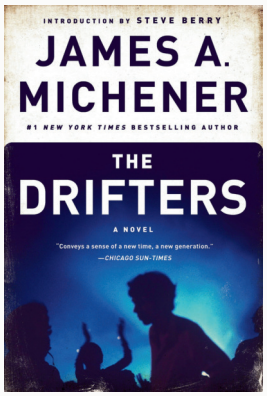
From breezy beach reads to moving memoirs, edge-of-your-seat thrillers to novels that simply feel like summer, this list has it all. These are the books you reach for when you want to escape, be inspired, or just get lost in a beautiful story. So whether you’re packing a carry-on or planning a staycation, these 27 favorites will keep you company all season long.

COVER IMAGE BY MICHELLE NASH

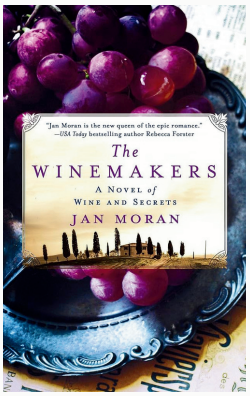
HISTORICAL FICTION



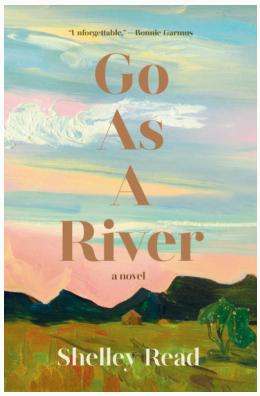
NOSTALGIC, HEARTFELT, GENERATIONAL



SWEEPING, YOUTHFUL, POLITICAL

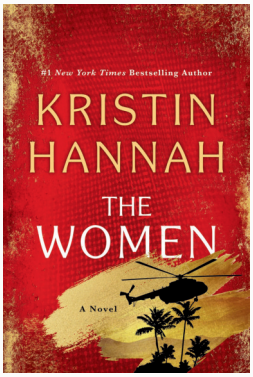


LUSH, AMBITIOUS, ROMANTIC

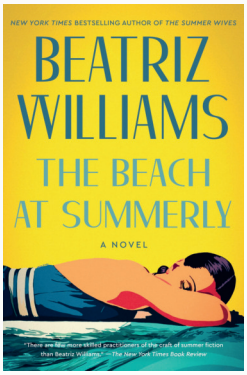


POETIC, RESILIENT, NATURALISTIC

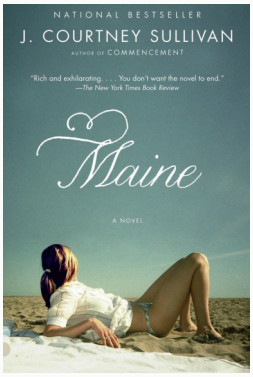
CONTEMPORARY



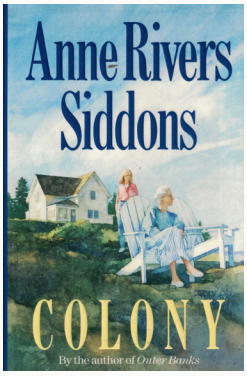
EMOTIONAL, GRITTY, POWERFUL



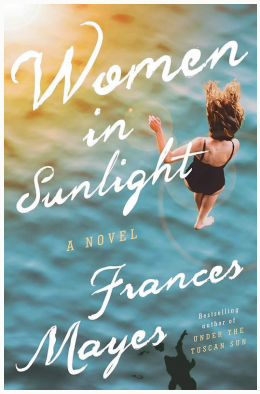
GLAMOROUS, INTRIGUING, POSTWAR



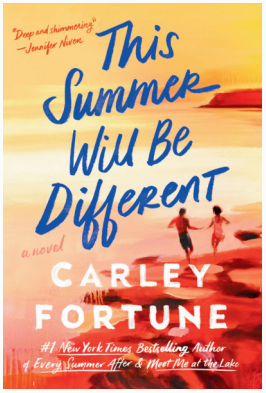
SHARP, TENSE, MULTIGENERATIONAL



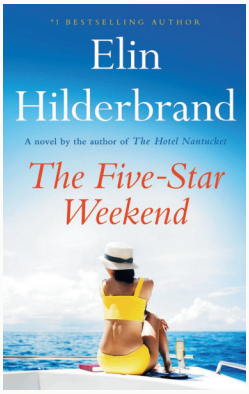
ATMOSPHERIC, RICH, REFLECTIVE



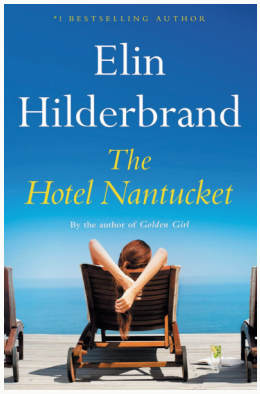
UPLIFTING, SCENIC, REAWAKENING



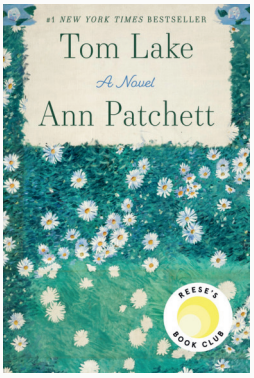
FLIRTY, ESCAPIST, EMOTIONAL



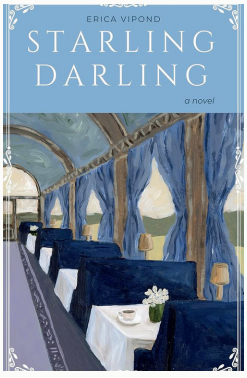
ENTERTAINING, FRIENDSHIP-FOCUSED, COASTAL



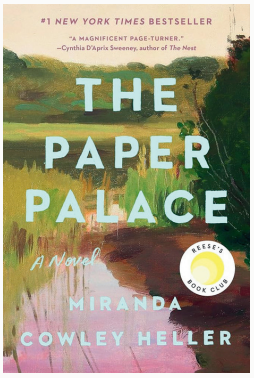
BREEZY, CHARMING, WHIMSICAL



REFLECTIVE, LYRICAL, INTIMATE



HONEST, MOODY, TENDER



LUSH, INTROSPECTIVE, COMPLEX



BITTERSWEET, REFLECTIVE, HUMAN

IN YOUR OWN WORDS

HISTORICAL FICTION

***The Shell Seekers* by Rosamund Pilcher**
Perfect long summer novel! *—Helen G.*

***The Drifters* by James Michener**
Loved the soul-searching of these young people while they traveled exotic lands. *—Elle V.*

***The Winemakers* by Jan Moran**
Female entrepreneurship, wine, adventure, romance, and a little mystery—everything you could want in one book! *—Melissa L.*

***Go as a River* by Shelley Read**
There's something about a book that captures you early on—you know you won't get bored reading it outside, iced coffee in hand, while your toddler naps. This one did that for me. I loved that it wasn't hard set on a specific genre, followed a young woman's perspective (which I'll always support), and honestly, I couldn't resist the peach on the cover—it just screamed summer. *—Lisbeth C.*

***The Women* by Kristin Hannah**
Kristin Hannah never misses, and The Women is no exception. As a nurse and a lover of historical fiction, I was completely captivated by this powerful story of the often-overlooked women who served in Vietnam. Hannah's writing is both heart-wrenching and empowering, reminding us that heroism isn't confined to the battlefield—it lives in the courage and compassion of women, too. A must-read this summer.*—Mary Ann R.*

***The Beach at Summerly* by Beatriz Williams**
Could not put it down. Great characters, and an interesting period in history that isn't often written about in fiction. Perfect beach read for someone who likes a little bit of history with their romance and scandal. *—Emily L.*

CONTEMPORARY FICTION

***Maine* by J. Courtney Sullivan**
Maine is a multi-generational family drama full of secrets, sibling rivalry, and Catholic guilt, set at a beach house on the coast of Maine. With four complex narrators—Alice, Kathleen, Ann Marie, and Maggie—you'll love (and hate) them all. *—Jamie D.*

***Colony* by Anne Rivers Siddon**
A retro book, yes, a classic family saga set on the Coast of Maine. My friends and I come back to this every summer! *—Carolyn H.*

***Women in Sunlight* by Frances Mayes**
I first read this book in late summer 2018, and while the 'buying a retirement villa in Tuscany' aspect is there, the real draw is its dreamy, sometimes over-the-top inspiration, regardless of life stage. It showed me how to elevate hosting through what I call 'life vignettes,' with beautifully detailed descriptions of food, scenery, and simple gatherings. I reread it every summer as a mid-year reset. *—Trisha D.*

***This Summer Will be Different* by Carley Fortune**
The perfect combo of romance, female friendship, flowers, and individual development. *—Tess P.*

***The Five Star Weekend* by Elin Hilderbrand**
It offers everything from romance, mystery, drama, and unexpected twists! SO GOOD!! *—Ann S.*

***The Hotel Nantucket* by Elin Hilderbrand**
It gives such a fun glimpse of a dreamy summer in Nantucket with a twist! *—Charlotte M.*

***Tom Lake* by Ann Patchett**
An easy read set during the summer season, this sweet and wholesome story carries subtle messaging for women of all ages. Ann Patchett masterfully weaves timelines and characters to keep you engaged, while the content stays light—like flickering light on the water's surface. *—Dréa P.*

***Starling Darling* by Erica Vipond**
I'm a local Austin author, and while the story explores a complicated mother-daughter relationship, it's also a whodunnit mystery with a travel-filled journey across Europe—capturing the romanticism of Rome and Amsterdam in the spring. *—Erica V.*

***The Paper Palace* by Miranda Cowley Heller**
The Paper Palace pulled me in from the first page with its hazy, salt-soaked Cape Cod setting and emotional honesty. It follows a woman caught between the life she built and the one that might have been—a deeply relatable exploration of memory, choice, and the beauty of the present. Warm, wistful, and richly written, it's the perfect summer afternoon read. *—Melissa S.*

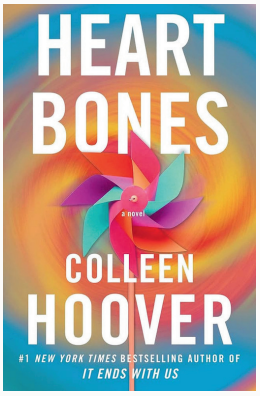
***A Good Life* by Virginie Grimaldi**
It's about family, love, the past, and relationships—and I love the French way of life it captures, with families gathering in summer destinations like Biarritz. The author, a French best-seller I've been reading for over 10 years, has a way of making you feel the story and smile with every book. *—Miriam C.*

“ONE BENEFIT OF SUMMER WAS THAT EACH DAY WE HAD MORE LIGHT TO READ BY.”

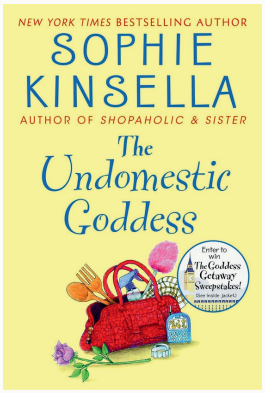
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Jeannette Walls, *The Glass Castle*

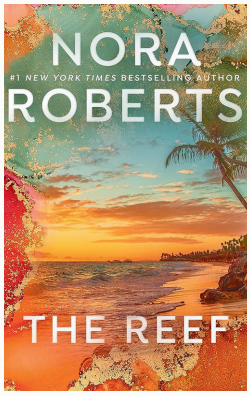
ROMANCE



NOSTALGIC, HEARTFELT, GENERATIONAL

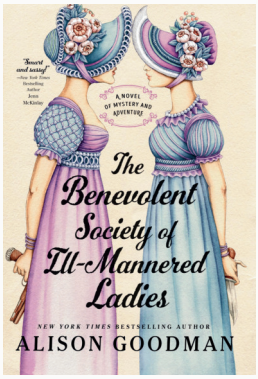


SWEEPING, YOUTHFUL, POLITICAL

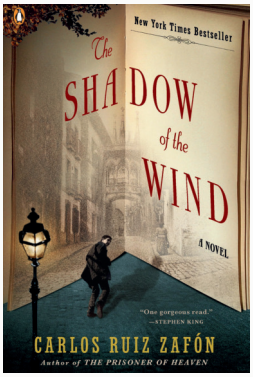


LUSH, AMBITIOUS, ROMANTIC

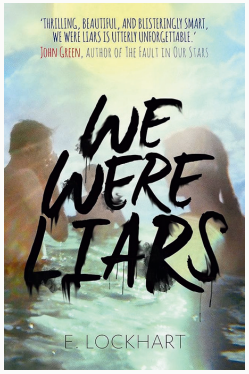
MYSTERY



POETIC, RESILIENT, NATURALISTIC



EMOTIONAL, GRITTY, POWERFUL

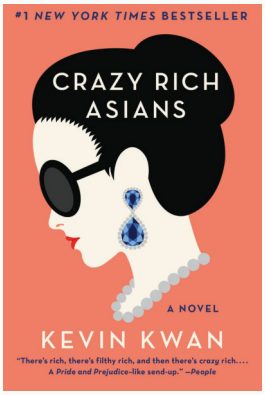


GLAMOROUS, INTRIGUING, POSTWAR

HUMOR/SATIRE

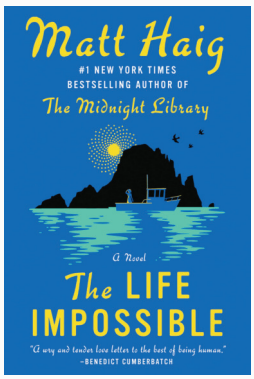


UPLIFTING, SCENIC, REAWAKENING



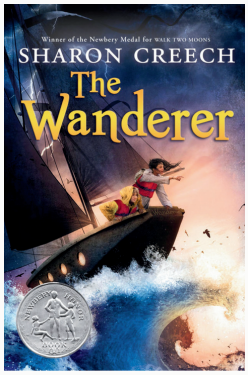
FLIRTY, ESCAPIST, EMOTIONAL

LITERARY FICTION



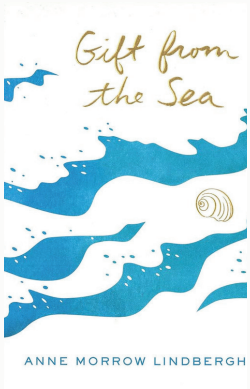
SHARP, TENSE, MULTIGENERATIONAL

MIDDLE GRADE



ATMOSPHERIC, RICH, REFLECTIVE

MEMOIR



ENTERTAINING, FRIENDSHIP-FOCUSED, COASTAL

ROMANCE

Heart Bones **by Colleen Hover**
I'm serious—so underrated. This book has the biggest plot twist of all time.
—Deborah C.

***The Undomestic Goddess* by Sophie Kinsella**
I keep coming back to this book because it's a beautiful reminder of what really matters. It's the perfect read for anyone feeling burned out—funny, charming, and full of heart in Sophie Kinsella's signature style.
—Sharon C.

***The Reef* by Nora Roberts**
I re-read it every summer. Beaches, diving, a curse, adventure, and romance.
—Candace B.

***The Benevolent Society of Ill-Mannered Ladies* by Alison Goodman**
Funny, romantic, feminist, and so, so engaging. I could spend my entire vacation just reading about the adventures of this brave, smart woman, traipsing around London helping women in need while continuously bumping into a quick-witted mystery man.
—Diana E.

MYSTERY

***The Shadow of the Wind* by Carlos Ruiz Safon**
What better summer read than one that transports you to another place and time? Hello, Barcelona! Filled with captivating characters, mystery, intrigue, and a library labyrinth, Shadow of the Wind is total a page-turner. An immersive escape especially if you aren't going to make it to Spain this summer! *—Leila W.*

***We Were Liars* by E.Lockhart**
It's a deeply emotional story set at a summer home on an island, immersing you so fully in the season that you'll feel like you're right there on the beach with the characters.
—Megan N.

HUMOR/SATIRE

***Hey Ladies!* by Michelle Markowitz and Caroline Moss**
If you often find yourself starting a message with "Hey Ladies!" then you'll love this book—no matter your age. It's a light, fun, laugh-out-loud read told entirely through emails, texts, DMs, and more—relatable and super creative. *—Liz B.*

***Crazy Rich Asians* trilogy by Kevin Kwan**
The imagery is stunning—it's easy to lose yourself in this beautiful, luxurious world most of us can only imagine. The characters are richly developed, with far more depth than in the movie adaptation. I love this trilogy so much, I've already read it twice and plan to dive back in again this summer.
—Natalie K.

MISC.

***The Life Impossible* by Matt Haig**
Although it's a new book and not a classic, it hits that perfect balance of literary and breezy. And it affirms that there's no age at which life is "over." There are always new adventures to be had if you're open to them! *—Megan J.*

***The Wanderer* by Sharon Creech**
This may be a middle-reader book, but don't let that dissuade you from reading the beautiful, lyrical story of thirteen-year-old Sophie sailing across the ocean to England to meet her grandpa—and discovering herself along the way. It's got a little adventure, a little mystery, and plenty of gorgeous, evocative descriptions of the ocean and the small, dreamy islands Sophie visits. If you can't make it to the beach this summer, reading this book is the next best thing!
—Kathryn L.

***Gift from the Sea* by Anne Morrow Lindbergh**
This book was written in 1955 and is still relevant for women today. I re-read it every summer. *—Brenda L.*

"SUMMER AFTERNOON—SUMMER AFTERNOON; TO ME THOSE HAVE ALWAYS BEEN THE TWO MOST BEAUTIFUL WORDS IN THE ENGLISH LANGUAGE."

—

Henry James

SHOP THIS STORY

5 OUTFIT FORMULAS FOR EFFORTLESS HOSTING

by Bridget Chambers

Summer invites us to slow down in the best way—open the doors, uncork something chilled, and invite our favorite people for laid-back gatherings that stretch past sunset. And when you're the one hosting, your outfit should feel as effortless as the gathering itself—comfy enough for at-home lounging, but polished enough to make you feel confident. This season, we're reaching for pieces that move with us from kitchen to patio, all while feeling present for every moment. Read on for five outfit formulas that take the guesswork out of getting dressed, so you can focus on what really matters: good food, great conversation, and even better company.

BLUE JEANS + FLIP FLOPS



When it comes to outfits for hosting at home, sometimes simpler is better. My go-to is usually a relaxed, straight pair of jeans with a frilly, feminine top that allows me to move around the house with ease. There's nothing that screams cool, calm, and collected like flip flops, simple hoops, and vintage-looking denim—an energy every hostess tries to harness.

ANINE BING Gavin Jeans, $250 from Shopbop
Nera Top, $198 from DÔEN
Beach by Matisse Gidget Flip Flops, $48 from Nordstrom
Sculptural Orb Earrings, $49.50 from J.Crew

MIDI OR MAXI DRESS + BANGLES



Easy to throw on and always flattering, a flowy dress instantly makes me feel confident and beautiful when I am hosting. Balance out the fullness of the dress with a simple slide-on sandal, and stack a few chunky bangles up one arm for a hint of personality and edge.

Toby Cotton Midi Dress, $199.99 from DISSH
Round Bangle Bracelets, Set of 3, $48 from Anthropologie
Ludo Toe Ring Strappy Flat Sandal, $128 from Reformation

OVERSIZED BUTTON DOWN + TAILORED SHORTS



Ideal for daytime or early evening hosting, this look feels fresh, minimal, and effortless. Opt for an oversized cotton or linen button-down tucked into a pair of high-waisted shorts to accentuate your waist. Leave the top slightly unbuttoned to show off a statement necklace and pair with feminine flats to embody the laid-back energy of the gathering.

Alfred Shorts, $135 from Sézane
Organic Cotton Poplin Big Shirt, $59.95 from GAP
Mar Necklace, $190 at ÉLIOU
Braidy Ballet Flats, $160 at Dolce Vita

LINEN SET + STRAPPY SANDALS



If you're looking for an outfit that requires zero effort but still feels pulled together, a matching linen set never fails. Lightweight and breathable, it's comfortable for both the prep and the party. Add a strappy sandal and call it quits, or finish the look off with simple gold jewelry for an easy, polished touch.

Reformation Kristen Linen Two Piece, $248 from Revolve
The Leather Crisscross Sandal, $188 from Everlane
Heaven Mayhem Ribbed Earrings, $100 from Revolve

WHITE TANK + WIDE-LEG TROUSERS



To strike that ideal balance between casual and refined, style a simple tank with high-waisted, wide-leg linen trousers. Add a few colorful beads for a playful pop, and finish the look with sleek slides. It's effortlessly elegant–perfect for those gatherings when you want to feel dressed up, without looking like you tried too hard.

Relaxed Linen-Blend Wide-Leg Pants, $135 from COS
Linen-Blend Tank, $35 at Banana Republic Factory
Combined Ball Necklace, $39.99 at Mango
Hadley Natural Bow Sandal, $250 at Loeffler Randall

SHOP THE STORY

BRING BACK BOREDOM

BY BRITTANY CHATBURN



How to Reclaim the Joy of a Nostalgic Summer

Two summers ago, our kids begged us to set up a lemonade stand. At three and five years old, they weren't exactly spearheading the operation—unless you count looking cute and waving down cars (and let's be honest, I was doing most of the waving). All I could see was the work: squeezing lemons, buying the supplies, and keeping it all icy cold on a sweltering Texas day. Our kitchen turned into a sticky war zone as we (I) stirred together gallons of lemonade. But we mapped out our marketing plan: making handmade signs with Dad, sending out texts to friends, and dressing my daughter in a very on-brand lemon-yellow dress. Sure enough, the cars slowed down and the coins stacked up.

We all felt proud. The kids gained confidence with each new customer. And somewhere in the sticky mess and neighborly small talk, we rediscovered a sweetness we didn't know we were missing. Those lemonade stand signs still hang in our garage—a memento from a summer day that, despite all my hesitation, became one of our favorites.

It got me thinking about my own summers growing up in the '90s. It's easy to romanticize, but in my experience, those long, lazy days really were a little sweeter. They were slow, unscheduled, and filled with rollerblading, weekly library visits, learning to sew pillows with my mom, and simply figuring out what to do with all that day ahead. Now, we live in a world of overpacked schedules and glowing screens, and while it may be well-intentioned, something vital is getting lost: boredom. And with it? Imagination. Play. Ease. Connection.

I started wondering how to recreate a slow, creative summer experience for my children in a world that so often values the opposite. And I might not have all the answers, but it's a road map I'm willing to test, bumps and all.

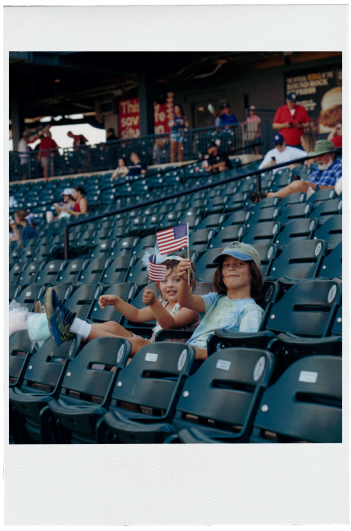
Boredom Is the Fuel for Creativity

In *The Anxious Generation,* Jonathan Haidt writes, "Play is the work of childhood, and all young mammals have the same job: Wire up your brain by playing vigorously and often." What is summer if not the perfect invitation to play—freely and often?

It's true that kids thrive on rhythm and routine, even in summer. And as a working parent, I know how essential structure can be. It helps me carve out pockets of real presence instead of spreading myself too thin. But creativity needs open space to breathe. So schedule the essentials, but find the balance by keeping a few days or afternoons wide open.

Help the creativity along by setting out open-ended toys like hula hoops, sidewalk chalk, jump ropes, or a sprinkler in the yard. Then, here's the key: Give yourself permission to supervise less. Resist the temptation to direct play or solve problems. Give them a chance to first decide what to play, or figure out how to get the jump rope untied, or work out a disagreement with a friend or sibling. Let them get sticky. Let them get dirty. Let them be *bored*. On the other side of "I don't know what to *doooo*" is the real magic: the chance to invent, create, and grow.

What you're really doing is laying the groundwork for creativity, problem-solving, emotional development, and resilience. And maybe more importantly, you're building motivation and autonomy by giving them a chance to decide what they want to do—not what's been decided for them.



Unplug to Rewind

Kids thrive when we give them sunshine over screen time. A 2022 study found that more hours outside leads to less stress, brighter moods, and sharper minds[1]. And when we limit their time online, we're protecting their sleep, focus, and natural desire to move.



The science confirms what we already know in our gut: Kids are happiest when they're living real life—not watching it.

So how do we strike a balance in the modern world? Start with a summer plan. You don't to go totally off-grid (unless you want to). The key is consistency, clear expectations, and leading by example. Here are a few simple rule ideas:

- No screens before 10 am or after 6 pm – Create space for unstructured play in the morning and family connection in the evening.
- One screen-free day a week – Choose a day for a full tech detox. Let the kids help plan the fun.
- Earn your screen time – An hour outside, reading, or in creative play earns some afternoon tech.
- Phones stay home – For beach days, bike rides, or hikes, leave devices behind.
- Tech-free zones – Keep devices out of bedrooms, off the dinner table, and away during family movie night.



It's not about rigid rules. It's about rhythms that protect what really matters: presence, connection, and the kind of joy that lives on in memory.

Let Summer Itself Be the Entertainment

I had to plan the lemonade stand, sure, but it didn't take much—just a Saturday afternoon, a bag (or five) of lemons, and a little willingness to embrace the mess. The older the kids get, the more they can take the lead. That's the beauty of this: The simpler the idea, the more room they have to run with it.

You don't have to entertain them all day. You're not a cruise director, and your house isn't a summer camp. Let things be simple. That might mean letting go of the pressure to fill every blank space on the calendar and trusting that boredom is where the best stuff begins.

Start by showing your kids what it means to be a neighbor. Say hi to people on your evening walk. Drop off a plate of homemade cookies. Wave at the family down the street, and the next time your kids say they're bored, suggest knocking on a friend's door. Sometimes the best summer memories come from unplanned afternoons that start with, "Want to come over and play?"

Personally, I'm excited to bring back the joy of snail mail with my kids this summer—letters, stamps, envelopes, and all. Help your kids find a pen pal and let them write to a cousin or faraway friend. Bonus: There's something magical about waiting for a reply to arrive in the mailbox. It builds patience, connection, and the joy of anticipation—something a text could never replicate.

Most importantly, trust in the slowness and let summer unfold like it used to. Summer is full of moments that shape a childhood. **And they're simpler to create than we think.**



IMAGES COURTESY JANE WHITE AND MATTHEW CHATBURN

[1]https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2022.869122/full

'90s SUMMER TOOL KIT

Your most carefree summer awaits. Channel your inner kid and indulge in some nostalgia—from craft days to simple dinners to a wardrobe that feels nothing but light and easy, here's your supplemental guide to a summer you'll remember.

How to Keep a Summer Scrapbook

All you need is a blank notebook or binder, some glue or tape, and a little imagination.

1. Choose your book: a blank journal, classic scrapbook, or even a composition book.

2. Collect Polaroids, ticket stubs, leaves or pressed flowers, beach receipts, stickers, and doodles from the day. Let the kids help by decorating with crayons, stamps, or markers.

3. Write little notes about what you did—nothing fancy, just a line or two: *"Rode bikes to the park and saw a turtle!"* or *"Rollerbladed for the first time since I was 8, didn't die."*

4. Enjoy your memories. Flip through on a rainy day or while eating popsicles on the porch like a time capsule in real-time.

How to Whip Up a Classic + Easy ‘90s-Style Dinner

A throwback dinner that hits every time—and yes, it’s just as good as you remember.

Elevated Pizza Bagels

Ingredients:

- Bagels (fresh from the bakery or Dave’s Killer Bagels)
- Fresh whole milk low-moisture mozzarella
- Marinara sauce (homemade or store-bought)
- Toppings of choice: pepperoni, sautéed mushrooms, bell peppers, olives, etc.
- Olive oil
- Optional: grated Parmesan, flaky sea salt, red pepper flakes, fresh basil

Instructions:

Preheat oven to 425°F. Slice bagels in half and brush the cut sides lightly with olive oil. Place on a baking sheet and bake for 5 minutes until lightly crisp. Remove from oven and spread each half with marinara, then add cheese and toppings. Broil for 2–5 minutes, just until the cheese is bubbly and golden. Finish with your favorite extras—Parmesan, red pepper flakes, sea salt, or fresh basil. Serve with a side of nostalgia (aka, Cosmic Brownie and Capri Sun).

How to Make a Friendship Bracelet

Because some skills are just too good to stay in the past

Materials:

- 4–6 colors of embroidery floss (about 24 inches each)
- Scissors
- Tape or safety pin to secure your bracelet while you work

Instructions:

1. Choose 4 to 6 colors of embroidery floss and cut each to about 24 inches. Tie a knot 2 inches from the top and tape it to a table or pin it to your jeans or a pillow.

2. Lay the strands flat in the order you want the colors to appear in your bracelet.

3. Make a forward knot:
   - Take the far-left strand and form a “4” shape over the strand next to it.
   - Pull it under and through the loop.
   - Pull up and to the right to tighten. Repeat to make a double knot.
   - Keep going with the same strand across all others from left to right.

4. Repeat with the next strand: Start with the new far-left strand and repeat the process, always knotting left to right.

5. Keep knotting until your bracelet fits around your wrist.

6. Tie a knot at the end. Braid or twist the loose threads to tie it on.

The ‘90s Summer Uniform

Because if we’re going full ‘90s summer, you may as well dress the part.

- ☐ **High-Waisted Denim Shorts** – Think Levi’s or Wrangler, perfectly broken-in and slightly frayed.
- ☐ **Tucked-In Tank or Graphic Tee** – Bonus if you got it from a beach vacation.
- ☐ **Button-Up Shirt as a Layer** – Oversized, tied at the waist or worn open.
- ☐ **White Sneakers or Birkenstocks** – Always ready for an impromptu game of tag or grocery run.
- ☐ **Baseball Cap or Scrunchie Ponytail** – Or try a visor for those serious poolside days.
- ☐ **Tiny Gold Hoops or Mood Ring** – Minimal jewelry with a little flair.
- ☐ **Canvas Tote** – Filled with Wet Wipes, a paperback, and definitely a few granola bars.
- ☐ **Big Sunglasses** – Absolutely essential.

SHOP THE ‘90S SUMMER CAPSULE

Your ‘90s Summer Bucket List:

- ☐ Eat ice cream from the back of a truck
- ☐ Go rollerblading
- ☐ Host a backyard camp complete with popsicles, crafts, and sprinklers
- ☐ Create a summer mix tape
- ☐ Host a movie sleepover night (we recommend: *Now and Then, Parent Trap, Clueless*)
- ☐ Eat watermelon barefoot in the grass
- ☐ Borrow a throwback book from the library (we recommend: *The Babysitters Club, Sweet Valley High*)
- ☐ Enjoy a TV (girl) dinner while you watch TGIF reruns
- ☐ Doodle
- ☐ Mail a letter
- ☐ Make Friday afternoons your “do nothing” time
- ☐ Join your library’s summer reading program
- ☐ Create a fairy garden
- ☐ Try a paper mâché craft, be okay with being bad at it
- ☐ Set up a lemonade stand
- ☐ Roast marshmallows and tell stories by flashlight in the backyard
- ☐ Make no-bake cookies
- ☐ Go on a quintessential ‘90s date: mini-golf and ice cream
- ☐ Capture it all on a disposable camera for your scrapbook



DESIGN

Inspired ideas and expert tips to transform your home into a fresh, inviting *haven*.


N
EDIT

THE ART OF THE VINTAGE FIND

Insider Tips From Designer Claire Zinnecker



BY CAMILLE STYLES
PHOTOGRAPHY BY MATTHEW CHATBURN

Every spring and fall, design lovers from around the country descend on a tiny Texas town for one of the most legendary antique fairs in the country. Spanning 20 miles of roadside fields, barns, and tents, the Round Top Antiques Fair is equal parts treasure hunt and social event. It's where interior designers, collectors, and curious first-timers go to discover one-of-a-kind pieces—and connect with the creative community along the way.

Austin-based designer Claire Zinnecker is a longtime Round Top regular. Known for her thoughtful mix of old and new, Claire has turned vintage sourcing into an art form and a thriving business. This spring, she and I hit the fair and visited her favorite tents—and I came home with a car full of treasures. So for this issue, I asked her to share her best-kept secrets for navigating the fair like a pro, from what to pack to how to spot a hidden gem (even when it's buried under a pile of dust).

ROUND TOP 101: START WITH A PLAN

For someone who's never been to Round Top, why has it become such a destination for design lovers?

Round Top isn't just antique shopping, it's an entire experience. You can go to meet new vendors, gather inspiration, meet new friends, eat delicious food and, of course, find that one-of-a-kind piece to complete your space. The energy of vendors and the shopping is magnetic. People wait all year and travel from all over to go to the show. There's an automatic camaraderie and connection because we are all there together, excited for the experience.

The first time I went to the shows, I was totally overwhelmed. What's your advice for structuring a visit?

don't just shop—connect



the soul of a piece can live on with a modern twist

it's an entire experience

It can be incredibly overwhelming for a first-timer (honestly, I still get overwhelmed at some shows!). With so many vendors—each with their own opening schedules—it helps to go in with a plan. Bring a list of the items you're hunting for (don't forget measurements!), a few inspiration photos, and a clear sense of your style goals. I try to have tunnel vision and stick to my favorite venues and vendors to stay focused.

My friend and business partner Leah and I created a downloadable guide featuring our go-to vendors, complete with descriptions, maps, and a step-by-step look at how we shop our "ideal day" at Round Top. You can grab it at shoproundtop.com—and stay tuned for updated versions ahead of future fairs.

What are your must-pack items when heading to Round Top?

A tape measure, a hat, checkbook or cash, comfy boots, hand sanitizer, and a hands-free bag are essentials. I like to keep things simple while I'm walking around, but I always stash snacks and an outfit change in the car—you never know what the weather will do (or if you'll get invited to a fun evening event!).

Where do you like to eat when you're in town?

Unless I'm shopping with a friend just for fun, I typically don't stop for a full meal. But if I do, I love Lutie's for lunch or dinner. And I always make a point to grab a few slices of Royer's Pie to go.

FINDING THE GOOD STUFF

What are your tips for spotting a hidden gem at the fair?

Having a few trusted vendors makes all the difference. I know which ones usually carry the types of pieces I'm looking for—and if they don't, they'll often point me to other great spots. Be kind and ask questions—it really goes a long way. These vendors are true experts in antiques and know the show inside and out.

And as hard as it can be, try to stick to what you came for. Focus helps you spot that perfect credenza that's buried under a pile of dining chairs and dust.

When it comes to shopping vintage or antique, how do you know if something is worth the investment?

If you love it, it's worth it. I always look for quality craftsmanship, but I don't mind a few dings or imperfections—as long as the piece functions as it should. That's part of the charm. I also consider the uniqueness and richness of the material. If you're buying high-end vintage, a little online research can help you price compare and feel confident in your purchase.

Let's talk strategy—what's your approach to negotiating with vendors? Any etiquette tips?

Personally, I'm not a hard negotiator. The vendors I frequent price their items fairly—they work hard and have significant overhead. I'll usually ask if it's the best they can do, or if there's a discount for buying multiple pieces or paying in cash. If you're looking for better deals, go toward the end of the fair—vendors are often more willing to negotiate so they don't have to pack everything up.



BRINGING IT HOME

How do you visualize a piece in your home when you're standing in a dusty field?

Thankfully, I have a pretty strong visual memory and can imagine how things will look. But inspiration photos help a ton. Ask yourself: What feeling am I going for? Does this chair match the look I want? And always, always measure!



the right find isn't just furniture—it's a future heirloom


3






L.B.MAX
ELD
Phone

How do you make vintage feel fresh in a modern home?

I use vintage pieces in every space I design. They add character, depth, and make a home feel one-of-a-kind. I love pairing them with clean lines and natural textures—it's all about balance. Choose one or two vintage items that really speak to you, and let them shine.

You can also give pieces a little update: add a new shade to an old lamp, or swap in modern hardware on an antique dresser. It preserves the soul of the piece while giving it a fresh perspective.

Any favorite pieces from Round Top that have made it into your own home?

My dining table was my first big investment at Round Top, and I still love it just as much today. My dining chairs came from the fair too. Honestly, there isn't a room in my house without at least three Round Top finds!

IF YOU ONLY DO ONE THING

Have fun and be kind! Chat with strangers about their finds, ask which vendors they're loving, and swap stories about where you're from. It's such a special experience to share. If you're hoping to find something specific, come prepared: make a list, take measurements, save photos—and dive in.




Every Season is a Chance to Try Again

HOW TO FALL IN LOVE WITH GARDENING

BY CAMILLE STYLES \\ PHOTOGRAPHY BY MICHELLE NASH

Every crop brings new lessons, and every season is a chance to try again. Whether you're harvesting heirloom tomatoes or planting a few herbs on your windowsill, may your garden—however big or small—bring you back to what matters.

Two summers ago, we built our raised garden beds in the backyard. I had almost zero experience as a gardener, but I was excited to challenge myself and spend more time outside. Two years in, I've grown tomatoes, herbs, squash, flowers, lettuces, melons, strawberries, eggplant, and broccoli. While I wouldn't claim to be a pro, I've learned a lot along the way about tending to plants—and patience.

As I stood in the garden this week tying up tomato vines and brushing soil from my hands, I felt truly grounded. I love the quiet rhythm of showing up, season after season, and surrendering to the fact that we can't control all the elements. Gardening has a way of rooting you in the present. It's humbling, rewarding, and full of small wins that only the soil can teach.

Whether you're planting your first seeds or growing some herbs in a window box, here are a few lessons I've learned.

01 / Give Your Plants More Room Than You Think

One of my earliest mistakes was trying to pack too many things into one bed. I would map out a plan for each raised bed, then go to the plant nursery and proceed to buy everything. The first fall I planted, my butternut squash turned into a scene from *Little Shop of Horrors*, eating up everything else I'd planted with its outstretched vines.

This season, I planted just five tomato plants in an 8-by-4-foot bed. The difference was night and day—room to stretch, grow, and thrive. A reminder that less really is more.

02 / Healthy Soil Is Everything

If there's one rule to remember, it's this: Good soil is the foundation of any thriving garden. Hard, clay-like dirt can make it impossible for roots to grow deep. We filled our raised beds with nutrient-rich organic potting soil—16 to 20 bags per bed—and the results spoke for themselves.

Add compost, aerate deeply, and don't be afraid to get your hands dirty. Sometimes you just have to feel the dirt to know if it feels nourished and healthy.

03 / Know Your Zone

Your garden's success depends on understanding your region. Here in Austin, we're in Zone 8—hot summers, occasional freezes, and a lot of unpredictability. I've spent time talking with nursery experts and researching what thrives here, and it's made all the difference.

I eventually gave each bed a purpose—flowers, herbs, vegetables—which helped me stay organized. Over time, I'll start mixing things up more, learning which plants thrive as neighbors. Companion plants benefit each other when planted together: tomatoes with basil, carrots with onions, and beans with corn. These pairings improve growth, repel pests, and attract good insects.

04 / Set a Gardening Calendar

I've learned that gardening is a practice of timing as much as technique. I use digital calendar reminders for everything: when to fertilize, when to prune, when to plant my next round of seeds. These recurring tasks help me stay on track and notice patterns. It becomes a rhythm—one that weaves into the flow of everyday life and doesn't feel like a major task on my to-do list.

05 / Water Deep and Consistently

Confession: I used to kill every houseplant I brought home. My mistake? I'd forget to water them. In the garden, water is life—especially during our brutal Texas summers.





We installed a drip irrigation system that delivers water directly to the roots, reducing evaporation and making our garden more sustainable. Whether you're hand-watering or using a system, the key is consistency and depth. Shallow watering just won't cut it.

06 / Let It Be a Practice

Here's what surprised me the most: I actually enjoy the upkeep. The few minutes I spend weeding, deadheading, or just observing have become a grounding ritual. There's joy in noticing what's thriving—and in learning from what's not.

One morning, I discovered caterpillars had chewed through my lettuce overnight. A quick vinegar-and-water spray did the trick, but more importantly, I'd caught the issue early by simply being there.

Gardening, like life, rarely goes exactly as planned. The weather changes, pests show up, and sometimes things just don't work out. But the beauty is in showing up anyway—hands in the dirt, learning as you go.

A LOS ANGELES HOME ROOTED IN NATURE

When Joelle Kutner and Jesse Rudolph, the duo behind the Los Angeles-based design-build studio Ome Dezin, first came across this original mid-century modern home in Brentwood (and collaborated with Claire and Sam O'Connor of O'Connor Estates), it was a moment of faith. Built in 1956, it had fallen into disrepair over decades, with a deteriorating roof, outdated electrical and plumbing systems, inefficient floor plan, and worn materials. Even still, the character of the home called to them—and the result is a stunning homage to the simplicity of light and form.

Despite the home's clean lines and ample space, there's a distinct feel and personality characterizing each room. Corners soften through natural elements and intentional color choices seem to balance both words—what's indoors and out—creating a grounded sense of harmony that appears as if it had always been there. That's what great design does, no matter how many iterations or challenges it takes to manifest, it integrates beauty with daily life as effortless as breathing, as a reminder to nurture it wherever we can.

Through restraint and play, creativity can rejuvenate any space. And after talking with Joelle and Jesse, it's clear that's a process they're expertly familiar with.



SOULFUL SIMPLICITY

BY NICOLE ZIZA BAUER
PHOTOGRAPHY BY ETHAN JONES





Where did your inspiration come from for this renovation?

Our aim was to respect the original design and architectural integrity of this 1950s mid-century modern (MCM) home while thoughtfully integrating modern functionality and updating its overall aesthetic. For this project, we looked to the Bauhaus movement and like-minded architects as our guiding inspiration. Rooted in the principle that form follows function, Bauhaus philosophy influenced every aspect of our design process—ensuring that each decision centered on usability, human experience, and simplicity. We then used pops of color like blue, red, and yellow to inspire one's creativity.



What guidelines do you use when thoughtfully restoring a space?

Renovating and modernizing mid-century modern (MCM) post-and-beam homes comes with a unique set of challenges. Unlike traditional structures, these homes offer little opportunity to conceal structural elements or mechanical systems behind walls or dropped ceilings. For example, with no room for recessed lighting in the ceilings, we embraced the challenge by using only flush mounts, pendants, and sconces—turning a constraint into a creative opportunity.

In general, when restoring a home we look to keep character elements of a home, reusable windows, or materials like hardwood flooring. This keeps the integrity of the home while also reducing our environmental impact.



Talk about how you achieved such an integrated sense of presence—every detail feels meticulous, yet not constraining. It feels free.

We embraced brutalist-inspired natural materials, celebrating the home's raw strength and architectural honesty. Grounding the space in these elemental textures brings a sense of warmth, authenticity, and enduring character. Color played an equally crucial role in shaping the home's atmosphere. Drawing from Bauhaus principles, we explored bold contrasts to create emotional resonance.



The iconic Bauhaus palette—red, blue, yellow, black, white, and gray—guided our approach. While we anchor our designs in organic tones like whites, greige, and browns, we introduce striking accents of color to define individual spaces and spark visual interest. This philosophy is especially evident in the guest and powder bathrooms, where earthy materials like terrazzo, cork, and wood provide a grounding base, while vivid blue and red fixtures inject energy and personality.



There is so much indoor-outdoor flow here. What's key when designing an integrated layout?

With mid-century homes, the task of integrating the indoor-outdoor is not too difficult with expansive fixed windows and sliding glass doors. This home's design thoughtfully blurs the line between indoor and outdoor living, creating a fluid connection that enhances both functionality and atmosphere. Expansive floor-to-ceiling sliding glass doors, open-concept interiors, and carefully positioned patios and courtyards allow for effortless transitions between inside and out.

In Los Angeles, where the climate invites year-round outdoor living, this design approach is especially desirable. It allows homeowners to extend their living and entertaining areas into thoughtfully landscaped gardens, tranquil courtyards, or poolside retreats, enhancing both lifestyle and home value.



Joelle Kutner and Jesse Rudolph from Ome Dezin, Image by Richie Lee Davis

What advice would you give someone who doesn't have that sense of flow (and can't renovate), but still wants to incorporate the outdoors into their home?

Indoor trees, plants, and natural textures are great ways to increase a sense of flow and incorporate the outdoors into one's home.



This home really lends to the theme of "simplicity speaks." How do you go about finding those statement pieces that don't overwhelm, but instead add just the right amount of personality?

Statement pieces should reflect your story, something that you have a personal connection to. Handcrafted items always resonate with us. Jesse and his life partner love to create ceramics together and we often place them in our homes. Lighting is another great place for special vintage or found items that serve a function but also create a beautiful atmosphere and talking point.

Did designing this project have new takeaways for you?

Every project teaches us something new. It reminds us to embrace the unexpected—to stay flexible when obstacles arise. Often, those very challenges push us to find creative solutions, leading to outcomes that are even better than we first imagined.





GATHE

Creative *ideas* and thoughtful *inspiration* to help you host gatherings that foster connection, warmth, and *meaningful moments* this season.


RINGS
EDIT

CHLOÉ CRANE-LEROUX on slowing down and living with intention.

A SEAT AT HER TABLE

By CAMILLE STYLES
Photography by MICHELLE NASH

There's a magnetic energy to Chloé Crane-Leroux. Her effortless blend of old-world elegance and modern creativity draws you in—but it's her warmth and generosity that invite you to stay awhile. Whether she's styling a sun-drenched table in Provence or savoring a matcha in her New York apartment, Chloe has a gift for capturing the beauty of everyday rituals. As a photographer, cookbook author, and multi-hyphenate creative, she creates moments that feel both elevated and deeply human.

Her newest book, *The Artful Way to Plant-Based Cooking*, co-written with her mother, is an ode to simple, seasonal food and the joy of gathering. It's a reminder that beauty lives in the details, and that nourishment is as much about connection as it is about ingredients. In our conversation, we talk about her creative process, wellness rituals, and how she's cultivating presence amidst the pace of modern life. And of course, we gathered around the table at her home in New York for a meal that tasted just like summer in the Mediterranean.



Camille Styles: Hi Chloé, it's so good to see you. Let's start by talking about your beautiful cookbook! What an accomplishment. What was the process of creating it like?

Chloé Crane-Leroux: There were so many amazing moments. It was quite the journey—about two and a half years from start to finish. The best part was co-writing the cookbook with my mother. We have such a wonderful relationship, and bouncing ideas off each other made the process even more meaningful.



One of my absolute favorite parts was being able to take all the photos in the most beautiful locations in Spain and France. It was incredible to be able to shoot my own cookbook, and I'm so grateful I got to do it.

Camille: I love that. And I'm sure being in those places sparked so much inspiration.

Chloé: Every time I'm in Europe, especially the Mediterranean, I feel so inspired. It's like my creativity comes alive again.

Camille: Tell me more about collaborating with your mom. I love that element of the cookbook—it adds such beautiful meaning.

Chloé: It was so special. My mom and I have been longtime collaborators. Of course, she's my mother, but we've also worked together in different ways since I was a teenager. She used to help me on shoots, and we co-wrote our first book together in 2017. That one was only in French and available in Canada and France, but we always dreamed of creating a cookbook that would be published in New York and reach a global audience. We finally did it, and I'm so glad I got to experience it with her.

Camille: That's so cool. Okay, what are a few daily wellness rituals that you absolutely swear by?

Chloé: Working out is a huge one for me. Last year, I had no routine because I was traveling so much and writing the book—it was a hectic year. I completely lost my rhythm. But since the start of this year, I've really honed in on a routine, and it makes me so happy. Even though I travel frequently and no two two days look the same, I thrive on structure. Having rituals, especially in the morning, is so important. I start my day with a workout, then I make myself a matcha. Just the process of making it is a peaceful routine that really grounds me.

Camille: My morning routine is so key for me, too. How do you approach eating in a way that feels nourishing and balanced, even when things get really busy?

Chloé: I'm not going to lie—I order takeout pretty often, just like everyone else in New York. But I also know that when I cook for myself, I feel so much better—healthier, more energized. My portions are better, and overall, it just feels good.

I think that's the key—focusing on how food makes you feel, rather than worrying about whether something is "good" or "bad." For me, cooking Mediterranean food is my sweet spot. That's what my cookbook is based on, and the Mediterranean diet is one of the best for longevity and health. It's where I get my inspiration and where I feel my best.





Camille: Yes! I was just reading about the Blue Zones, and even though the diets in those regions vary—some are more plant-based, some are higher in protein—the common denominator is whole, unprocessed food that's cooked at home.

Chloé: Exactly. If you stick to that, you're already setting yourself up for health and longevity.

Camille: Okay, shifting gears... you have that effortless, French-inspired beauty vibe. What are three beauty products you can't live without?

Chloé: If I had to pick three, I'd start with skincare. A great serum and a moisturizer are essential. I love Caudalíe—it's a French brand, and their products never break me out. My skin always feels amazing when I use them.

Then, SPF. Now that I'm in my 30s, I'm so diligent about wearing SPF 50 every day. I wish I had started sooner!

For makeup, I'd say a little concealer and a good lipstick. I'm a big lipstick and lip liner girl. I always say I could go out with nothing else on, but I need lipstick —it's my one essential. Maybe a little blush, too.

Camille: So timeless and so you. On a similar note, when do you feel most beautiful?

Chloé: I feel most beautiful when I'm balanced—when I get an hour of movement, eat well, and spend time with friends. When everything is in harmony, that's when I feel like my best self.

Living in New York is so hectic, but when I go to France, it's a different energy. I love going to the market, cooking, and just being in that rhythm. That's why I want to find a home there—the lifestyle makes me feel good.





Camille: I love that so much. That's exactly how I feel when I'm in Malibu.

Chloé: Yes! If you feel like your best self in a certain place, you probably need to be there more often.

Camille: How has your approach to self-care evolved as your career and community have grown? Have you had to shift priorities with so many opportunities coming your way?

Chloé: It's something I'm really working on. Social media can be so overwhelming—we're constantly being pulled into notifications, messages, and content. But I think we're at our best when we step back, listen to our creativity, and tune in to what *we* want.

Of course, it's important to listen to your community—they're the ones who support you. But you also have to trust yourself. If you're only following trends or reacting to what people expect, you're not creating anything new.

Camille: Yes, as a creative, you have to follow your gut. Otherwise, you're just chasing what's already been done.

"WE'RE AT OUR BEST WHEN WE STEP BACK, LISTEN TO OUR CREATIVITY, AND TUNE IN TO WHAT WE WANT."





Chloé's Secrets to a Great Dinner Party:

For me, a great gathering is so much more than just a meal. I love inviting my friends and family over, setting a table that feels warm and welcoming. With soft lighting, candles everywhere, a good playlist, my favorite dishes, and conversations that flow from silly anecdotes to deep reflections. Every moment feels personal and cherished. It's these genuine, spontaneous moments that turn an ordinary evening into treasured memories.

Signature dish for a gathering:
Any type of galette, or tart. My 'Asparagus, Peas, and Pesto Tart' from my cookbook is one of my favorites and a crowd pleaser, always. It's easy to make and so flavorful.

Favorite conversation starter to get to know someone:
I love asking, "What's the story behind your favorite meal?" It's a gentle invitation for people to share their personal history, sparking genuine connections through the universal language of food.

A tip for hosting on a budget:
Keep it simple by serving an apéro-style spread. Instead of overcomplicating your menu with elaborate dishes, opt for a selection of easy, bite-sized appetizers made from fresh, affordable ingredients. This way, you reduce both the cost and the time spent in the kitchen, allowing you to be truly present with your guests while they enjoy delicious, stress-free bites.

No-stress party rule to live by:
Keep it genuine. When you let your true self shine through in your food, décor, and conversation, everything falls into place naturally. Authenticity is the key to a memorable and stress-free gathering.

Dream dinner guest:
Stanley Tucci. Fingers crossed that it happens one day.

FRESH TOMATO THIN CRUST PIZZA

Pizza is truly the best meal ever. It's the one dish that brings people together, ignites joy, and leaves you craving another slice. This recipe celebrates the vibrant flavors of fresh tomatoes, allowing them to take center stage. The burst of tangy, juicy tomatoes will make you realize that sometimes simplicity is the key.

- 2 tablespoons (130 mL) extra-virgin olive oil, divided, plus more for the pan
- 5 pearl onions
- pizza or flatbread dough, at room temperature
- 1 cup (250 mL) olive tapenade
- 1 cup (250 mL) sun-dried tomatoes in oil, sliced lengthwise
- 3 medium heirloom tomatoes
- ½ cup (125 mL) cherry tomatoes, halved fresh basil leaves, for garnish
- ½ cup (125 mL) edible flowers, for garnish (optional)

1. Preheat the oven to 400°F (200°C). Oil a pizza pan and set aside.
2. On a small sheet pan, drizzle the pearl onions with 1 tablespoon (15 mL) olive oil and roast for 10 to 15 minutes, until translucent.
3. Meanwhile, stretch the pizza dough into the shape of the pizza pan and place onto the prepared pan. Spread the tapenade evenly over the dough, then top with the sun-dried tomatoes. Slice the heirloom tomatoes and top the pizza with them. Bake for 15 to 20 minutes, until the crust is golden brown. While the pizza is baking, halve the roasted pearl onions.
4. Remove the pizza from the oven and top with the cherry tomatoes, roasted pearl onions, basil, and edible flowers, if using, and drizzle with the remaining 1 tablespoon (15 mL) olive oil.



THE NEW RULES OF SUMMER HOSTING

There are two sides to summer. One is marked by the fire energy of peak activity, longer daylight, and ambitious schedules—the other, a desire for slow, languorous afternoons with nothing on the agenda but space to relish in the luxury of quiet. Hosting during this season can feel like an all-or-nothing affair. We either go all out planning elaborate backyard barbecues or feel defeated by the attempt and end up never gathering at all.

But what if there was a different way?

Summer's call is to embrace imperfection, to kick off the shoes and see the beauty in windblown hair. There's no reason why that same carefree spirit can't show up around the (picnic) table; we often just need the reminder to invite others into where we are. Tapping into that sense of permission, here are five low-lift ideas that gather for the sake of living more, not doing it all. Let summer be the excuse to celebrate the simple moments right in front of you. ***—NICOLE ZIZA BAUER***

1 Poolside Aperitivo Hour



The vibe: Sun hats, salty hair + a pitcher of spritzes within arm's reach. Hit play on a retro playlist and bust out the Polaroid camera.

The menu: Snacks of marinated olives, kettle chips, salted nuts, spicy pickles, and cheese cubes—plus, a cooler filled with zero-proof seltzers, Campari, and Prosecco.

The reminder: Life is about celebrating the in between, even better with a splash.



2 Snacks Beneath the Stars

The vibe: String lights, citronella candles + bare feet in the grass. Have a stack of playing cards nearby and a constellation app for when it gets dark.

The menu: Take-out pizzas, mini caprese skewers, and specialty popcorn paired with a chilled bottle of rosé or a few options of natural wine.

The reminder: There's magic all around; sometimes we just need to look up.





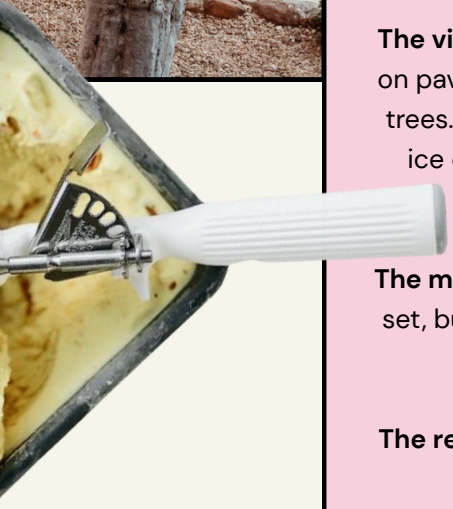
3

Terrace Apps for Two (Or a Few)

The vibe: Vintage quilt, sun-faded cushions + the pace of slow conversation. For when you're craving a catch-up, take it outside.

The menu: A crusty loaf, good cheese, stone fruit, and your favorite bar of dark chocolate.

The reminder: Giving someone your full attention is the ultimate indulgence.



The vibe: Drippy cones, flip-flops on pavement + golden light in the trees. Meet the group chat at an ice cream shop and take the cones to go.

The menu: No agenda, no table to set, but definitely splurge for the waffle cone.

The reminder: We never outgrow childlike delight.

4

The Ice Cream Walk





5

Farmers' Market Brunch

The vibe: Morning bird song, fresh coffee + woven baskets. Meet some friends at the market and then dive into the spoils together.

The menu: Herbed eggs, toast and jam, fruit with lime and salt. Have extra cold brew in the fridge or iced tea brewed the night before.

The reminder: Routines can become rituals—intention makes all the difference.



What's your summer reading personality?

BY BRITTANY CHATBURN

Whether you tear through thrillers in a single afternoon or slowly savor a well-worn classic under the shade of a tree, your summer reading style is as unique as your tan lines. Take our quiz to discover the book vibe that matches your mood this season.

It's Saturday morning. What are you up to?

- A Grabbing a coffee and heading to the beach
- B Wandering through a farmer's market
- C Journaling in a quiet cafe
- D Reorganizing your bookshelf and pulling out old favorites
- E Deciding between 5 wildly different books on your list

Choose a summer treat:

- A Watermelon popsicles
- B Lemon pound cake
- C A perfect cappuccino
- D Fresh strawberries with cream
- E Spicy mango with lime

Your ideal reading spot is:

- A — A striped towel in the sun
- B — A shady porch swing
- C — A window seat with soft light
- D — A hammock in your backyard
- E — A train ride with headphones in

You want a book that makes you feel:

- A — Entertained, excited, a little flirty
- B — Cozy, warm, relaxed
- C — Moved, thoughtful, changed
- D — Nostalgic, comforted, like you're home
- E — Surprised, inspired, creatively charged

You always pack this in your beach bag:

- A — A pair of sunnies and your current rom-com
- B — A breezy linen wrap and a probiotic soda
- C — A pen for underlining and a second book, just in case
- D — A beloved paperback you've read a dozen times
- E — All the snacks, and a very weird book you found on BookTok

Your summer soundtrack sounds like:

- A — Feel-good pop and road trip anthems
- B — Acoustic folk with a touch of French jazz
- C — Moody instrumentals and lyrical ballads
- D — A nostalgic throwback playlist
- E — A bit of everything—plus a podcast or two

MOSTLY As

THE SUN-SEEKER

You love a juicy plot, bold feelings, breezy pacing, and pure escapism. Pack your bag with a big hat, a towel, and a twisty romance or fast-paced fiction, and you're good to go.

WHAT TO READ NEXT FOR THE SUN-SEEKER

MOSTLY Bs

THE COZY ESCAPIST

You crave a slower pace and beautiful writing. For you, reading is about being transported—to a sleepy town, a big old house, or somewhere lush with a little magic.

WHAT TO READ NEXT FOR THE COZY ESCAPIST

MOSTLY Cs

THE LITERARY EXPLORER

You treat your TBR like an art collection full of emotional depth and lyrical writing. You love books that make you feel things—and maybe leave you a little changed by the end.

WHAT TO READ NEXT FOR THE LITERARY EXPLORER

MOSTLY Ds

THE RE-READER

Nostalgia is your love language. You return to the same dog-eared favorites each summer—timeless books that feel like home, filled with characters who by now are old friends.

WHAT TO READ NEXT FOR THE RE-READER

MOSTLY Es

THE WILD CARD

You'll follow your curiosity to read anything as long as it pulls you in—memoir, mystery, fantasy, offbeat, genre-bending... who says you have to choose just one?

WHAT TO READ NEXT FOR THE WILD CARD



LISTEN NOW

Daybreak

The soundtrack for slow rituals: barefoot walks to the coffee pot, windows flung open to let the breeze roll in, a day unfolding with ease. Press play and let your morning bloom.

a playlist by Casa Zuma



SOURCEBOOK

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