

NAPLES

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HARD HATS AND HEELS *Building Naples*

HEATHER HENNING
CALI CLARDY
GAY THOMPSON

SUPERIOR INTERIORS
Eight glorious rooms

+

NAPLES DESIGN DISTRICT

*Where decor
and creativity
intersect*

HOME & DESIGN

ZEN DIAGRAM

CALM, Cool,
and Collected

"I love creating peaceful spaces," says Naples interior designer Lisa Kahn. "As we create peace around us, it creates peace within us. There's

so much going on today that we need special places within our homes to transition from the outer world to the inner world, even if we only spend a few minutes in that sanctuary."

The Ohio native, who moved to the Paradise Coast in 1997 and started **Lisa Kahn Designs** three years later, says life transitions triggered her to rethink her career, which is when she added "micro-sanctuaries"—which could be a space as small as the end of a couch—to her portfolio. "I was feeling kind of burned out, and I was looking for a deeper meaning to what I do. I wanted to know what made me different from other design professionals, and this was it. I was going through a divorce at the time, and my daughter, who has special needs, needed a calm, safe place to balance herself, so



I created a toolbox for her so she could retreat. This really started working for her, and I thought, 'Why did I only create this space for her? I also need to be able to refresh myself after a long day.'"

Kahn, who's taking online courses to earn a master's degree in transformational psychology, decided to create an online course herself—Seven Days to Sanctuary, which is available on her website—to teach others the why, how, and where of in-home harmony. Among her advice is to set your intention, include a natural element, such as a plant, and commit to a ritualistic time and task each day, such as 20 minutes of writing in a journal after work. "Everything in your life starts to shift when you follow this system," she says. (lisakahndesigns.com)—L.G.



As more and more national accolades are unleashed on Naples, it's no surprise that the city recently was named a top destination to visit with your dog. Researchers from Reviews

PET NEWS

POOCH PARADISE

com crunched data from TripAdvisor, Touro-pia, and other sources to create the list, which ranked Naples No. 12 out of 567 cities for its overall canine hospitality (and No. 2—behind Nashville—for most dog-friendly restaurants).

"The greater Naples area is proudly pet-friendly, and visitors love bringing their dogs to stroll our main downtown shopping and dining districts of Fifth Avenue South and Third Street South," says Jack Wert, executive director of the Naples, Marco Island, Everglades Con-
vention and Visitors Bureau. "We're a boating community, so you'll see many dogs outfitted with their pet PFDs on Marco Island's Hemingway Water Shuttle that goes to the dog-friendly beach at Keewaydin Island."

Reviews.com analyzed the number of dog parks, trails, and nearby dog-friendly beaches, the number of dog-friendly restaurants, options for dog-friendly lodging, availability of dog day care, and nearby veterinarians or emergency clinics. —L.G.