

Westlake Malibu

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JANUARY/FEBRUARY 2018

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**ASTON
MARTIN**
The Loire Valley
and Le Mans

Monika Schnarre

FORTITUDE IN GRACE



was born in 2013. Describe what you went through – and what having him has meant to you.

MONIKA: The only thing that I've ever been certain of in life was my desire to become a mother. After trying for a few years and two miscarriages later, a panic washed over me and trying to conceive consumed my whole life. We tried everything including three rounds of IVF and finally, a simple recommendation from a naturopath (to take iodine for my hypothyroidism) did the trick and we conceived our beautiful boy, Bode, naturally.

Being a mom and realizing my lifelong dream has changed me forever; I'm very conscious of the fact that many women whose dream this also was – did not have the happy outcome that I did. I'd like to tell them not to give up hope. I truly believe the child you are meant to have will come into your life... it may be through adoption, surrogacy, IVF... just don't give up.

Q: In 2011 you started your natural anti-aging skincare line. You love the production business aspect of that, and you've been so successful.

MONIKA: As the acting roles were starting to fade, it was important for me to have something else that I could fall back on. I approached The Shopping Channel to create a line of clothing for tall women. This was my entrance into the world of business and as an entrepreneur.

When I was trying to conceive I was looking for natural ways to take care of my skin. I met a doctor (Dr. Keith Burke) who has been formulating anti-aging skincare for 30 years. I fell in love with his formulations and suggested we bring them to retail and make it affordable — he agreed. So, we created a medically directed line for a quarter of the price of most skincare regimes you'd find in a Dermatologist's office. We are now in 200 stores across Canada including Whole Foods.

Q: What are your favorite activities that you like to do?

MONIKA: My husband was a downhill ski racer and, so, it was inevitable that our son, Bode, would be skiing. He actually started at 18 months old and he's a better skier now than I am now. In his pre-school they actually skied for one hour every day during the winter.

We try to do something active every day with Bode... be it cycling, gymnastics, tennis or whatever. Physical fitness was a big part of our lives growing up and we'd like sports to play a big role in Bode's life.

Q: What do you most want for Bode as he grows up?

MONIKA: I have just three wishes for Bode: to live a happy, healthy and long life.

If he'd like to live on a ship and travel the world washing toilets... that's fine with me. I just want him to be happy.

Q: Favorite food?

MONIKA: Sushi

Q: Guilty pleasure?

MONIKA: Cheesy 80s Music

Q: Most impressionable movie of all time?

MONIKA: *The Sound Of Music*. My family is from the area near Salzburg where it was filmed.

Q: Favorite place in the world?

MONIKA: Bavaria. When my beloved, 'Omi', was alive... this was where I found respite from the craziness that was my life when I was modeling. From the moment I had a credit card and passport, I would sneak away to her home in the Alps with no hot running water or telephone (I would have to run

From the moment I had a credit card and passport, I would sneak away to my Omi's home in Bavaria - in the Alps - with no hot running water or telephone. It was heaven. She would heat up my bath on her wood-burning stove and tuck me into a bed so deep with feather comforters that I couldn't see out and I would have the most delicious sleeps of my life

