

Lorna Jane Clarkson

Clarkson is the founder of activewear label Lorna Jane.



Lorna Jane Clarkson: I'll have a remedial massage once a week, followed by 30 minutes in an infrared sauna. I always have the best night's sleep after this." Cara O'Dowd

I'm up at 5am. I start with a big glass of water, then move to my breathwork for six to eight minutes. Then I'm out of bed.

I work out every day – weight training or yoga – and have a small snack beforehand, like berries and yoghurt. I've had the same trainer for 14 years. I work out with him twice a week and then do my own resistance training another two times.

I've done weight training for 17 years; I love bench pressing. I used to avoid deadlifting, but I've grown to love it.

On days I do yoga, I like to mix it up – vinyasa, hatha and yin. Walking is underrated – I try to do two 30-minute walks every day. Once with my husband, Bill, in the morning, and then another through the day. Sometimes they act as unofficial meetings, too, which is productive. But often they're just a way to clear my head.

I'll have a remedial massage once a week, followed by 30 minutes in an infrared sauna. I always have the best night's sleep after this.

I have my own sauna at home but I love going to Comma in Byron Bay, too. They have a hot rock sauna, [a hammam](#) and a magnesium hot tub. Heaven.