



# Andra Eggleston

TEXTILE DESIGNER & ACTRESS

As the daughter of a man known globally for his artistic talents and influence, Andra's devotion to the arts is no surprise. After stints in both NYC and Los Angeles, she located to Nashville nearly a decade ago to raise her family and work magic with her luxury textile design business.

“In the stillness of myself I have found great creative space and great spiritual connection.”

## WORK & LIFE

*What excites you to get out of bed every morning?:* The only thing that would excite me to get out of bed in the morning is a hot bath. I have been known to take 3 baths a day.

*Where did you find the love for what you do?:* 15 years ago I was a struggling actor in LA, questioning my life's purpose, having waited tables for 10+ years. I was 33 and fell in love with textile design.

*Who in your life has made a major impact?:* Acting coach, Anthony Meindl, who taught me that if I bring my authentic self to the world, it will indeed listen.

*Vacation escapes:* I will probably grow old in the Russian River Valley in California, a place where so many family memories have been made in the midst of great wine, shallow beaches and a Redwood forest.

*Where is your eye drawn when looking at interiors?:* Ironically, I have always been afraid to use color, so my eye is always drawn to the boldest and bravest of interiors. Neutrals rather bore me!

## MY ROUTINE

*Ideal morning:* Sit outside and listen to the birds, the wind and the sounds, make a collagen protein shake, a hot cup of coffee in my favorite china cup & saucer, a hot bath, sing along to “Morning Has Broken” on Spotify, and a major snuggle with my 9 year old and 2 year old. Reality: choose 1 or 2 of these and be grateful anyway.

*Best way to combat stress?:* Prayer, hot baths, sex, hot yoga, wine. And in place of wine, CALM magnesium supplement. Not necessarily in this order.

*I never leave home without:* Italian hand lotion, peppermint oil and Kiehl's lip balm.

*Family time:* Food equals love for me – I am a stickler for family meals and have a no tolerance policy for conflict or stress at the dinner table.

*Most random thing we might find in your bag:* Probably a pair of dice. You never know when they might come in handy.

## MY CITY

*Family nights out:* A splurge but a favorite: Rolf & Daughters! My husband and I are foodies, so we have a tendency to eat out often with our kids. They love the lemon-garlic chicken. It's comforting to see them eat well. The bonus is cocktails for mama and daddy.

*Neighborhood treasure:* Shelby Bottoms Greenway in my East Nashville home turf. And I relieve stress at Hot Yoga East Nashville.

*Favorite thing about living in Music City:* Its people! A bright, ambitious, supportive, gifted and sincere community willing to lift each other up. I have made the very best friends of my life here, and they have opened my heart and inspired me to be more, give more, love more.

*Meeting friends:* For wine, I'm a back porch/dinner party gal. For a great cocktail (in fact, the very best cocktail), Attaboy speakeasy in East Nashville. The pourover coffee at Barista Parlour is so good that I will drink it black—great for morning meet ups.