

# HAMPTONS

**THE 3  
TRENDIEST  
SUMMER WORKOUTS!**

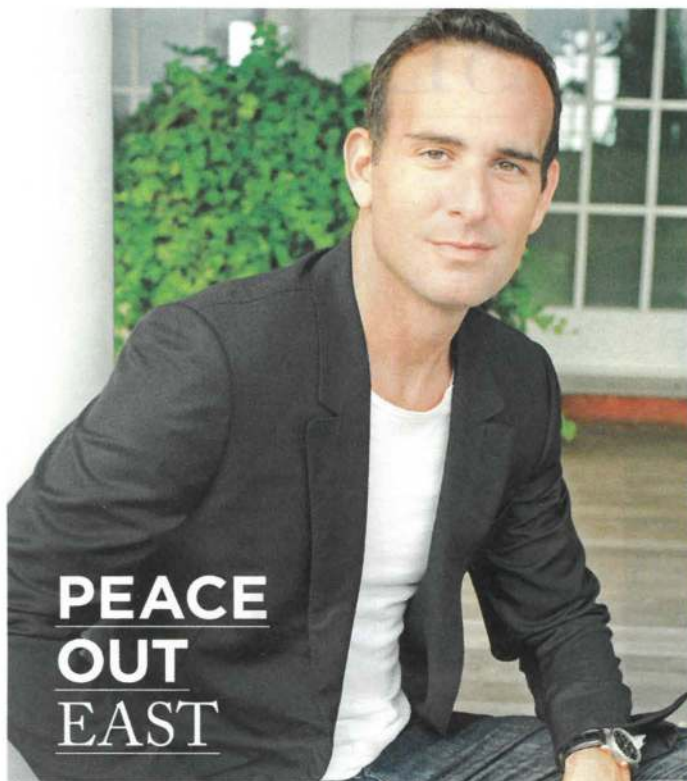
**MAGICAL  
MILLENNIALS  
THE NEXT  
GENERATION OF  
EAST END  
INFLUENCERS**

**INSTA-HAMPTONS  
5 FEEDS TO FOLLOW**

**PLUS  
LA LIGNE'S  
MONTAUK LAUNCH  
AQUAZZURA GOES GLAM  
IN EAST HAMPTON  
TASTINGS & TOURS  
AT BRIDGE GARDENS**

**A  
SWEET  
SET**

**FALLING IN LOVE  
WITH MEGA DJ'S  
HANNAH BRONFMAN  
+ BRENDAN FALLIS**



**PEACE  
OUT  
EAST**

RENOWNED COSMETIC DERMATOLOGIST **DR. PAUL JARROD FRANK'S** PERFECT HAMPTONS DAY INCLUDES FOOD, FITNESS, AND FARMSTANDS. **BY CHRISTINA CLEMENTE**

"I'm usually the first one up with my dog, Iggy, around 7 AM. I walk around my property and enjoy the peacefulness and morning air. My wife, Diana, and I developed a meditation garden, and I'll do my first

transcendental meditation of the day. Then I head down the street to **SoulCycle** (264 Butter Lane, Bridgehampton, 537-3630; [soul-cycle.com](http://soul-cycle.com)), and then straight to **Pierre's Market** (2468 Main St., Bridgehampton, 537-5110;

CLOCKWISE FROM LEFT: Dr. Paul Jarrod Frank; two relaxing scenes at Pierre's Market; the meditation garden that Frank and his wife created at home; an ocean view from the Bridgehampton Tennis and Surf Club.



**5 FAVORITES**

1. SoulCycle
2. Pierre's Market
3. Bridgehampton Tennis and Surf Club
4. Country Garden Farm Stand
5. Clamman Seafood Market



[pierresbridgehampton.com](http://pierresbridgehampton.com)) for some pastries for the family. If it's a gorgeous day, we go to the beach, where I'll watch my son, Aidan, take a surf lesson, while my daughter, Avery, finds her friends. Then we grab lunch at the [members-only] **Bridgehampton Tennis and Surf Club** (231 Mid Ocean Dr., Bridgehampton, 212-883-0606; [thebtsc.com](http://thebtsc.com)). Diana and I love to entertain, so midafternoon we start the process of curating a dinner party. I love to get in my red

'66 Mustang convertible and drive the back roads of the farmland to the **Country Garden Farm Stand** (35 Millstone Road, Water Mill) and the **Clamman Seafood Market** (235A North Sea Road, Southampton, 283-6669; [clamman.com](http://clamman.com)). My favorite summer meal to make is their complete clambake in a can. After my afternoon meditation, I start the dinner preparations with Diana. We put on some music and get ready for our outdoor feast with close friends." ■