The title of Athena Calderone's new book states her mission: Live Beautiful

■ Style File

■ On Beauty
LIPSTICK: Nars Dragon Girl Velvet Matte Lip Pencil (5). PERFUME: Le Labo Santal 33 (4). SUPPLEMENTS: Oregano oil capsules are my cure-all. WORKOUT: Sky Ting Yoga, SoulCycle, and a lil’ dancing with Megan Roup or FORWARD _Space.

■ Sweet Home
NEW ADDITION: I recently won my beloved vintage stool by Jean Prouvé at auction. BEDDING: Last Light. FLORA: Seasonally cut branches, like quince (3). POTTERY: Japanese ceramic plates from Roman and Williams Guild. FOUR-LEGGED FRIEND: I just rescued the sweetest pup ever. We met at a film screening hosted by Dianna Agron—he was being fostered by the PR girl. His name is Tuco Kismet Calderone (6). COOKWARE: Staub. KNIVES: Material or Global. CUTTING BOARD: Black Creek Mercantile & Trading Co. in maple. PAINT: Farrow & Ball Ammonite.

■ Leisure Studies
LISTENING TO: People will make fun of me for this one (my 17-year-old son sure does), but I love my Pandora stations: Cigarettes After Sex Radio and Bob Dylan Radio. FAVORITE MOVIE: Sabrina (7). DESTINATION: Copenhagen (1). CULTURAL INSTITUTION: The Metropolitan Museum of Art—always alone, this is my sacred time.

■ The Menu