America's Top Lifestyle Expert

TV host, Author, Influencer

Mar Jennings is a modern day renaissance man, whose perspective on lifestyle is as much about form and function as it is about individual distinction.

Mar delivers Casual Luxury, made simple and sMARt.

Based in Westport, Connecticut, Mar is also President and CCO (Chief Creative Officer) of a multimedia and design company, S&J Multimedia LLC.

Mar’s brand of lifestyle and hosting combines an infectious energy and passion for conveying information in ways that are fun and inspirational to all. His career combines television, radio, print media and the internet as mediums for his attainable Casual Luxury lifestyle.
“Mar Jennings is no doubt *America's top Lifestyle Expert*. His talents in the world of all things home and garden are the best in the business—he is one sMARt leading man!”

Audra Lowe
Co-Host, the Better Show
"Mar's clever contributions as a lifestyle expert—and his personality—are always welcome additions to the Today Show."

Janice Lieberman, NBC's the Today Show
Mar Jennings informs and inspires viewers with simple yet clever ideas, from quick tips to complete projects, that make life and family easy. And fun—from gardening to decorating, from entertaining to fashion. By showcasing unique emerging trends while still reinforcing use of local resources, Mar guides you step by step on how to translate *Casual Luxury* into your own home and life.

Mar is dynamic and inspiring to watch as he motivates you to learn, have fun and pass it on!
NBC Connecticut Monday’s With Mar weekly segments range from decorating to cleaning and gift giving and more! Co-hosted with anchor Kerri-Lee Mayland. If these sMARt Tips don’t get your creative juices flowing, nothing will.
ABC Good Morning Connecticut: Mar Jennings offers monthly real estate market analysis and tips for buying or selling your home.
About Life on Mar’s: The Home Makeover Show
The Home Makeover Show is a fast-paced series showing audiences how to bring Casual Luxury to any home, on any budget. The series captures renovations on an antique home in season one, and on several smaller homes in season two, featuring ‘sMARt Tips’ – practical applications on how viewers can apply what they learn in their own space. The show is also available on Amazon Prime – a video-on-demand service with thousands of movies, TV shows, and licensed content as well as original series and movies.

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Season 1

OUR TEAM

Mar Jennings: Founder, President and Chief Creative Officer, is an award-winning TV host, best-selling author and lifestyle expert.

Paul Mitchell: Vice President/CEO, is a corporate trainer and writer with over 27 years experience in the beauty and personal care industry.

SERVICES

PRODUCTION  |  WRITING  |  LIFESTYLE  |  PUBLISHING

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Press Bio

Emmy®-nominated and Telly Award winning TV Host, best-selling author, and America’s top Lifestyle Expert Mar Jennings is a master at creating a Casual Luxury lifestyle made simple and sMARt—and making it quickly understood and easy-to-apply with his trademark sMARt tips and techniques. Mar’s inventive and original blueprint for design infuses Mother Nature’s colors and textures throughout the home and garden. Mar has been featured on HGTV, the Today Show, QVC, and in the New York Times. He is the author of the best selling Life On Mar’s: A Four Season Garden, a nationally acclaimed gardening book, and his newest design book Life on Mar’s: Creating Casual Luxury, both sold world-wide. He is also the creator and host of Life on Mar’s: The Home Makeover Show, available on AmazonPrime.

Mar Jennings is a master at creating home and garden design style that is desirable and achievable while instantly connecting with his audience. Mar Jennings’ signature style is called “Casual Luxury” and his second book details, for the first time, how it can be broken down into six design principles that anyone can apply.

Jennings invites us all inside his Westport, Connecticut, home in his most recent book. For the first time he shares how he applies his six Casual Luxury design principles to create his signature—and envied—style. “These principles really are the cure for all design dilemmas,” he promises. Years of happy clients, testimonials, phone research—and over a year of social media outreach—has convinced him he can help anyone with any space. In fact, he even reveals his coveted room makeover worksheet for readers to follow along in their own homes.

This deluxe oversized coffee table book is filled with photographic essays—beautifully shot by renowned photographer Stacy Bass—highlighting his philosophy, plus practical applications and resourcefulness applicable for any home or space. Like an entire season of a great design show, Life on Mar’s: Creating Casual Luxury allows readers access to an encyclopedia of great ideas to apply in their home. This lifestyle expert does it with simplicity and style, balancing natural solutions with everyday elegance.

Jennings has appeared on the HGTV’s series White Room Challenge and was elected to return to the network for Flea Market Flip. He is an on-going contributor to ABC’s WTNH. Jennings is also a correspondent and home and garden expert for the Better show, a nationally syndicated lifestyle program. He has served double-duty as host and producer of the Emmy-nominated lifestyle show Northeast Living on FoxCT/CT1 but you might also know him as host of Dream Room Makeover, Dream Wedding and Backyard Makeover. He has hosted and produced the annual Holiday Wishes series. In 2010 he joined the world of QVC as a garden Expert, exclusively for Cottage Farms Nursery. Over the years he has made multiple appearances on the Today Show, Food Network, ABC, CBS, NBC CT, CNN. Mar and his home and garden designs and tips have been profiled and featured in Better Homes & Garden’s Decorating Magazine, Home Magazine, Quick & Simple Magazine, Small Gardens Magazine, New York Times, and Huffington Post, among other national and local television programs and print publications. Mar has been named as the home and garden expert for Celebrations.com, and has teamed up with 1-800-FLOWERS.com.

Media and consumers alike rave about his award-winning website www.marjennings.com as one of the best resources for home and garden tips. In addition to the above, Jennings is currently in pre-production on several television programs.

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Spokesperson/ License Agreements

Media tours, Satellite tours, commercials, lectures or special appearances: Mar Jennings informs and inspires with simple yet clever ideas, from his signature sMARt tips to complete projects that make life easy.

Showcasing unique and emerging trends while reinforcing a casual luxury lifestyle, Mar Jennings guides you step by step on how to translate his tips into your own home, garden and life.

Over the years Mar has worked with a wide variety of national, and global clients, including: Macy’s, Lacoste, IKEA, Le Creuset, Home Goods, Dunkin Donuts, QVC for Cottage Farms Nursery, Metro PCS, Cambridge Pavers, Space Bags, Hormel Foods, Castle Brands, Solo Cup Company, Breyer’s Ice Cream, AmericasMart Atlanta, The Garden Conservancy and North East Expos, Inc. He recently partnered with 1-800 Flowers and Celebrations.com, to launch their new national campaign to bring back the centerpiece.

Mar has acted as the spokesperson for Dynatrap™ insect eliminator and a celebrity influencer in Kimberly Clark’s national empowerment movement for Depend® undergarments.
Greetings!

I'm Mar Jennings, best-selling author of "Life on Mar's: A Four Season Garden" and "Life on Mar's: Creating Casual Luxury." I am thrilled to partner with Dynatrap to bring you these SMART TIPS with insight into the biggest and best outdoor entertaining trends for summer 2014.

As a home and garden expert, my number one rule for hosting any party is to ensure your company is comfortable when entertaining outdoors. This is often easier said than done when it comes to keeping pesky mosquitoes and flying insects from biting your guests. Until I tried Dynatrap Insect Traps, I could not find an effective solution to keep insects away from my outdoor space, and this is the reason I decided to join forces with the brand. Dynatrap offers a full line of environmentally-friendly mosquito prevention products available in a variety of designs and colors to match any décor or occasion.

My ultimate goal is for everyone to enjoy outdoor living as much as I do. We hope you'll use this guide to transform your outdoor space into the ultimate entertaining destination.

Best,

Mar

OUTDOOR PRODUCTS

SMART TIPS

Take Indoor Design Outside

Make it Magical with Outdoor Lighting
Spokesperson/License Agreements

Do you have a mission or vision that you would like to communicate?

Mar is the ideal expert for delivering a memorable, impactful message that will validate your brand, organization or event.
LIFE ON MAR’S: A Four Season Garden

A house, a garden and a book to match. Mar’s house quickly became more than a home—not just a house for him, but for others to enjoy and spark their imaginations. In November 2007, Mar released his first book, LIFE ON MAR’S: A Four Season Garden to outstanding reviews and support. Using a seasonal approach, Mar leads you on a detailed tour beginning with the emerging colors of spring. This beautiful, oversize coffee table book provides beautiful garden design, detail and implementation ideas that are easy enough for novices and interesting enough for seasoned gardeners. Mar's no-nonsense approach keeps it simple so that anyone can learn, enjoy, and enhance the many benefits of a gardening experience. Mar's clever tagline, "and there you have it," says it all.

About the Schnauzer

Corky Von Schnorkenheimer, of the great Von Schnorkenheimer clan. Corky was born in East Hampton, NY on November 10, 1995. She prefers to stay busy and active. She is a nine week old miniature schnauzer one fall weekend in East Hampton, NY. This small and shy little dog found her way into my heart, my home, my heart and my life.

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LIFE ON MAR’S: Creating Casual Luxury

In this book, Mar now invites us all inside his Westport, Connecticut, home to explore how his six design principles of Casual Luxury come to life. This deluxe oversized coffee table book will be filled with photographic essays highlighting his philosophy, plus practical applications and resourcefulness applicable for any home or space. Like an entire season of a great design show, LIFE ON MAR’S: Creating Casual Luxury will allow readers access to an encyclopedia of great ideas to apply in their home.

“LIFE ON MAR’S: Creating Casual Luxury uses my home as an example to help deconstruct Casual Luxury and to provide the reader with a winning formula that can be applied in any room, any space or any design scheme. I’ll cure you of any design dilemmas you may have once you discover my six core design principles—it’s that easy.” Mar Jennings.
America's Top Lifestyle Expert Mar Jennings!
Welcome to the official Life on Mar's website.
From cheap & cheerful to the magic of the mix here you will find your blueprint of design ideas and smart tips.
Welcome to the Mar blog!

What has America's top Lifestyle Expert been up to this week? We are always inspired-and sometimes even surprised--by what he shares. With so many interesting people, places and projects in his universe, LIFE ON MAR'S has something for everyone. He'll tell you where he's been, what he's doing, what he's seen and what he's up to next.

Up close and personal.

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Join Mar’s followers and become a MARtian

Stay Connected with Mar!

Join the MARtian army

Mar’s followers around the world refer to themselves as MARtians. You’ll get free lifestyle tips, discounted invites to events and lectures and more.

Email Address  SIGN UP
Influencer over 300K followers

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National TV Appearances

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DEANE AND MAR JENNINGS
Put more present in a stunning family-oriented kitchen

SAYING Ciao TO A RUSTIC TUSCAN-LOOK kitchen was the final chapter of a whole-house renovation at home known as Green Isle in Westport. Challenges faced by kitchen designer Veronica Campbell of Deane and project manager/designer Mar Jennings included creating a level floor, repurposing cabinets, updating appliances and reworking a fireplace and old staircase. And all of it had to come together beautifully to create one fantastic room,” says Jennings.

“The homeowners had been updating the entire house a room at a time, and they wanted to bring color and gloss into the space,” says Campbell. Jennings and Campbell delivered with a blue La Cornue range, glossy cabinetry in a custom Sea Mist color and a blue-marble stone backsplash from Antiqua Tile. The staircase renovation even included a special space for Ivy, a mini Schnauzer who joined the family during construction.

Jennings’ core design principles come into play from representing Mother Nature with the topiaries and the Juliska tabletop arrangement to “embracing light and reflection” through an absence of window treatments, lots of lighting, mirrors, glass countertops and silver accessories. “Natural materials and colors are shown in the soft green cabinets and the wood-grain ceramic floor,” notes Jennings. “And we repurposed the fireplace, staircase and barnwood table.”

“I really enjoyed the relationship that blossomed from room to room, taking a 1908 historical house to an updated 21st-century home, while paying homage to history and the character of the original house,” says Jennings.

“I love the arch-shaped doors in the kitchen, the X Mullions in the bar, and the fact that it’s one color base and a different color upper—love that!” says Campbell.
Mar Jennings shares the tricks that turn your outdoor space into a peaceful escape.

Memorial Day marks the start of summer fun, but there’s no need to shell out cash for a weekend away. With a few fast styling strategies, you can create a relaxing retreat in your own yard. According to lifestyle expert Mar Jennings, all it takes is a few lightweight pillows and cotton throws to make a sitting area serene and comfortable. "Blue reminds us of the sky and water—it’s so soothing and revitalizing, which helps offset hot, humid days," he says. "In fact, he says, 'All it takes is a few lightweight pillows and cotton throws to make a sitting area serene and comfortable.'"

Here, crisp dishtowels and tablecloths are repurposed as cool (and cost-cutting) pillow covers. Mar advises choosing fabrics in shades of blue to further a vacation feel. "Blue evokes the sky and water, of course, but it can also be cool and refreshing, which helps offset hot, humid days," he says. "Other breezy touches: displaying blue-and-white floral arrangements and pretty polka-dot tumblers. For more styling smarts, visit marjennings.com.

From Backyard Basics to RELAXING OASIS

"Adding accessories that have an indoor vibe boosts outdoor comfort."

BOOST AMBIENCE AND KEEP BUGS AT BAY

Popping pillows and a handful of white pebbles into canning jars creates vintage-chic lanterns for pennies. To make them even more double-duty, as pest repellents, a spritz of lavender essential oil to the jar.

CAPTURE PICNIC REPOSE WITH LAWN PILLOWS

Oversize floor pillows (with washable covers) allow good times to kick back for laid-back style and relaxation. Ours are found at discount outdoor stores. Or look for cushions that are at least 24" wide for ultimate comfort.
On newsstands now!

Mar Jennings is a division of S&J Multimedia, LLC
Mar Jennings grows outdoor rooms that feel as good as any living room—maybe even better.
Prints Decorators Love—and How to Use Them in Your Own Home

Patterns can add pizzazz but they can also clash, overwhelm and (surprisingly) disappear. Here are some foolproof strategies for mixing and matching.

BY ABBE WRIGHT

Shape Shifter

"I look for common shapes in a room’s furnishings and decor and then select a print that helps repeat them, for example, the squares of the frames and table are echoed in the pattern on the chairs."

—Mar Jennings, author of Life on Mars & Creating Casual Luxury

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Mar Jennings and S&J Multimedia LLC offer a variety of multimedia resources that deliver the best home, garden and lifestyle information to all who have a desire to improve their everyday home, garden and life.

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