

woman and home

SEPTEMBER 2009

What to wear NOW

THE TRENDS THAT WORK FOR YOU

The **ONE BUY** that updates

AGELESS MAKE-UP

Create your look with the new colours

5 things no one ever told you about married sex!

THE *new* Rules

When you're not sure what's next...

Life's crossroads, family changes, **PLUS** courses, work & money

REAL

JOANNA LUMLEY

Life becomes sweeter

LOOKING TO IMPRESS

Easy recipes with wow factor

STAYING NOT MOVING

instant garden updates your home

50

SPA BREAK

From an hour to a weekend

SKIN SOS

Fix moisture, redness & more

How **STRETCHING** makes you younger

w&h
DEALS EAT OUT!
50% off
at La Tasca
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NATURAL SETTING

Return to earth with a nature-inspired living room. Texture is big news, and a variety of materials, such as wood, metal, wool and leather, are widely available. To get the natural look, the rule is to add tactile pieces, embroidered cushions, chunky knits, raw wood and stone. Curtains in *Digital Garden*, £18 per m, John Lewis. Walls in *Donkey Hide*, £25.50 for 2.5 litres, Earthborn. Clamndon love seat in *Kerala veivel*, £1,045; chair, £799; side table, £149, all M&S. Floor lamp, £95, The Cotton Shop. Cushions: *Green*, £25; *silver leaf*, £25; *green felt flower*, £25; all M&S. *Ruffled roses*, £25, Drs. Cream shell buttons, £20, Debenhams. *Tail vase*, £29, John Lewis. *Green vase*, £16, M&S. *Throw*, £60, Laura Ashley. *Rug*, £99, Next. *Carpet in Fusch W' Roll*, £4715 per sq m, Alternative Flooring >>

