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FRONT COVER

Cover image from *Secrets from the Flower Farm* by Rebecca Starling. Published by Thames & Hudson, £30
Photography © Christopher Morrison

GET IN TOUCH

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Fabergé Essence 18ct Yellow Gold Petite Egg Pendant, £2,760
michaeljonesjeweller.co.uk

p67
Wallpaper: Moon Daisies in Olive, £132 per roll; Units: Portland Stone in Intelligent Eggshell, £82.50 for 2.5L
littlegreene.com

p43
Kelly Dress in Olive Green Floral, £195
wyselondon.com

Zoë is pictured at Zulal Wellness Resort by Chiva-Som. Read all about her family-friendly stay there on p110

HELLO SPRING

My birthday falls at the beginning of March, and so naturally creates a moment of reflection on the year gone by. For me, spring is the real start to the new year and the best time to set intentions. It's the time to shed our cosy cocoon of winter and emerge refreshed and ready to take on the world with renewed clarity and purpose.

I love finding inspiration through the stories of others. One person I thoroughly admire is Clodagh McKenna, who spoke to Gaby Huddart on how she moved to England to make a new life and found happiness. You can read her incredible story on how she turned her life around on page 28.

Another woman who is full of positivity is the unstoppable Jo Glynn-Smith, a leadership coach who also broadcasts an amazing podcast, *The Midlife Entrepreneur*. I was honoured to be invited on to Jo's show to talk about my career and challenges balancing work and home life. Read Jo's top tips for wellbeing on page 128, and you can listen to our episode on 14 April.

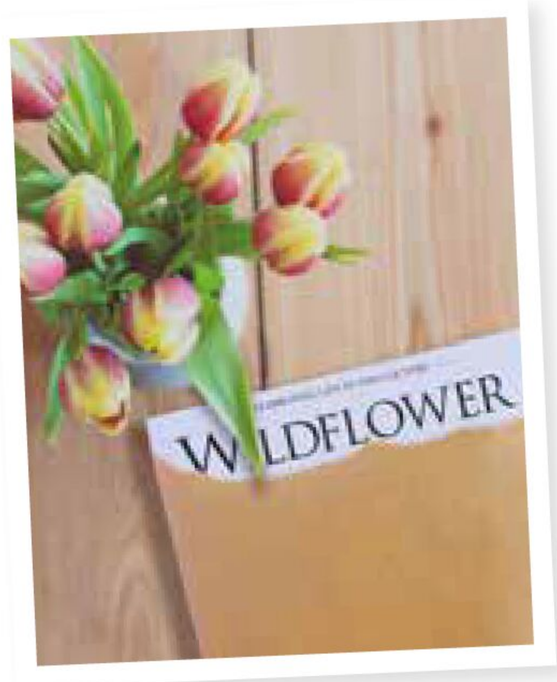
I hope you enjoy this uplifting and joyful issue of *Wildflower* and find inspiration for the season ahead.

Zoë Levey

WILDFLOWER

p103
Pan-grilled stargazer with rainbow relish

p97
Wildflower's Little Green Book



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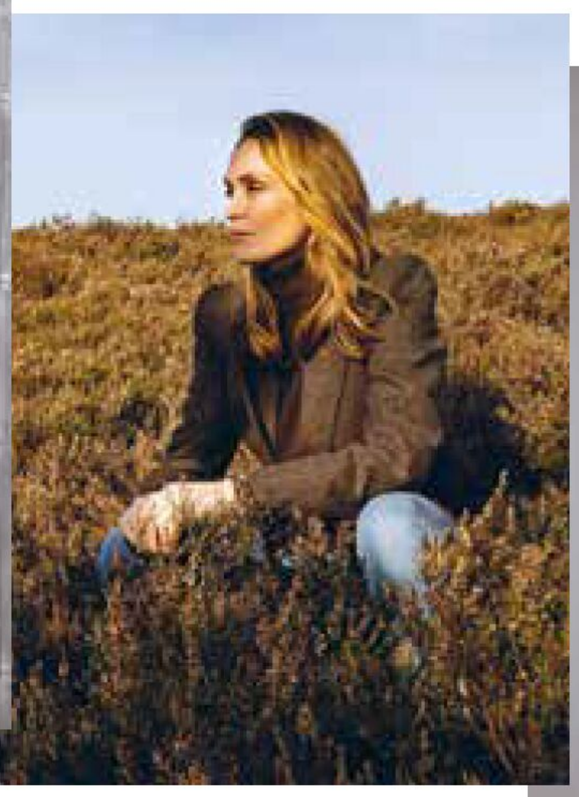

KATE CULLEN

Photographer and business owner

Kate is a self-declared "perpetual beauty seeker, with a love of flora and fauna, heritage, books and old things". After a decade spent as a field archaeologist, Kate discovered the joy of photography, documenting sites and artefacts with an analogue film camera. What began as a technical skill became the heart of her creative business. Based in the Gloucestershire Cotswolds, Kate helps brands create their identity via her beautiful photography, and she also runs an innovative photoshoot and filming location agency, Fablefaine, with her sister Helen. Read their story on page 72. Kate also helps protect our built heritage by photographing buildings at risk for the charity SAVE Britain's Heritage. When not working, you can usually find her getting lost in a good ghost story, out in the garden, or on a rambling country walk.
katecullen.co.uk

ANGELINA VILLA CLARKE

Travel writer

Angelina has been a travel journalist for more than 25 years and has travelled to 60 countries – and counting. She writes for a number of leading publications, such as *Condé Nast Traveler*, *The London Standard*, *Elite Traveler* and *The Independent* among others. Last year, her first book - on Venice - was published. Her plans for this year include trips to Uganda, Thailand and India. She says travel remains just as inspiring as it was on her first trip to Italy as a child. In this issue of *Wildflower* (page 118), Angelina rounds up some of the most fabulous new openings and adventures to give you inspiration for the year ahead.
@angelinavillaclarke

JO GLYNN-SMITH

Leadership coach and podcaster

Jo is a professional coach, writer, speaker and podcaster, specialising in transformation and change. With more than 20 years of business experience, she integrates coaching with her expertise in leadership, marketing and communications and works with some of the world's largest businesses, coaching senior leaders and teams. She also works with many female founders, supporting them through the challenges as they manage and upscale their businesses. This work became the inspiration for her podcast, *The Midlife Entrepreneur*. Each week, Jo sits down with a different business owner to discuss becoming an entrepreneur in midlife. Her hope is that the show will inspire more people to find the confidence and motivation to start a business of their own, whatever their age. Read all about Jo's steps to career success on page 128.
@jojoglynnsmith

HAZEL SILLVER

Freelance gardening and wildlife journalist

Hazel's love of the natural world was kindled early on. Aged 5, she won a North Yorkshire Show poetry prize for a rhyme about an earthworm. Perhaps nowhere near the echelons of Wordsworth, but a passion for writing was ignited. After a busy career in beauty and health journalism in her 20s, working on *Nova* and *Bare* magazines and contributing to *The Sunday Times*, *The Guardian* and *Vogue*, RSI in her hands forced her to pause. During this time, she studied garden design and horticulture and began creating a garden at the foot of the South Downs. She soon got back to the keyboard, this time writing about growing things. Hazel has written our new Grow Your Own page, dedicated to ideas for cultivating your own vegetables, salad, herbs and cut flowers. We kick off on page 90 with a look at delicious herbal tea plants.

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davidharber.co.uk

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EVENTS

ALL THE FUN OF THE FARM | SPRING SHOWS AND SIGHTS | FASHION'S FIRST LADIES

PHOTOGRAPHY: PORCELAIN TALL NIGHT LIGHT VASE WITH FOREST GREEN FERN BY LIZ EMTAGE. PHOTO © VÉRONIQUE LEPLAT

Spring flowers

Liz Emtage Ceramic Studio, St Leonards-on-Sea

28 FEBRUARY AND 7 MARCH

For the past 40 years, Liz Emtage has been crafting clay into all manner of decorative pieces for the home, ensuring corners of rooms feel cosier thanks to the warm glow of her lamps and fireplaces are transformed by her painterly tiles. Keen to share her passion for porcelain with all, Liz is hosting a two-day Spring Flowers workshop in which you'll discover the art of handbuilding and pressing techniques using your favourite flowers to create a piece you can be proud of. It's the perfect treat for Mother's Day.

lizemtageceramics.com

BEST IN SHOW

Blending festival vibes with all the fun of a country fair, The Great British Farm-Fest is the ultimate countryside celebration

WORDS BY **KATHRYN CONWAY**

The sight of Jeremy Clarkson careering around country lanes in his Lamborghini tractor, lamenting the British weather as yet another crop falters, isn't just fodder for a show that has become a blockbuster hit for Amazon Prime – it's a microcosm of rural life. Under Clarkson's watch, the tribulations and hard-won triumphs of farming in Britain today have been laid bare, connecting audiences to agricultural practices that would have felt abstract had the cameras not been rolling while also exploding the romanticised notion of the countryside as a perfect idyll of rolling hills and shimmering fields of golden wheat. But there is humour and heart in *Clarkson's Farm* too, and it is arguably this that has proved veritable catnip for viewers and ensured that messages – such as 'Buy British' – are back in the public consciousness.

It feels only right, then, that the unlikely champion of British farming should be one of the key figures behind an event that is putting its stake in the ground as a welcoming, joyful celebration of the industry. Bringing together farmers, food lovers and families for three days of entertainment that blends the energy of a modern music festival with the wholesome vibes of a traditional country fair, The Great British Farm-Fest roars into the historic home of the Royal Show – NAEC Stoneleigh Park in Warwickshire – from 22 to 24 May.

"Jeremy, Lisa, Kaleb and Charlie have done an incredible job bringing farming into the public eye, and interest in the industry has never been higher," says festival director Chris Hughes. "Their work has helped raise national awareness of farming as deeply important, vulnerable, but also central to our British identity, while presenting it in a kind, funny and accessible way. We aim to build on that momentum by creating an annual festival that introduces new audiences to farming, reminds existing countryside lovers what a fantastic asset we have and leaves everyone with a renewed pride in our great British farmers."

With this in mind, Chris believes The Great British Farm-Fest is delivering something new in an already packed festival schedule. "We're not just a music festival and we're not just an agricultural show," he says. "We are a national farming celebration, with

headliners who believe in the ethos and integrity of the industry."

The line-up is indeed star-studded, with the likes of Groove Armada, Sophie Ellis-Bextor and Alex James just a few of the stellar names lending their musical talents to the Hawkstone Music Arena, while *Saturday Kitchen*'s Matt Tebbutt is among the many top foodies keeping the firepits aflame with the best British produce in the Field to Fork zone. But with 13 areas to explore, there's plenty to keep you entertained: shire horses, steam engines, talks and demos, rural crafts, fairground rides and vegetable and cake competitions are all in the mix, alongside more playful and unexpected elements like a pig grand prix, cowpat lotto and even livestock that looks like celebrities. "We may even set our farmers a challenge of their own in their tractors – a little nod to *Top Gear* and an opportunity to showcase their incredible skill," adds Chris.

COUNTRYSIDE CELEBRATION

One man who is no stranger to a tractor is *Countryfile*'s Adam Henson, who says he's "very excited to be bringing a little taste of my Cotswold Farm Park" to the event, as well as providing festivalgoers with an opportunity to get up close to the rare breeds he stewards.

"I've been passionate about rare breed conservation ever since my father Joe first opened Cotswold Farm Park in 1971 to protect native British farm animals that were disappearing from our countryside. Today, we look after over 50 native and rare breeds, from Gloucester cattle and Cotswold Old Spot pigs to Suffolk Punch horses and Royal Golden Guernsey goats," Adam explains. "Genetically, these incredible traditional breeds carry traits that simply aren't found in a modern commercial animal – like hardiness, adaptability and disease resistance. That genetic >

CLOCKWISE FROM ABOVE: *Countryfile*'s Adam Henson is looking forward to sharing the stories of the rare breeds he looks after; headline acts including Sophie Ellis-Bextor and Groove Armada will be bringing the energy of a modern music festival to the event

PHOTOGRAPHY: ADAM HENSON COURTESY OF ADAM HENSON; COWS IN FIELD, SOPHIE ELLIS-BEXTOR AND GROOVE ARMADA COURTESY OF THE GREAT BRITISH FARM-FEST; FESTIVAL SCENE © EDWARD CISNEROS/UNSPLASH

The Great British Farm-Fest is a great opportunity to champion farming in a positive, inclusive way

diversity is a resource for the future, especially in light of the challenges farming is facing from climate change. I'm looking forward to sharing more on their importance and why they matter because the more we open our gates to tell our stories, the stronger the connection between the land and the public becomes."

For Adam, a man with a lifelong passion for helping people better understand where their food comes from and what it means to look after a small piece of the world entrusted to you, joining the roster of talent at Farm-Fest was an easy yes. "Being part of The Great British Farm-Fest is a great opportunity to champion farming in a positive, inclusive way, showcasing our national pride for our countryside, our livestock, our crops and most importantly, the people who dedicate their lives to producing our food," he says. "It will also be a chance to engage with families, inspire the next generation and remind everyone why British farming really matters."

INSPIRING STORIES

Igniting the imaginations of a younger demographic is a key tenet of the festival, so much so that 12 ambassadors involved in farming across the country have been recruited to fly the Farm-Fest flag. "They are lending their voices, creativity and enthusiasm for their vocation to help us tell the story of Farm-Fest and what the festival represents," reveals Chris.

For Mike Wilkins, who fans of *The Great British Bake Off* will remember for his devotion to championing British produce and for using homegrown ingredients from his family's arable farm in Wiltshire, becoming an ambassador has allowed him to share a more positive message about an industry that lights him up.

"There's plenty of negativity and bad news stories in farming at the moment, which is important to

CLOCKWISE FROM FAR LEFT: Mike Wilkins, star of *The Great British Bake Off*, is an ambassador for Farm-Fest; the event will turn the spotlight on the farming industry, highlighting the journey from farm to fork; Lizzie McLaughlin is looking forward to hearing stories from the community – and some great live music

PHOTOGRAPHY: MIKE WILKINS © MATT GREENWOOD; HAY BALES © NICK FEWINGS/UNSPLASH: GOAT AND SHEEP COURTESY OF ADAM HENSON; LIZZIE MCLAUGHLIN COURTESY OF LIZZIE MCLAUGHLIN

acknowledge as the issues need addressing. But I think for people who aren't in the industry, if that's all you hear, then this is your perspective and understanding of what farming is," says Mike. "There's also this weird stereotype that the farming community is almost like an old boys' club, one that's difficult to crack. But the reality of the industry is quite different; it's so young and diverse now." Mike hopes that Farm-Fest will break down these perceived barriers and shine a light on how British agriculture can be a bright and vibrant industry worth supporting.

As a self-confessed farming and technology nerd, however, he's particularly excited to learn about the latest developments in regenerative farming and soil science at Farm-Fest's Farm Lab and, perhaps unsurprisingly for this consummate baker, he says he'll be found in the food theatre lapping up the cooking demos. "These demonstrations provide the direct link between the food people consume and the products and raw ingredients that leave our farms," Mike notes.

"It's quite easy to see the countryside as just this big, beautiful landscape that you can go for a nice walk in on a Sunday; those pretty fields just look like pretty fields. But if we can start building a deeper understanding of the countryside through storytelling – whether through television or events like Farm-Fest – people inevitably see and appreciate the connection between those golden fields and the loaves of bread in the supermarket. I think that's so important."

FARM TO FORK

Lizzie McLaughlin, a 'townie' from Teeside turned farming podcaster, agrees and says showcasing the journey from farm to fork – which is a key feature of her podcast, *Second Nature*, and also of Farm-Fest – binds us. "Whether it's cooking together, enjoying a meal for a celebration or just eating something that fills us with nostalgia, food really brings people together," she notes.

"So, whether you're enjoying the fun of the farm by viewing livestock in The Grand Ring or indulging in the food farmers put on your table as showcased through the live demos with chefs, Farm-Fest has got something for everyone to really appreciate what goes into producing our food."

Lizzie also believes that the festival weekend is an opportunity to simply enjoy a great day out. "I'm a big fan of The Shires, so I'm very excited to see them live on stage," she says. "Plus, I'm also hoping to speak to and connect with people. I guess that's what really made me fall in love with farming to begin with. As a girl who aged 13 put milking a cow on her bucket list, I absolutely love hearing how people got into agriculture, their favourite recipes and stories from across the generations."

And in an industry that is a vocation, where farmers spend so much time and energy caring for the countryside, protecting wildlife and helping to sustain rural economies, Farm-Fest is a timely reminder of just how precious our great British farmers are. *wf*

For tickets and further information, visit farm-fest.org

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THE EVENTS *edit*

FROM FASHION'S FIERCEST VISIONARIES TO FESTIVALS BATHING TOWNS AND COUNTRYSIDE IN COLOUR, THIS SEASON'S DIARY IS BURSTING WITH REASONS TO GET OUT AND EXPLORE

LONDON DESIGN WEEK 2026

Design Centre, Chelsea Harbour, London

9-13 MARCH

Every March, the Design Centre, Chelsea Harbour becomes a hive of ideas for those keen to keep their finger on the pulse of the latest interior trends. Across more than 135 showrooms and 30 pop-up spaces that bring craftsmanship and boundary-pushing innovation from both global and boutique brands to life, a programme of talks featuring design stars – including India Knight, Kit Kemp and Sophie Paterson – spark creative curiosity. Plus, with the inaugural TRI Design Festival taking place across Knightsbridge, King's Road and Fulham Road from 12-15 March, the capital is very much the home of interiors inspiration this spring.

dcch.co.uk/london-design-week

PHOTOGRAPHY: STRAWBERRY FIELDS TULIP FEST © MATT AUSTIN

STRAWBERRY FIELDS TULIP FEST

Strawberry Fields, Lifton, Devon

EXACT DATE TBC

Around April each year, row upon row of tulips unfurl across the rolling Devonshire countryside, transforming four acres of fields into a painterly patchwork of unapologetic colour. Thanks to some half a million bulbs that burst into life, visitors can stroll through rainbows of blooms, soundtracked by live music, and enjoy the festival atmosphere as a satisfying snap is secured for the 'gram.

strawberryfieldslifton.co.uk

Row upon row of tulips unfurl across the rolling Devonshire countryside, transforming the fields into a painterly patchwork of colour

RHS ORCHID SHOW

RHS Garden Wisley, Woking

13-15 MARCH

Set against RHS Garden Wisley's wider spring awakening, its annual Orchid Show is a fabulous celebration of a flower that ensures this flagship garden's Hilltop Garden Room is a cathedral of colour. With breathtaking displays and expert talks, this is the event that lovers of this perennial flock to. While visiting, don't miss the opportunity to experience the wonder of the Orchid House, home to more than 3,000 specimens – including one that is a staggering 2.5 metres high.

rhs.org.uk/gardens/wisley

VIVIENNE WESTWOOD: REBEL – STORYTELLER – VISIONARY

The Bowes Museum, Barnard Castle, County Durham

FROM 28 MARCH

As a punk provocateur with a passion for reinventing historical couture, Vivienne Westwood famously wore her political agenda on her sleeve, asking us all to "buy less, choose well, make it last". Now her rebellious artistry can be examined in detail in this fascinating retrospective that places mock-up calico toiles and digitally deconstructed garments alongside Westwood's exquisitely crafted, imaginative ensembles. Unfolding chronologically and featuring designs such as the Boulle print dress from her Portrait collection and the MacAndreas pink mohair jacket with matching skirt from the iconic Anglomania show, examine how this force of nature defied convention and reshaped British fashion.

thebowesmuseum.org.uk

ROMEO & JULIET

Harold Pinter Theatre, London

FROM 16 MARCH

After their respective successes in *Hamnet* and *Stranger Things*, Noah Jupe and Sadie Sink make their West End debuts as the titular star-crossed lovers in Shakespeare's heartrending tragedy. Under the direction of Robert Icke, who says *Romeo & Juliet* is "an explosive play, filled with heat and life, which confronts us with the fragility of our lives and the momentousness of every last second", expect this exciting new production to be one of this season's hottest tickets.

romeojulietplay.com

PHOTOGRAPHY: RHS ORCHID SHOW © HELEN YATES; MACANDREAS PINK MOHAIR WRAPAROUND JACKET WITH MATCHING SKIRT FROM VIVIENNE WESTWOOD'S ANGLOMANIA COLLECTION © THE BOWES MUSEUM/CLAIRE COLLINSON; ROMEO & JULIET © HELEN MURRAY

SEEDS OF EXCHANGE: CANTON AND LONDON IN THE 1700S

Garden Museum, London

TO 10 MAY

While the 18th century was dominated by the East India Company's trade in tea, the Age of Enlightenment turbocharged the scientific study of botany. Shining a light on the remarkable yet little-known collaboration between English botanist John Bradby Blake, Chinese interlocutor Whang At Tong and accomplished artist Mak Sau, this fascinating exhibition reunites Bradby Blake's archive of Chinese herbals and research material with the botanical paintings they inspired for the first time in 235 years.

gardenmuseum.org.uk

TITANIC EXHIBITION: ABERDEEN

P&J Live, Aberdeen

28 MARCH-12 APRIL

More than 100 years on from its fateful maiden voyage, few ships captivate quite like *RMS Titanic*. This showcase features immersive displays and atmospheric reconstructions that place visitors inside the Edwardian world that shaped the ocean liner, with fragments salvaged from the wreck alongside personal belongings that speak of lives interrupted. Don't miss Dik Barton, one of the few to have dived the wreck site, who is hosting daily lectures from Wednesday to Sunday.

titanicaberdeen.com

DAVID HOCKNEY: A YEAR IN NORMANDIE AND SOME OTHER THOUGHTS ABOUT PAINTING

Serpentine North Gallery, London

FROM 12 MARCH

Never one to shy away from the pursuit of how to see and represent the world, David Hockney took to his iPad in 2020 to capture the changing seasons at his former studio in Normandy. The result of the artist's endeavours is the monumental 90-metre-long frieze *A Year in Normandie*. This panoramic vision is being displayed in London for the first time, auspiciously ahead of the work that inspired it – the *Bayeux Tapestry*, which will be on loan to the British Museum from September.

serpentinegalleries.org

CIRTUS MAXIMA, 1771, BY MAUK-SOW-U COURTESY OF OAK SPRING GARDEN FOUNDATION; *A YEAR IN NORMANDIE, 2020-2021*, COMPOSITE IPAD PAINTING © DAVID HOCKNEY; TITANIC EXHIBITION IMAGES COURTESY OF WHITE STAR HERITAGE

FESTIVAL OF ENERGY

Blyth, Northumberland

5-8 MARCH

Blyth becomes the stage for large-scale artworks and performances in an inaugural celebration that positions the town at the forefront of renewable energy. Artist Luke Jerram's *Moon* and *Gaia* installations will be seen side by side in a world first, in the testing facility of offshore renewable energy innovators ORE Catapult, while light and sound projections are planned for the lighthouse and the point where the River Blyth meets the sea. This is a fitting culmination to an eight-month programme of creative events.

greatnorthumberland.co.uk/festival-of-energy

WONDERWOOL WALES

Royal Welsh Showground, Builth Wells, Wales

25-26 APRIL

Celebrating its 20th anniversary this year, the UK's largest celebration of wool, yarn and textiles returns to the Royal Welsh Showground for more natural fibre fun from some 220 exhibitors on show. While the wonder of wool is very much in evidence, a star attraction this year is Calico Dress Cymru, a collaborative community project that has seen people hand-embroider personal stories and Welsh cultural symbols on a large calico dress, creating what Menna Buss, the textile artist who led the project, calls "a wearable time capsule" that speaks to the collective Welsh experience.

wonderwoolwales.co.uk

ZANDRA RHODES: A LIFE IN PRINT

The Holburne Museum, Bath

TO 10 MAY

Flanked by the 17th- and 18th-century portraiture of some of the era's most fashionable figures in this gem of a museum is a masterstroke of staging for a designer whose kaleidoscopic prints have graced the wardrobes of the world's biggest stars. Witness Dame Zandra Rhodes' pioneering silk-printed silhouettes styled to perfection on vintage mannequins by Adel Rootstein, including a green Field of Lilies ensemble donned by Bianca Jagger and a yellow Button Flower coat dress worn by Joanna Lumley.

holburne.org

CATWALK: THE ART OF THE FASHION SHOW

V&A Dundee, Scotland

FROM 3 APRIL

From their origins as hushed salon presentations to today's landmark events that are as much about the front row, fashion shows have become seminal moments in cultural history. In the UK's first exploration of more than 100 years of catwalk history, the V&A Dundee spotlights the creativity of the runway, documenting the theatrical spectacles loved by Alexander McQueen and the moment Chanel staged a rocket launch. Epic.

vam.ac.uk/dundee

PHOTOGRAPHY: TOWER OF LIGHT © PAUL NORRIS; ZANDRA RHODES © JO HOUNSOME PHOTOGRAPHY; SHALOM HARLOW FOR ALEXANDER MCQUEEN'S SS1999 NO. 13 COLLECTION © ROBERT FAIRER

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THREE CHEERS FOR POOH! CENTENARY EXHIBITION AND STORY TRAIL AT NYMANS

Nymans, Handcross, Hayward's Heath

TO 15 MARCH AND 18 APRIL-28 JUNE

A century on from the publication of AA Milne's imaginary adventures of his son Christopher Robin and a certain honey-loving bear of "very little brain", Winnie-the-Pooh and the tales of Eeyore, Kanga, Owl, Piglet, Rabbit and Roo (Tigger appeared later) in Hundred Acre Wood remain a staple of many children's bedtime story sessions. This spring, a visit to the romantic ruins of Nymans and its Grade II-listed garden will be rewarded with a celebratory exhibition (to 31 May) that spotlights extracts from the much-loved tales paired with EH Shepard's evocative illustrations alongside a family-friendly story trail.

nationaltrust.org.uk/visit/sussex/nymans

LES LIAISONS DANGEREUSES

Lyttelton Theatre, National Theatre, London

FROM 21 MARCH

Christopher Hampton's celebrated adaptation of Pierre Choderlos de Laclos's epistolary novel explores how a game of sexual one-upmanship escalates into emotional devastation. Expect sparks to fly as the incomparable Lesley Manville and Aidan Turner bring the social warfare wrought by the manipulative Marquise de Merteuil and Vicomte de Valmont to life.

nationaltheatre.org.uk

PHOTOGRAPHY: *LES LIAISONS DANGEREUSES* © ALEXANDRE BLOSSARD *ORCHIDS*, 1879, BY SIR LAWRENCE ALMA TADEMA COURTESY OF RICHARD GREEN GALLERY, LONDON

IN BLOOM: HOW PLANTS CHANGED OUR WORLD

Ashmolean Museum, Oxford

FROM 19 MARCH

Weaving together more than 100 artworks, including rare curiosities, botanical art and responses by contemporary artists, co-curators Dr Francesca Leoni and Dr Shailendra Bhandare describe this blockbuster show as "a vivid curatorial account of how our world has been changed by our interactions with plants."

A group of 19th-century papier-mâché plants made for scientific study, a Wardian case circa 1870, plus paintings, drawings and prints by some of the greatest botanical artists of all time will beguile.

ashmolean.org

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VOYAGE TO THE DEEP – UNDERWATER ADVENTURES

Horniman Museum & Gardens, London

TO 1 NOVEMBER

Inspired by Jules Verne's classic novel *Twenty Thousand Leagues Under the Seas*, budding aquanauts are invited to get hands-on in this interactive adventure. Whether it's testing your seafaring skills as you take the helm of the *Nautilus* submarine, tickling the ivories of Captain Nemo's bubbly pipe organ, or getting up close to living marine creatures in any one of the six aquarium tanks, be sure not to miss the Octonauts-inspired activity trail around the museum and gardens.

horniman.ac.uk

Test your seafaring skills as you take the helm of the *Nautilus* submarine or tickle the ivories of Captain Nemo's bubbly pipe organ

NATURE PILGRIMAGE BY BAMFORD AND BRITISH PILGRIMAGE TRUST

Daylesford Farm, Moreton-in-Marsh

20 MARCH

For the past 12 years, British Pilgrimage Trust founder Guy Hayward has been deepening people's connection to Britain's cultural heritage and the beauty of the natural world through the ancient art of pilgrimage. Now, he has teamed up with Bamford to lead a guided walk on the Spring Equinox through the bucolic landscape surrounding Daylesford Farm. Taking in ancient trees and churches, picturesque villages and paths once trodden by Tolkien as you weave your way to the mysterious Rollright Stones, there will be cause to reflect on the simple pleasure of finding sanctuary in nature.

daylesford.com

MESSIAH ON GOOD FRIDAY – 150TH YEAR

Royal Albert Hall, London

3 APRIL

This Good Friday, the Royal Albert Hall hosts a landmark performance marking 150 years since the Royal Choral Society first sang Handel's *Messiah* here on 14 April 1876. From that very first concert, the annual tradition has endured, with the soaring choruses of the Baroque oratorio interrupted only by the Blitz in 1940-41 and the COVID-19 pandemic in 2020-21. Accompanied by the Royal Philharmonic Orchestra under the direction of Richard Cooke, this anniversary celebration is one to book.

royalalberthall.com

PHOTOGRAPHY: VOYAGE TO THE DEEP - UNDERWATER ADVENTURE COURTESY OF FLYING FISH; ROYAL CHORAL SOCIETY © KEVIN DAY

DON'T MISS OUR NEXT LIVE EVENT

WILDFLOWER LIVE

LIVE | EXPLORE | GROW | ESCAPE

Join artist and wellbeing editor Susannah Taylor at Thyme in the Cotswolds for a morning of mindful creativity full of mood-boosting benefits

There is plenty of research to show the wellbeing benefits of journalling, but did you know about the mood-boosting effects of a regular creative practice? Passionate about creativity as a pillar of wellness, we've teamed up with artist and wellbeing editor Susannah Taylor who will be taking journalling to another level with a Nature Journal and Botanical Painting Workshop at Thyme in the Cotswolds on Thursday 14 May 2026.

"There is a vast amount of amazing research that shows the mood-boosting benefits of creativity," says Susannah, who keeps a journal of daily scribbles, paintings and drawings of the world around her, especially nature. In this special workshop, she will demonstrate how to make your own personal creative journal and at the same time guide you through a botanical painting class. Susannah says "The practice of being creative encourages us to be mindful of the world around us and to notice the beauty in everyday things we might often overlook. It also stills the mind and helps us access a flow state that is a form of meditation."

You can expect to leave with your own beautiful journal, a new mindfulness practice and botanical painting skills. All levels welcome, no previous artistic experience required.

ABOUT THE MORNING

10am A warm welcome with delicious homemade cakes and coffee
10.30am A mindful walk through Thyme's gardens, where Susannah will talk about the wellbeing benefits of a creative practice and the 'art of noticing'
11am Susannah will guide you through a drawing and botanical painting masterclass and explain how to create your own beautiful nature journal
12.45pm Seasonal lunch in the Ox Barn restaurant

ABOUT SUSANNAH

Susannah has enjoyed a successful career as a beauty and wellbeing editor, having held senior positions at *Glamour* and *Vogue* magazines, and writing wellbeing columns for *Grazia*, *The Telegraph* and *YOU* magazine. She also founded award-winning website getthegloss.com. In addition, she is an illustrator and artist, creating visuals for many well-known brands, and her time is now mostly focused on her artwork.
susannahtaylor.com

ABOUT THYME

Set in the heart of the Cotswolds, Thyme offers a tranquil escape where nature and creativity blend seamlessly. The estate features beautiful gardens, thoughtfully restored buildings and a welcoming atmosphere ideal for relaxing.
thyme.co.uk

BE INSPIRED: Learn how to create your own nature-inspired journal with Susannah Taylor in the beautiful surrounds of Thyme

PHOTOGRAPHY: SUSANNAH TAYLOR (TOP LEFT) © SARAH FRANCES KELLEY

ABOUT WILDFLOWER LIVE

MASTER NEW SKILLS AT OUR CAREFULLY CURATED INSPIRATIONAL EVENTS

Step inside the pages of your favourite magazine as we bring them to life via a series of intimate events, each beautifully curated and full of inspiration. Covering topics you regularly read about in *Wildflower*, you can learn about flowers, gardens, crafts, baking, tablescaping and so much more.

Each event is held in a stunning space; whether that's a vintage glasshouse, kitchen garden, or gorgeous countryside house, you'll spend the day in glorious surroundings– many of them not usually open to the public.

Our workshops and events are hosted by a series of hand-picked specialists, each an expert in their own field. From floristry, interior design and photography to block printing, flower pressing and cooking, we've got it covered. We'll bring together some of the most talented and celebrated creators so you can discover the joy of mastering a skill and learning something new. You'll meet like-minded people, plus the team from *Wildflower* magazine, and leave with a proud sense of purpose and achievement – and likely a few new friends along the way.

We can't wait to welcome you to the world of *Wildflower*.

BOOK YOUR TICKETS NOW

DATE 14 May 2026
TIME 10am-3pm
LOCATION Thyme, Southrop Manor Estate, Gloucestershire, GL7 3PW
@thymeengland

- **Tickets cost £95 per person.**
- **Numbers are limited, so make sure to book your place now.**
- **Morning refreshments and a seasonal lunch in the Ox Barn restaurant are included (excludes wine).**
- **To book your place, go to wildflowermagazine.co.uk**
- **For T&C's, see online.**

Look out for news of more seasonal Wildflower Live events on our website wildflowermagazine.co.uk

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"The time to follow your *dreams* is now!"

Chef and author Clodagh McKenna talks mood-boosting recipes, happiness tactics and creating the life you really want

WORDS BY **GABY HUDDART**

Clodagh McKenna radiates warmth and positivity – her eyes twinkle as she chats in her sing-song Cork accent, her conversation is punctuated with megawatt smiles and, whether she's handing over a generous slice of parsnip cake or sharing a newly learned beauty tip, she is perennially focused on making whoever she's with happy and at ease. Indeed, the word 'radiant' could have been coined for her: a woman emanating enough joy to light up those who are lucky enough to encounter her.

But the cookbook author, TV presenter, farmer, lifestyle influencer and resident chef on ITV's *This Morning* explains that she hasn't always been the joyful person that she is today. In fact, only a decade ago, she was desperately unhappy and felt that she had completely lost her way.

"I was living in Ireland and from the outside I might have looked successful. I was so busy running restaurants, I was working all the time and never even stopped to breathe. I was in a relationship with a lovely man, but he just wasn't right for me. I'd wake up feeling heavy and sluggish and would fight through each day," she says.

"Then my dad died and that made me re-evaluate everything. He'd been so worried about how I'd been working that it gave me the spur to change things and to move to England. I think it was his spirit that gave me the strength to leave."

LESSONS FOR LIFE

Going from a country where she was a household name with a thriving business and secure income and starting from scratch alone might sound foolhardy, but Clodagh says she used it as the opportunity to completely reboot her life. She completely overhauled how she nourished her body – from the food she ate to her exercise and meditation routines. "Once you look after what you put into your body, that really helps your mind," she says. "I knew a lot about nutrition already, having worked in food for so long, but I taught myself a lot more and found that I could change my mood in only a few hours through what I ate."

In her new cookbook, *Clodagh's Happy Cooking* – which she's dedicated the past two years to writing – she shares 100 easy recipes that are geared to boosting health and mood. Not that there's any sense of deprivation here; these are recipes that are flavour-packed and satisfying, including the Frittart, Greek Marinated Chicken and Lemony Cheesecake that she's chosen to share with *Wildflower* readers (turn to page 32). And she also urges everyone to try making her Happy Juice (page 33) as "it's packed with goodness" and is "an easy act of self-love to start every day".

In the book, Clodagh also reveals the five other secrets she discovered that are key to her happiness: meditation; forest bathing; cold showers; walking; and dancing to her favourite music. "If things are stressful, I will literally just put a headset on and dance and will instantly feel better. I grew up doing that because my mother would make us dance as kids; I now realise that what she was doing was calming us down because we'd lose ourselves in the music and movement," she says.

"The other thing that I've just started doing every morning is an ice bath for my face. I use my mixing bowl, half filling it with ice and the rest with water and then I dunk for 10 seconds five times," she advises. "All the puffiness goes from your skin – it tightens it and makes you look better. But the best thing is that it shakes you up mentally and leaves you feeling amazing." >

ROUTE TO HAPPINESS

Clodagh confides that since she started looking after her body and mind, everything in her life has fallen into place. In 2017, she met Harry Herbert – son of the 7th Earl of Carnarvon and the founder and chairman of Highclere Thoroughbred Racing. They married in 2021, with Clodagh becoming a stepmother to his three grown-up children, and the couple started their sustainable farm Broadspear in the grounds of Highclere Park in Hampshire, where they live.

"The difference between the old me and who I am now is that I put myself first all the time," she says. "And that's not selfish because when I look after myself, everything is better for everyone – my husband is happier, my stepchildren are happier, the people who work with me are happier. I promise everybody is happier around you when you make yourself a priority."

ABOVE: One of Clodagh's five keys to happiness is walking
RIGHT: 60 bee hives provide the honey Clodagh and her family love so much

Not that life isn't incredibly busy and without its challenges, with Clodagh getting up at 5.30am every day to pack everything in. "Living at Broadspear and having the farm is hugely hard work. The most important thing is the welfare of our animals and it's constant, so first thing in the morning and last thing at night, there's always something to do," she says.

Currently, the couple have three Aberdeen Angus cows that they rear for beef, as well as three woodland pigs, so they can make their own sausages, bacon and ham – "we don't sell any of it, but there's usually enough to feed our friends as well as ourselves". There are 22 chickens and nine ducks, ensuring a plentiful supply of eggs – "heaven is a fried duck egg on a bit of sourdough" – not to mention 60 bee hives.

"I use honey so much in my cooking and Harry loves it, as do our friends and family. It's incredible how much we get through," says Clodagh. "I always have visions of selling it, but we never seem to have much left over."

Little wonder that the name she came up with for her new homeware business that launched last May is Honey by Clodagh. She's as passionate about the products she's creating as she is about the produce from the hives. "I started with a linen range as I love tablescaping and also have a casserole pot and home fragrance," she says. "These aren't things I buy from a wholesaler – they're products I've designed and are made exactly as I want them to be. I can't tell you how exciting that is. When my diffuser bottles arrived, I was delirious! I have them around my house and keep looking at them in disbelief – it's my brand logo on them and that's my own unique fragrance that I developed."

CHASING DREAMS

Clearly not one to stand still, looking ahead Clodagh says she'd love to grow Honey by Clodagh further as a lifestyle brand. In addition, she'd love to introduce a small dairy herd to the farm. "Having our own milking cows and being able to make my own butter – that would be the dream."

And it's thanks to her mother that she chases such dreams, she says. "My mum used to always say to me, my sisters and brother: 'Let your dreams begin when you wake up in the morning.' She meant that if we had a dream, it was up to us make it happen. If life isn't a rehearsal, then the time to start doing that is now!"

Turn the page for Clodagh's easy-to-make recipes >

The difference between
the old me and who I am
now is that I put myself
first all the time

Happy cooking

THE FRITTART!

SERVES 6

A tart with a 'crust' of crushed salad potatoes! The filling here is similar to that of a quiche Lorraine, but the basic recipe can also be a great way to clean out your refrigerator, popping in leftover mushrooms, tomatoes, asparagus or even a crumble of soft cheese. This lasts for about a week in the refrigerator.

700g small salad potatoes
20g butter, melted
2 tsps olive oil
200g smoked pancetta
1 onion, finely chopped
1 leek, sliced and rinsed
6 eggs
3 tbsp crème fraÎche
75g Cheddar cheese, grated
Sea salt flakes and freshly ground black pepper
Finely chopped chives, to serve

1 Boil the potatoes in salted water until tender, then drain.
2 Brush a 23cm springform tin with the melted butter. Place the potatoes in the tin, pressing them firmly to crush with the back of a spoon or a pestle into the bottom and sides to form a case, patching up any holes.
3 Place a frying pan over a medium heat and add the olive oil, then tip the pancetta into the pan. Just before the pancetta becomes completely crispy, add the onion and leek, cook for a further 5 minutes, then leave to cool.
4 Preheat the oven to 200°C.
5 Whisk together the eggs and crème fraÎche in a mixing bowl. Then add the cooked and cooled leek, pancetta and onion, along with half the grated cheese. Season with salt and pepper and mix. Then pour the egg mixture on top of the crushed potatoes and sprinkle the remaining cheese on top.
6 Bake the tart for 25 minutes until set and golden.
7 Scatter with chopped chives, carefully remove the springform tin, then serve.

The basic recipe can be a great way to clean out your refrigerator, popping in leftover mushrooms, tomatoes or asparagus

DAILY HAPPY JUICE

SERVES 2

The juice that started it all for me! These days, I make sure I always have the ingredients in the house to make it. As the years have gone on, I've tweaked the recipe a little bit, adding ginger, root turmeric (my new obsession), upping the amount of celery and adding lemon juice.

30g baby leaf spinach
100g fresh or frozen pineapple chunks
¼ cucumber, sliced
2 celery sticks, sliced
5cm piece of root ginger, peeled and sliced
5cm piece of root turmeric, peeled and sliced
2 tbsp Greek yogurt
Juice of 1 lemon
100ml water
Twist of freshly ground black pepper
3–4 ice cubes

1 IF USING A JUICER Just pass all the ingredients through the juicer.
2 IF USING A BLENDER Add about 250ml water, to help all the ingredients to blend together as smoothly as possible, then strain through a sieve.
3 Store any leftovers, covered, in the refrigerator for up to 24 hours (although the juice is best when fresh).
NOTE I use a lot of fresh root turmeric, now available in many supermarkets. Both root turmeric and root ginger freeze very well.

GREEK MARINATED CHICKEN WITH COURGETTE & FETA SPICY COUSCOUS & TZATZIKI

SERVES 4

Delicious, healthy and zinging with delicious spices and fresh flavours. Make the marinade the day before and get the chicken marinating to save on time. Any leftovers would be delicious stuffed in a wholemeal pitta for a quick lunch the next day.

FOR THE CHICKEN

4 boneless chicken thighs
Juice of 1 lemon, plus lemon wedges to serve
8 black olives, ideally Greek, pitted and chopped
2 garlic cloves, crushed
1 tbsp olive oil, ideally Greek, plus more for the courgettes and couscous

FOR THE COUSCOUS

400g wholewheat couscous
1 tsp harissa paste
600ml hot water
2 small courgettes, finely chopped
Juice of 1 lemon
10 green olives, ideally Greek, pitted and halved
80g feta cheese, ideally Greek, crumbled, plus more to serve
1 tbsp chopped flat leaf parsley leaves, plus more to serve
Sea salt flakes and freshly ground black pepper

FOR THE TZATZIKI

200ml Greek yogurt
½ cucumber, grated
1 tbsp finely chopped mint leaves, plus more to serve
1 garlic clove, crushed

1 Start by marinating the chicken. Place the chicken in a bowl and pour over the lemon juice, black olives, garlic and olive oil. Mix all the marinade into the chicken, cover and refrigerate for at least 30 minutes, although overnight is even better.

2 Place a deep frying pan over a medium heat and, once hot, place the marinated chicken pieces in the pan and cook for 5 minutes on each side, or until the chicken is cooked and the skin is burnished and crisp, turning every few minutes so that it doesn't burn.

3 Meanwhile, tip the couscous grains into a heatproof bowl. Whisk the harissa into the measured hot water, then pour this over the couscous, cover the bowl with a tea towel and leave to cook in the steam for 8–10 minutes. Remove the tea towel and then separate the couscous grains using a fork; a spoon will make the mixture clumpy.

4 While the couscous is steaming, cook the courgettes. Place a frying pan over a medium heat and add a splash of olive oil, followed by the courgettes, seasoning with salt and pepper. Cook for 5 minutes, tossing every couple of minutes. After 4 minutes, add the lemon juice and continue to cook for another minute.

5 Mix the courgettes and couscous together in a large bowl, adding the halved green olives, feta, parsley and a good glug of olive oil. Season with salt and pepper.

6 Make the tzatziki by placing all the ingredients in a separate bowl and mixing well.

7 Serve the chicken over the couscous, scatter with crumbled feta, mint and parsley leaves and serve with the tzatziki, offering lemon wedges on the side.

LEMONY CHEESECAKE WITH HAZELNUT BISCUIT BASE

SERVES 8

Welcome to the most-downloaded recipe on my website! It is a firm favourite in my house, not least because you can whizz it all together in less than half an hour. The biscuit crust is thick here because I love a crunchy buttery base to my cheesecake. If you want, you could fold fresh raspberries or blackberries into the lemon cream filling, depending on the season. You will need an 18cm springform cake tin. Make and chill this up to five days ahead, to ease your life.

250g digestive biscuits
80g hazelnuts
100g butter, melted
300ml double cream
150g caster sugar
340g full-fat cream cheese
Finely grated zest of 3 lemons, juice of 2 lemons, plus more lemon zest (optional) to serve
Edible flowers, to serve (optional)

1 Line the base of an 18cm springform cake tin with baking paper.
2 Place the digestive biscuits and hazelnuts in a blender and blitz until you get a crumblike consistency. Then pour in the melted butter and blend for 30 seconds. Spoon the biscuit base into the prepared tin and use the back of a spoon to smooth it flat. Put into the refrigerator to chill while you make the topping.
3 Whip the cream using a whisk or mixer, until it forms soft peaks. Add the sugar, cream cheese, lemon zest and juice and whip together until light and fluffy.
4 Remove the base from the refrigerator and spoon on the lemon mixture, using the back of a spoon to smooth out the top.
5 Chill for at least 2 hours to set fully, removing from the refrigerator 30 minutes before serving. I like to finish it off by decorating it with flowers and lemon zest.

PHOTOGRAPHY © DAVID LOFTUS

Recipe extracts taken from *Clodagh's Happy Cooking*, published by Kyle Books, £25

Clodagh's top TABLESCAPING TIPS

HOW TO CREATE THE PERFECT SETTING

THINK ABOUT WHO you're hosting, what they need in their lives and the mood you want to create for them. For instance, if they're going through a tough time, create a cosy atmosphere with warm colours – browns and mustards or burgundy or sage green. Celebrations call for brighter colours.

PICK A TABLECLOTH to create the mood and to build from – it acts as the wallpaper for the room.

LIGHTING IS KEY. To create a beautiful, warm, glowing atmosphere, have candles of different heights and add tea lights.

NEXT ADD FLOWERS. I always try to use what's growing outside rather than buying in flowers imported from abroad. In spring I go mad with daffodils and tulips. Every year I plant about 1,000 bulbs, so we should have our best harvest ever this year.

IF YOU HAVE A tablecloth that's floral or striped, go with plainer plates, putting a napkin on top.

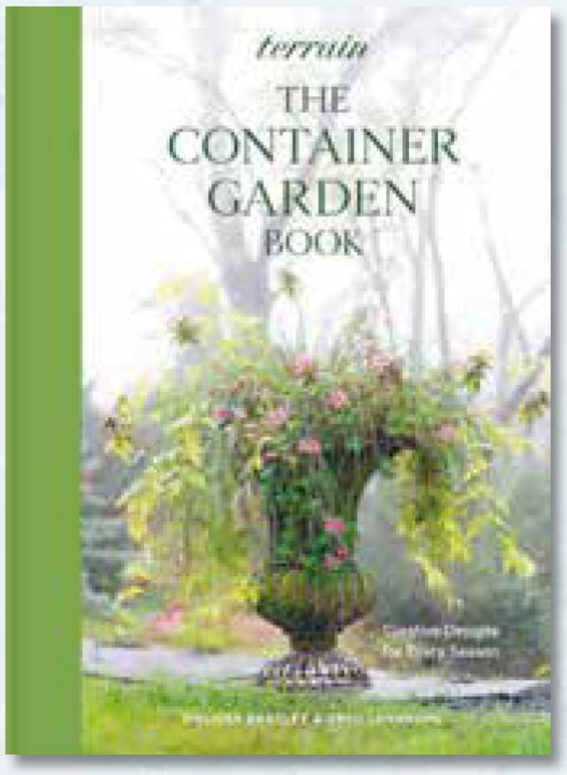
I LOVE A VELVET bow! Add velvet bows to each place setting on top of the napkin, so it drapes over the side of the plate and down the tablecloth a little bit.

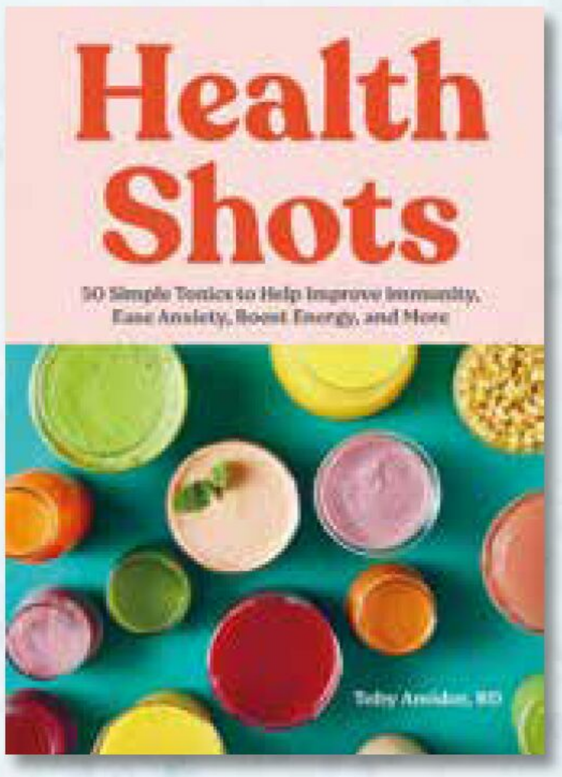
FOR BIGGER PARTIES, it's lovely to add place cards or hand-written menus for everyone.

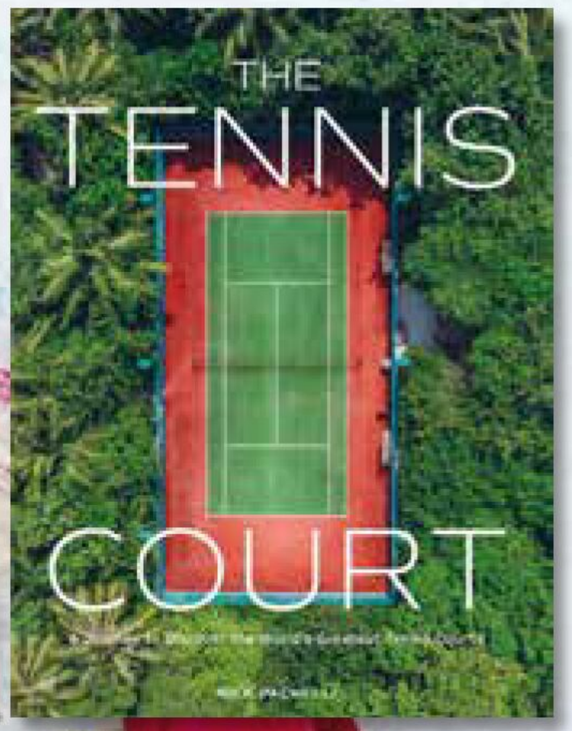
Inspiration for spring

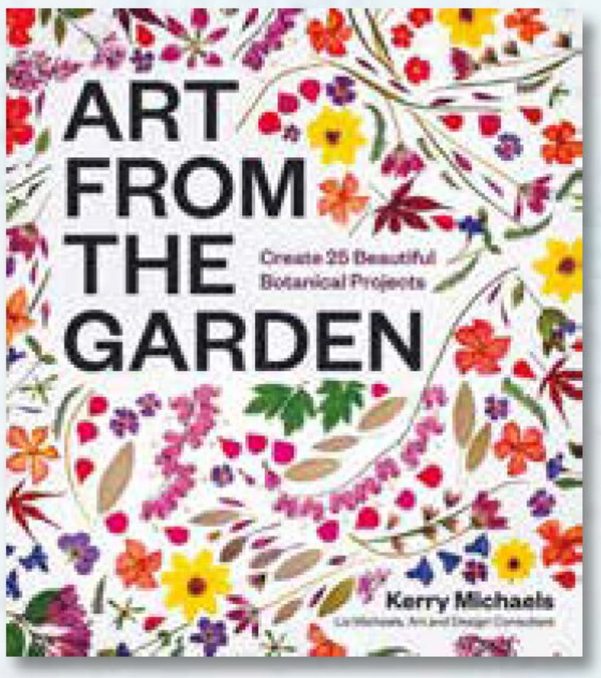
BEAUTIFUL BOOKS FOR EVERY PASSION

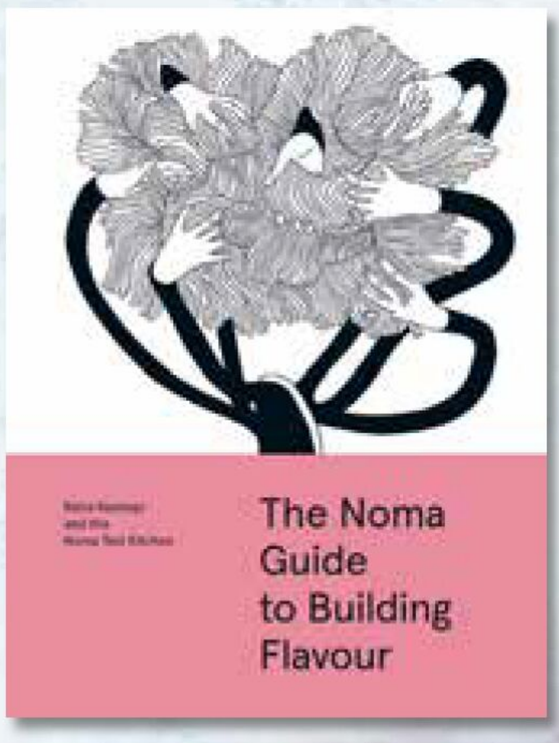
From garden planting to seasonal cooking, relaxed living to timeless style – discover books to welcome the season











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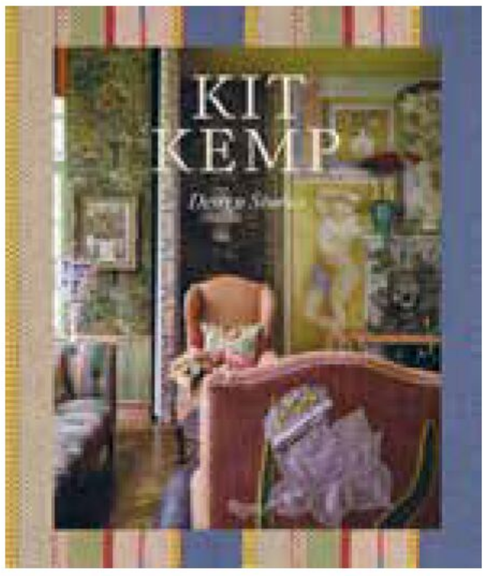
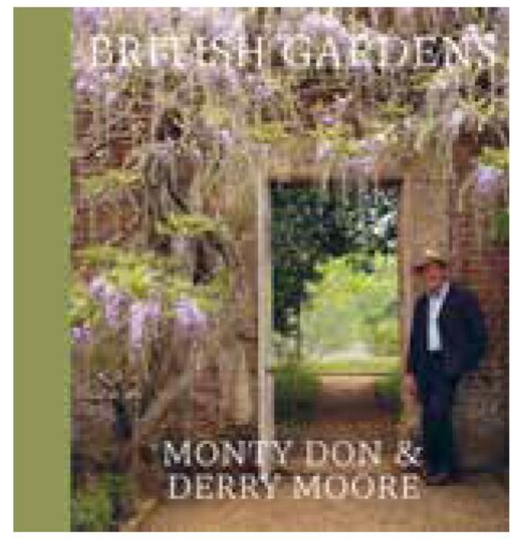
BY **KATHRYN CONWAY**



KIT KEMP: DESIGN STORIES

BY KIT KEMP WITH GILES KIME, RIZZOLI, £45 (3 MARCH)

Kit Kemp, the creative force behind her eponymous studio and Firmdale Hotels, lays bare her fearless approach to narrative-driven interiors through a showcase of spaces shaped by texture, craft and character. With a visual language built on vibrant use of colour, eclectic pattern and an eye for the unexpected, the pages brim with inspiration, making it essential reading for those who are keen to unlock the soul of the environments they spend time in.



BRITISH GARDENS

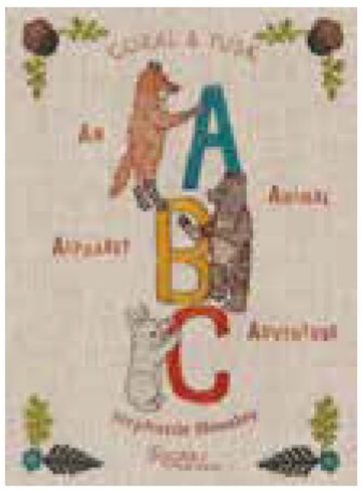
BY MONTY DON & DERRY MOORE, BBC BOOKS, £35 (19 MARCH)

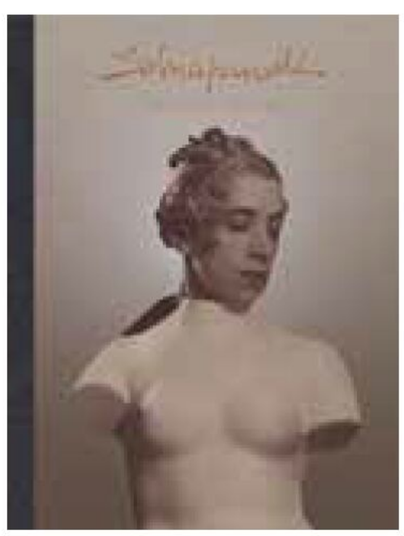
Calling the British garden "a vital national expression of creativity and identity", Monty Don and his longtime collaborator Derry Moore have traversed the length and breadth of the British Isles to explore what our gardens say about ourselves as a nation. The result is a weighty tome that delves into the ingenuity and eccentricity of a diverse range of horticultural treasures, delivering musings on the rewilded walled garden on the Knepp Estate one minute and the tale of the first garden gnome the next.

ABC: AN ANIMAL ALPHABET ADVENTURE

BY STEPHANIE HOUSELY AND CORAL & TUSK, RIZZOLI, £18.95 (3 MARCH)

Best known for its spirited textiles, Coral & Tusk brings the natural world to life through the hand-drawn, machine-embroidered illustrations designed by its founder, Stephanie Housely. So it's entirely fitting that the letters of the alphabet - inspired by Coral & Tusk's Alphabet Quilt - should be rendered in Housely's whimsical style to create a menagerie of adorable animals. And with A for anteater, L for lemur and Z for zebra, never before has helping children to learn the alphabet been so appealing.





SCHIAPARELLI: FASHION BECOMES ART

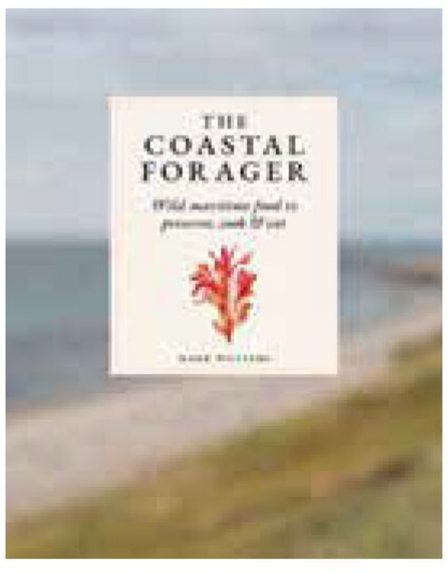
BY SONNET STANFILL & LYDIA CASTON, V&A PUBLISHING, £40 (19 MARCH)

Published to coincide with the exhibition of the same name at the V&A South Kensington this spring, this provocateur of the avant-garde – who caused a sensation when she dressed Spanish tennis star Lilí Álvarez in a *jupe-culotte* for Wimbledon – was lauded by Cristóbal Balenciaga as the "only real artist in couture". Whether designing a Surrealist shoe-hat with Salvador Dalí or a *trompe l'oeil* jacket alongside Jean Cocteau, Elsa Schiaparelli pushed the envelope in lavish style.

THE COASTAL FORAGER: WILD MARITIME FOOD TO PRESERVE, COOK & EAT

BY MARK WILLIAMS, ILLUSTRATED BY SOFIA IVA, SKITTLEDOG, £28 (5 MARCH)

If you know where to look, the coast is a wild larder of huge depth and diversity: aromatic maritime herbs, tender shoreline vegetables and umami-laden seaweeds can all be found in coastal habitats. With a depth of knowledge forged as a wild-food chef and professional foraging guide around the North Atlantic, Mark Williams shares his passion for identifying, harvesting and cooking wild coastal foods safely and sustainably through a wealth of beautifully illustrated recipes and tips. The beach rose hip 'tomato' sauce is a revelation.



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FASHION

MELLOW YELLOWS | STREET LIFE | BACK TO EARTH

Follow the herd

Layer up for spring with lightweight pieces from sustainability fashion champion HERD, which creates seasonless pieces that are bursting with character and designed to be loved forever. Its signature yarn is made from 100% Bluefaced Leicester fleeces from Yorkshire farms, where the climate provides perfect conditions and abundant rich green grass so the result rivals cashmere in quality. Ethically sourced, each piece is 100% naturally biodegradable when returned to the soil; a truly circular, regenerative ethos. Whitby Jumper in Ecru, £395; Whitby Ecru Bonnet, £145

herdwear.co

Jimi Bomber in Blue, £450
hayleymenzies.com

Minnie Velvet Pumps in Honey, £219;
Puffball Velvet Clutch in Honey, £159
penelopechilvers.com

Washed Cord Jacket in Mustard, £89.95
houseofbruar.com

Fabergé Essence 18ct Yellow Gold Petite Egg Pendant, £2,760
michaeljonesjeweller.co.uk

Kaya Cargo Barrel Jean in Mid Wash, £180
wyselondon.com

Hello SUNSHINE

BRIGHT SHADES OF YELLOW PAIRED WITH HUES OF BLUE – IT'S A LOOK THAT SAYS SPRING HAS ARRIVED

Oceana Pointelle Tank in Blue Stripe, £80
elevenloves.co.uk

Indigo-Dyed Cullotes in Dark Denim, £139
poetryfashion.co.uk

Alameda Woven Mary-Jane Flat in Cream, £135
vionicshoes.co.uk

Tippi 2.0 Side Stripe Trousers in Black & Cream, £109; Jude Wool Blend Blazer, £249
baukjen.com

Burghley Waterproof Trainer in Ecru, £149
hollandcooper.com

Angela Cross-Body Phone Case, £110
bandolierstyle.com

Cath x WYSE Slogan Jumper in Cobalt Blue, £125
wyselondon.com

Tap into this season's new barrel leg trend

Reece Organic Cotton Stretch Barrel Leg Cargo Jeans, £129
baukjen.com

Allegra Velvet Espadrille in Lemon, £179
penelopechilvers.com

Susan Organic Cotton Button Down Top in Butter Yellow, £75
baukjen.com

Cotton Denim Utility Skirt in Indigo, £175
broraonline.com

Maya Midi Caribou Bag in Royal Blue, £875
lalagebeaumont.com

Suede Fringe Moccasins in Royal Blue, £29.95
houseofbruar.com

This Ain't My First Rodeo Premium Rolled Sleeve T-shirt in Stonewash Denim, £45
edenashram.com

Street SMART

RAISE YOUR CRED WITH STANDOUT SHAPES, BOLD SLOGANS AND A HINT OF SEVENTIES STYLE

Multi Gemstone 9ct Yellow Gold Station Necklace, £2,125
michaeljonesjeweller.co.uk

Citrus T-Shirt, £110
celiab.com

MEXICO Mid Runner in White/Blue, £165
onitsukatiger.com

Adara Titan Minimal Art Sunglasses, £295
silhouette.com

Vintage Wide Leg Jeans with Checked Seam, £90
adidas.co.uk

Zip-Front Pure Cashmere Cardigan in Teal, £269
poetryfashion.co.uk

FOPE Flex'it Souls 18ct White Gold Sapphire Ring £1,660
michaeljonesjeweller.co.uk

With the Band T-Shirt in Pink, £90
hayleymenzies.com

Dalton Flare Jeans in Blue, £200
hayleymenzies.com

Kiwano Skirt, £270
celiab.com

Sculptural Swing Coat, £495
meandem.com

Green Floral Scarf, £119
broraonline.com

Textured Stripe Straight Zip Knit Tee, £135
meandem.com

Slouch Shoulder Bag in Mocha Suede, £269
hollandcooper.com

Kelly Dress in Olive Green Floral, £195
wyselondon.com

Teardrop Floral Filigree 9ct Yellow Gold Stud Earrings, £380
michaeljones jeweller.co.uk

Audrey Boucle Jacket in Red Gold, £545
reallywildclothing.com

Earth WATCH

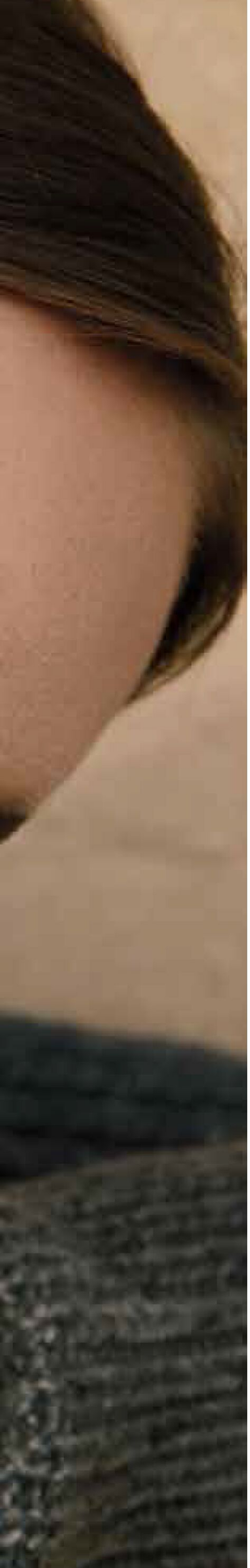
TAKE INSPIRATION FROM NATURE'S PALETTE WITH MOSSY GREENS, WARM BROWNS AND POPS OF BRIGHT ORANGE

Embroidered Smocked Blouse in Check Green/ White, £60
aspiga.com

Organic Cotton Broderie Anglaise Skirt in Paprika, £185; Merino Lambswool Fair Isle Waistcoat in Fern, £169
broraonline.com

Penny Loafer in Burgundy, £135
thursdayboots.com

Skylar Shoulder Pad T-shirt in Sunset, £49
elevenloves.co.uk



YANA NESPER

Akoya Pearl 18ct Yellow Gold Hoop Earrings

Michael Jones Jeweller

EST. 1919

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OX16 5JG

michaeljonesjeweller.co.uk

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Pippa Block Print Dress in Ivory & Navy, £195
aspiga.com

Yana Nesper Akoya Pearl 18ct Yellow Gold Hoop Earrings, £2,100

Yana Nesper Akoya Pearl 18ct Yellow Gold Magnetic Necklace, £4,325

PEARLS OF WISDOM

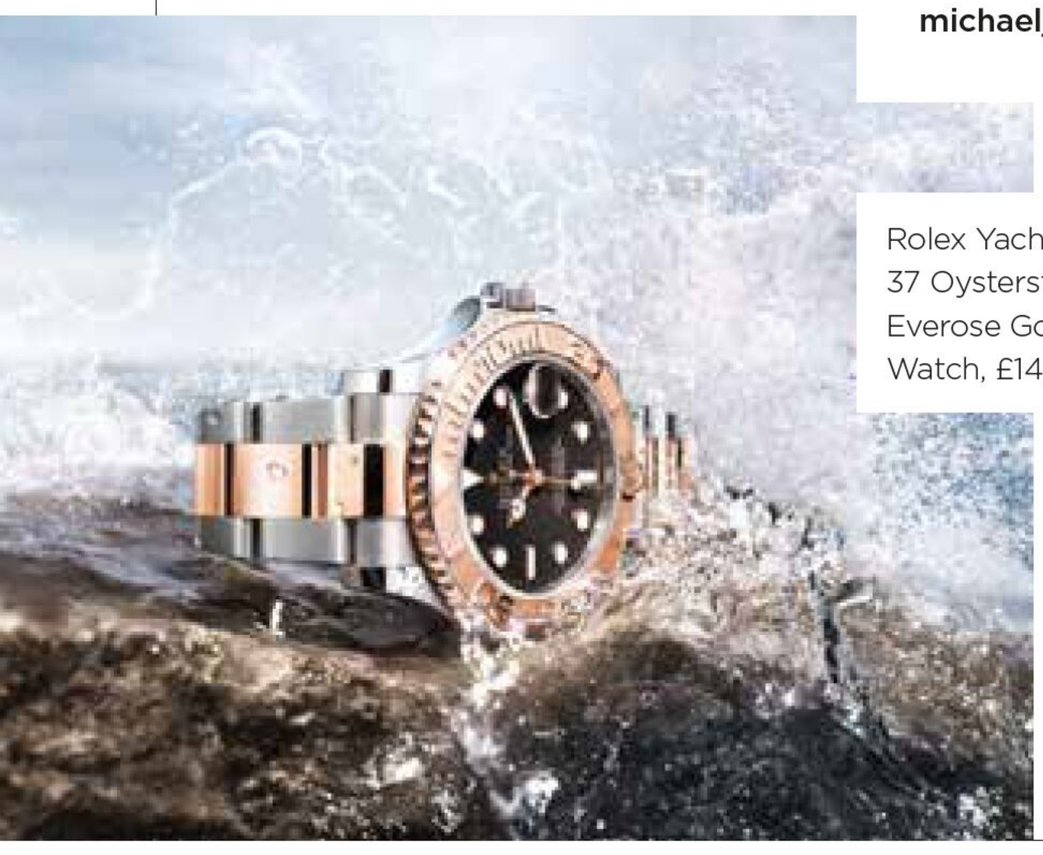
WITH THEIR SUBTLE SHEEN, PEARLS PERFECTLY SUIT THIS SEASON'S SOFT SHADES

Nothing complements your spring wardrobe more than classic pearls. Timeless and chic, they beautifully reflect the subtle tones of oyster, blush and pale blue that so perfectly suit the new season. Hints of gold add a touch of warmth for an elegant finish.

Since 1919, Michael Jones Jeweller has offered a carefully curated collection of jewellery pieces to suit all tastes, from luxury diamonds and exquisite bridal jewellery to prestigious watches from the finest Swiss watchmakers and modern accessories from a wide array of renowned designer-makers. Honesty and years of knowledge make for a highly personalised service and expert advice. Visit their showrooms in Banbury or Northampton, or book a bespoke appointment at **michaeljonesjeweller.co.uk**

Linen Lace Top in Ecru, £95
aspiga.com

Pleat-Front High-Twist Linen Trousers in Soft Ochre, £159
poetryfashion.co.uk



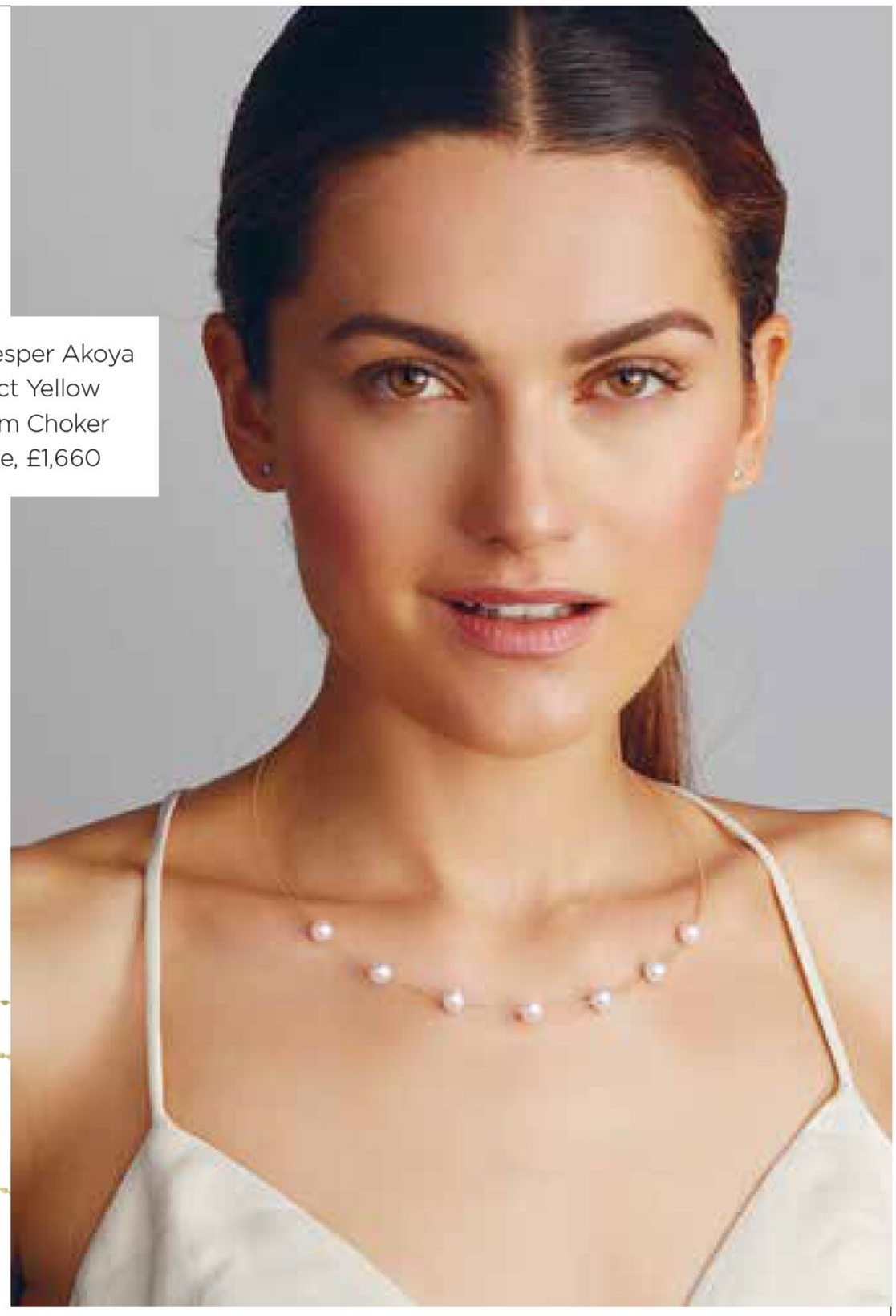
Yana Nesper Akoya Pearl 18ct Yellow Gold Bead Transformable Bracelet, £4,110

Rolex Yacht-Master 37 Oystersteel and Everose Gold Watch, £14,450

Nano Tote in Wildflower, £375
strathberry.com

Lulu Cream Tweed Flat, £425
emmylondon.com

All jewellery featured is from Michael Jones Jeweller.



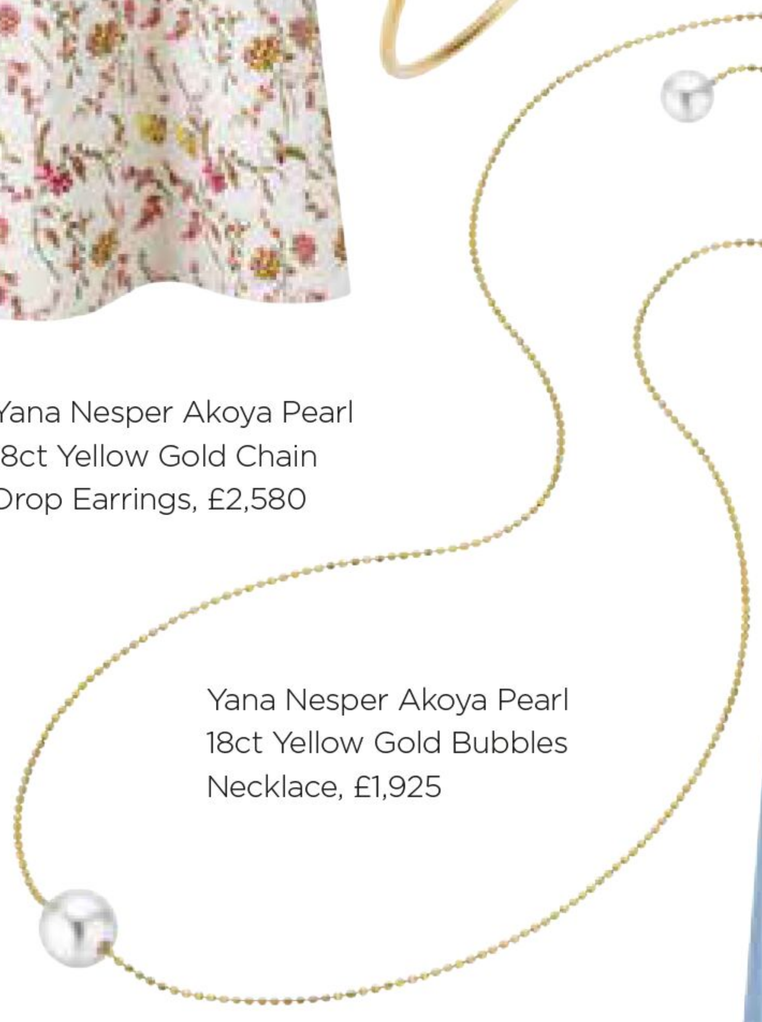
Fit + Flare Floral Midi Dress, £295
meandem.com

Yana Nesper Akoya Pearl and Diamond 18ct Yellow Gold Drop Earrings, £2,535

Yana Nesper Akoya Pearl 18ct Yellow Gold Slim Choker Necklace, £1,660

Yana Nesper Freshwater Pearl 18ct Yellow Gold Open Bangle, £2,185

Yana Nesper Akoya Pearl 18ct Yellow Gold Chain Drop Earrings, £2,580



Yana Nesper Akoya Pearl 18ct Yellow Gold Bubbles Necklace, £1,925

Natasha Cream Tweed Bag, £395
emmylondon.com

Glyndebourne Blouse with Detachable Tie Neck in Cornflower Blue, £318
reallywildclothing.com

Double Satin Bias Skirt, £120
thewhitecompany.com

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INTERIORS

REFRESH AND RENEW | MODERN LOVE | HOUSE CALLS | SEEKING SANCTUARY

Back to nature

Create an Easter tablescape with beautiful accessories and decorations from ethical interiors company Nkuku. Combine rattan placemats and napkin rings with a showstopping cake stand, resplendent with traditional Simnel cake. Paper decorations are understated in neutrals and pair well with wooden touches such as these dainty egg cups. Bersama Rattan Placemat £25; Bersama Rattan Napkin Rings, set of 4, £22; Vivan Glass Cake Stand and Dome £125; Piani Hanging Paper Decorations from £20; Awa Wooden Egg Cups, set of 2, £20

nkuku.com

FRESH START

For interior designer Emma Sims-Hilditch, the arrival of spring means it's time to hit refresh – and with her book tour and video tutorials, opportunity awaits

WORDS BY **JANET MCMEEKIN**

As winter slips softly from view, Emma Sims-Hilditch embraces the gentle promise of spring – her favourite season – and a chance to reset as another year full of exciting opportunities stretches ahead.

"When I was growing up in the countryside, we lived a very outdoorsy life and I always remember that wonderful sense of anticipation when I spotted the first snowdrops appearing in our garden," Emma recalls. "For me, this time of the year always feels like turning over a new leaf."

That sense of renewal underpins a number of Emma's 2026 ventures, including the recent launch of her video tutorials, *How To Be A Successful Interior Designer with Emma Sims-Hilditch*, available online through Create Academy.

In the videos, Emma, founder of the renowned Sims Hilditch interior design studio, shares the expertise and knowledge gleaned during her impressive career. She also reveals the principles and quiet instincts that guide her in creating relaxed, timeless interiors.

"As an avid Create Academy viewer, I was delighted to be approached about recording my own series and enjoyed filming in four different locations last summer," she says. "These included my home and studio in the Cotswolds, a client's house and the Courtyard bootroom at WOW!house 2025 at the Design Centre, Chelsea Harbour, which received such incredible feedback.

"I wanted my Create Academy tutorials to be engaging, informative and insightful – to feel like a friendly companion. Whether someone is seeking confidence to refresh a room, or wondering if a creative career is calling, there's plenty of advice to inspire and empower."

Growing up in a creative family, Emma's interior journey began in childhood, when she would often help her mother choose fabrics and paint colours for their homes. "We moved four times to a variety of properties, including a thatched cottage and a >

STYLE TIP

Incorporate antiques into your scheme and reupholster rather than replace cherished items

Georgian townhouse," she recalls. "I just adored being involved in the process of creating beautiful interiors."

Having studied business and marketing, Emma initially worked in film production, landing a job with director Ridley Scott. "Although I didn't realise it at the time, that first-hand experience of the production and creative side of large-scale films and commercials stood me in good stead further down the line."

After meeting her husband, John (co-founder of British interiors and kitchen brand Neptune) in 1989, the pair married and bought their first home – a characterful cottage in the Cotswolds.

"We actually both started our businesses at the kitchen table," Emma reveals. "I began by making curtains, initially for our own home and then for friends, while John was busy making hammocks."

Recognising her keen eye for design, it wasn't long before Emma received requests to help with interior schemes. As her business grew organically, three years later, she was asked to design an entire house.

"Implementing the skills honed during my film days, I hired a project manager to oversee the financial, ordering and procurement elements of the project," Emma says. "That freed me up to focus on the creative side and proved to be a really good format."

This business model has been one of the keys to the success of Sims Hilditch. It has evolved into one of the UK's most respected design studios, with a burgeoning team of 37 designers, artisans and project specialists. Commissions range from country estates to period townhouses, with clients both in the UK and overseas.

"I like to think that our studio has a very thoughtful process and design philosophy that appeals to the emotions," Emma confides. "We call it *bella figura*; the art of living life beautifully in a home that appeals to your senses from the moment you walk through the front door. We feel that we can create happy homes that are also very functional and practical."

When it comes to her own home in the Cotswolds, Emma has certainly applied this design philosophy over the years. "From humble beginnings as a three-bedroom cottage, our home has evolved, particularly since the addition of a barn that we incorporated into the property about 15 years ago. It's now a spacious family home that has grown with our design style and is inspired by our travels in Europe. I made a >

CLOCKWISE FROM ABOVE: Emma looks forward to a busy year; this dining room is full of natural textures, while a pair of antique lions add drama; pattern adds style to a small space; the natural stone and exposed beams in Emma's sitting room are a perfect backdrop to soft fabrics and splashes of colour

CLOCKWISE FROM TOP LEFT: Emma focuses on timeless materials and finishes in her home; soft Cotswold stone is enhanced by dramatic greenery; she uses soft drapes and pale wood to create a calm environment in this guest bedroom; gentle greens bring the outside in

We feel that we can create happy homes that are also very functional and practical

PHOTOGRAPHY: CREATE ACADEMY © REBECCA GODDARD; OLIVER GRAHAME; BOUTIQUE RETREATS

conscious decision to focus on a core palette of timeless materials and finishes here to create a home with real heart and sense of longevity."

Throughout Emma's interior design journey, there have been countless milestones and a raft of inspiring projects. "We've been fortunate to have two books published: *The Evolution of Home: English Interiors for a New Era*, and more recently, *Beautifully British Interiors*, showcasing our recent work and the Sims Hilditch journey," Emma says.

"Last year we proudly became B Corp certified, reflecting our commitment to sustainable, socially responsible design. We love to incorporate antiques into our projects and enjoy reupholstering clients' cherished pieces, such as sofas or dining chairs."

As spring unfolds, Emma will be travelling to the US to promote her second book during a whistle-stop tour that starts in Charleston, South Carolina. "I thrive on the variety of my job," she reveals. "We've got a couple of wonderful collaborations launching this spring and I am certain that 2026 is going to be full steam ahead for myself and the Sims Hilditch team." *wf*

The Evolution of Home: English Interiors for a New Era, £40; Beautifully British Interiors, £45, both Rizzoli

Emma's top three tips for REFRESHING YOUR HOME IN SPRING

1. Changing your scatter cushions is an inexpensive way of updating spaces in your home. Keep the cushion pads and swap the outers for something floral or stripy for an uplifting feel.

2. Bring nature straight into your home with beautiful vases of flowers cut from the garden, or a lovely basket of freshly-planted bulbs.

3. A fresh coat of paint can make any room feel totally different. If you're feeling brave, why not go bold in a space such as a hallway? Introducing a more vibrant colour can be fun and alter the feel of your whole home.

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Modern SPIRIT

Revel in country-style designs where playful patterns in blush pink and high-energy green abound

WORDS BY **RHODA PARRY**

1 ENDLESS POSSIBILITIES

"I wanted to capture that feeling of stepping into spring, when everything feels possible again," says designer Birdie Fortescue on her latest collection, Vasanti. Shatranj Flatweave Rug, £1,275; Ogee Block Printed Cushion, Green, £82; Khiva Block Printed Floral Cushion, Pink, £82; Khiva Embroidered Cushion, Pink, £98; Rassi Embroidered Cushion, Green, £88; Churidar Wooden Floor Lamp, £255; Podha Autumn artwork, Set of 2, £280; Havana Stripe Bone Inlay Coffee Table, £1,395. (Available from 5 March)

birdiefortescue.co.uk

2

PEACE AND HARMONY

Inspired by the classical architecture, graceful proportions and light-filled interiors of her upbringing, interior designer Georgie Wykeham knows a thing or two about how to combine pattern and light. “We take inspiration from traditional English country style,” she says, “and favour reusing, restoring and recovering existing pieces and buying second-hand wherever possible in order to create harmonious, timeless and sustainable interiors.”

georgiewykehamdesigns.com

WINDOW ON THE WORLD

Hand drawn in Linwood's Hampshire studio before being brought to life in intricate stitchwork, the Titania embroidery collection is the epitome of country charm. The Hermia design in Peony, with its jaunty ric-rac-style wavy stripes, makes an uplifting look for windows on Roman blinds, curtains – or both. £129.90 per metre.

linwoodfabric.com

TAKE THE LEAD

One of the most useful finds from interior design show Decorex is Lola's Leads. Its fabric-covered extension cables have transformed the most ugly, yet necessary, accessory into something absolutely sublime. Top marks for more than 70 beautiful colourways so that you can choose a hue that chimes with your decor, whether that's in your living room, home office or bedroom. From £42.

lolapalooza.co.uk

SOFTLY DOES IT

We adore this new collection of gathered lampshades, handmade from 100% linen and decorated with a small-scale floral motif. With its delicate print and softly pleated shape, the Florina range has an elegant, decorative feel that works beautifully in both classic and contemporary interiors. Florina Loose Pleat Lampshade in Moss, from £110.

imogenpopelondon.com

6

SWEET REFLECTION

Bows and ribbons are worth pinning to your interior design moodboard if you are a fan of modern vintage. The glossy ribbon-wrapped frame and sculptural bow detailing of this mirror is spot on for that last-minute make-up check when dashing out of the house or in a downstairs powder room. Phyllis Mirror in Strawberry, £174.

davidhuntlighting.co.uk

7

UPS AND DOWNS

The cult classic stripe from Fermoie's much-loved fabric is now available as a wallpaper. The textural stripe, known for its clever even and uneven spacing, is the perfect antidote to bland walls and high ceilings. Carskiey Single Stripe 043 Wallpaper, £195 per roll.

fermoie.com

VINE ROMANCE

Renowned for her hand-stitched crewel fabric collection, Frances Barber has recently collaborated with the Royal School of Needlework to create the feel-good Janwardar fabric. Featuring a trailing vine filled with floral motifs and vibrant birds, it's a classic for country curtains, redolent with texture, tactility and craftsmanship. POA.

wellandandwye.com

CLEAN LINES

Cute piping makes a comeback this spring, bringing a fresh, tailored feel to upholstery. Combine the Remy 3 Seater Sofa in Soft Chenille Mint All Over with Natural Contrast Piping, £999, with the Remy Round Designer Footstool in Soft Chenille Blush All Over, £299 – the perfect combination for a modern country parlour.

sofology.com

DOG DAYS

If your best friend needs a comfy new sleeping spot, then look no further than the Apple Green Ditsy Dog Bed, £60. The ubiquitous design is by country stalwart Sarah K, whose penchant for vintage textiles and Indian handblocking is the signature style in her collection.

sarahk.co.uk

11

FRESH THINKING

One of our all-time favourite paint companies has just introduced 12 new colours to its high-quality, beautifully crafted and eco-conscious range. We've fallen for Earthborn paints' vibrant green, aptly named Riverbank, and Thimble Lane, a grown-up blush pink that fits the bill for the modern country kitchen. The new colours are available in all interior finishes, from £21.50 for 750ml tin.

earthbornpaints.co.uk

12

CONTEMPORARY CHINTZ

"The thread of nature runs through my whole practice – from the floral inspiration to the freehand designs, natural colours and the sustainable materials I use," says textile artist Sophie Harpley of her latest collection, Geraniums. Fabric and Wallpaper printed in England Linen, £165 per metre; Wallpaper £180 per 10m roll; Cushions from £140, Lampshades from £65.

sophieharpley.co.uk

PHOTOGRAPHY: JULIA CURRIE

NATURAL ELEGANCE

You can rely on OKA to bring you a fine quality piece that echoes with European country style history. The Arbre Armchair in Natural Linen, £1,195, is named after the French word for 'tree' and is seen here teamed with Vellus Velvet Cushion Cover in Old Rose, £40, Rotundus Side Table in Spruce, £495, and Roxana Rug 305 x 244cm in Sage, £1,895.

oka.com

CHECK IT OUT

Kirsty Darby is the person to see if you're after a one-of-a-kind rug that instantly feels at home underfoot. The pale pink and green checker board rug designed by the studio is one of our all-time go-tos. Measuring 200 × 300cm and woven in jute, it has that lift the spirits look just right for spring. Pale Pink and Green Large Checkered Jute Rug, £1,100.

tateanddarby.com

PHOTOGRAPHY: DAVID PARMITER

SEA SPIRIT

Love the romance of shell art grottos? The new wallcovering, Ophelia's Tide, is entwined with beautifully drawn ornamental shells and soft oceanic motifs reminiscent of the exquisite detail of these 18th-century follies. Printed on a fibrous, textured paper and available in five ethereal sea-inspired colourways – Aegean, Driftwood, Marine, Samphire and Shrimp (shown), it costs £159 a roll.

divinesavages.com

SHEER DELIGHT

Who doesn't enjoy a gently flowing linen curtain? The month of March sees the launch of a ready-made curtain collection that tops the charts for quality and value. Our must-have is the Rowcroft Pure Linen Curtain Pair in White, from £85. Such an easy and simple way to cover occasional windows or add privacy without having to take out another mortgage!

cotswoldco.com

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derwenthouseliving.co.uk

Andrew Martin x Kit Kemp Bobbin Sunshine Cushion, £145
andrewmartin.co.uk

Yellow Pampas Wool Throw, £83
countrymouse.co.uk

Virginia Armchair in Coral Rust fabric, from £1,605
love-your-home.co.uk

Textured Spin Dinner Plate, £6; Textured Spin Side Plate £5
marksandspencer.com

Jute Hanging Baskets Natural, £59
cotswoldco.com

The look we're loving...

CHEERFULNESS

HOME STYLE YOUR SPACE WITH THE SEASON'S BUCOLIC BUYS

BY RHODA PARRY

Rustic Ochre Wine Glass, £9; Rustic Ochre Tumbler, £8
johnlewis.com

Barney Kitchen Table in Dark Oak, £1,195
loaf.com

Hamlet Solution 4 Bioethanol stove, from £499
aradastoves.com

Portland Wide 1 Door Wardrobe in Little Greene Daffodil, £675
paintedfurnitureco.co.uk

Handpainted Large Hen On Nest, £90
emmabridgewater.co.uk

Jacobean Candlestick Lamp, £345
besselink.com

Teddy 3 Seat Sofa In Fudge Dashwood Stripe, £2,520
sofa.com

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BEAUTILITY

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WORDS BY RHODA PARRY

Wallpaper: Moon Daisies in Olive, £132 per roll; Units: Portland Stone in Intelligent Eggshell, £82.50 for 2.5L **littlegreene.com**

Burnham Bootility, including hardware, appliances, cabinetry and worktop, from £20,000
nakedkitchens.com

Gold Bramley Wall Light with Fluted Glass Shade, £129
dowsingandreynolds.com

Green Painted Scalloped Edge Coat Peg Rail Hooks with Shelf, £79.95
melodymaison.co.uk

Wall Paint in Olive, £55 for 2.5 litres
anniesloan.com

Temple Rug in Kelp, from £155
weavergreen.com

Glasshouse Cinnamon Fern Tile, £22
decorumtiles.co.uk

Handmade Newbridge Washer Dryer Stack in Brigade, POA
lochannakitchens.co.uk

Traditional Folding Wooden Clothes Horse, £125
thedifferentkind.com

Natural Dog Bone Mat, £19.95
braided-rug.co.uk

PASTORAL GREENS

TEAM WITH...
Hints of metallic gold

Scrumple Paper Laundry Basket in Moss Green, £55
loaf.com

Handpainted tiles with traditional motifs, from the White Hart collection, in collaboration with Sims Hilditch, from £7.20 per tile
marlboroughtiles.com

Black Toast Wooden Coat Hook, £115
emmabridgewater.co.uk

Serena Woven Palm Basket Pendant Shade, £78
pooky.com

Cotswold Brass Pot Rail and S Hooks, £378
armacmartin.co.uk

Tile Studio Collection Minaret Brown Dot Ceramic, £115 for a box of 14 tiles
capietra.com

Whey White Wood Paint, £22 for 750ml
thorndown.co.uk

Ashton Laundry Room. Kitchen furniture starts from around £10,000
crown-imperial.co.uk

INTENTIONAL NEUTRALS

TEAM WITH...

Moroccan-inspired patterns and weaves

Horsley Pet Food Storage Bin in Clay, £32
gardentrading.co.uk

Bamboo Handle Blind Duster, £3.50,
bmstores.co.uk

Chester Dove Grey Utility Cupboard, £1,099
cotswoldco.com

Bhangra Area Rug in Brown and Natural with Diamond Design, from £159
wheresaintsgo.co.uk

Fareham Basket, £55
thewhitecompany.com

The Refectory Red Laundry Room, from £12,000
devolkitchens.co.uk

Farrow & Ball Modern Etruscan Red No.56 Matt Wall & Ceiling Emulsion Paint, £64 for 2.5L
diy.com

Florrie Opal Glass Coolie Pendant Light, £215
glowlighting.co.uk

Cast Iron Hare Knob, £8.50
coxandcox.com

Vivan Grooved Pantry Cupboard, £2,300
nkuku.com

RUSTIC BURGUNDY

TEAM WITH...
Hardy oak, brass and crackled glazes

Boot/Utility Room, from £5,000
oliveandbarr.com

Evie Hand Braided Jute Scallop with Scarlet Red Border Rectangular Rug, from £98.99
daals.co.uk

Natural Rattan Oval Laundry Basket with Handles & Linen Liner, £95
clickstyle.co.uk

Welly Rack, from £395
theoakandropecompany.co.uk

Charleston Red Square Tile, from the Bloomsbury Collection, £2.54
marlboroughtiles.com

Rustic Red Gingham Linen Cross Back Apron, £52
sophieallport.com

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CLOCKWISE FROM TOP LEFT: Gloucestershire country house Pauntley dates back to the Elizabethan era; the Temple at Georgian mansion Micela in West Sussex; sisters Kate (left) and Helen; the Greek loggia at Micela; Tudor farmhouse Berebrytta in Shropshire; sunspot in the gardens of Tannian in Wiltshire (centre)

TALES *of the* UNEXPECTED

A shared love of history led sisters Kate Cullen and Helen Thorne to set up location house business Fablefaine, an incredible collection of handpicked country houses and gardens in unique locations. Here, they explain how they created their innovative business

Storytelling is at the very heart of Fablefaine, explain sisters Kate Cullen and Helen Thorne, founders of the boutique location house business. "We take our name from the Old English words 'fable', meaning story, and 'faine', meaning 'to be delighted in; to rejoice'," explains Kate. "Every property has its own story to tell, which we want to share."

Fablefaine's location houses are a handpicked collection of countryside gems, from stately manor houses and stunning gardens to cosy cottages and charming shepherd's huts. Each is chosen for its unique character and inviting atmosphere, making it the perfect backdrop for brands, film crews and retreat organisers who want something special away from the city.

The idea for the business came from the sisters' love of historic countryside properties. "We have a passion for the countryside and historic places and wanted to find a way to support them while running a creatively fulfilling business at the same time," says Kate. "We started approaching those we particularly admired – both aesthetically and ethically. Thankfully, they put their trust in us as a start-up and we were able to make it all happen.

"Now, we have built the portfolio to more than 100 properties nationwide and are adding more all the time," she continues. "We have everything from manor houses and castles to woodlands and gardens – and even a hillfort – covering all historic eras and many different styles. What they all have in common, though, is that they are countryside locations - we wanted to provide special places for businesses outside of London."

"We specialise in rural, eco, historic, sustainable and generally interesting properties that are off the beaten track," Helen explains. "In place of the real names of the properties, for privacy we give them names deriving from old English or local dialects. We love finding names that match a location's physical aspects or relate to its history.

"However, Fablefaine is really all about the people. We love championing our property owners – they all work so hard and they care so much about their custodianship of these amazing spaces."

The finance – and interest – generated by photoshoots, filming, workshops and retreats helps these estates to diversify and to keep running. "We pride ourselves on knowing all our locations inside out," says Helen. "We know exactly what each has to offer and how they might fit a specific project."

Kate agrees. "We always encourage brands to ask us to help source the best places – we even have several 'off book' that aren't openly marketed so it's always worth reaching out to us first.

"It's always good to feel like there is a story to tell about a place, and older ones are just so evocative in that way," she continues. "It's grounding to see yourself as part of the history, however fleeting. British businesses have a heritage like no other and it's always a privilege to capture that."

In addition, the sisters explain, boosting properties' finances can have wide-reaching effects beyond the day-to-day running. "Many of our locations work on rewilding and regenerating their estates," Helen says. "It's work we're really proud to support through our bookings."

After two years in business, the sisters have managed to successfully navigate the challenges that siblings working together often encounter. "We each have our own definite strengths, >

CLOCKWISE FROM TOP LEFT: pretty thatched cottage Rosan, situated in a Somerset village; stone-built Tannian was a former workhouse; it's not all large country houses – this cute shepherd's hut sits in the gardens of Manor Estate Wiltshire; feeding time at Combe Head House's smallholding; 17th-century Manor Estate's beautiful brickwork

CLOCKWISE FROM TOP LEFT: the picturesque surrounds of Pauntley, which features beautifully restored interiors; plants add splashes of bright colour in Micela's historic greenhouses; parts of Foxesflot farmhouse in Devon date back to 1296; room dressed by Tattie Rose Studio, which is made up of a small skilled team of makers, florists, welders, botanists, organisers and artists

Our shared love of old places and rural life means we are always on the same page

which means our roles don't overlap – Helen's 20 years plus in sales and marketing combined with my photography and brand experience means that we can both play to our own skills and knowledge without treading on each other's toes," says Kate.

"And our shared love of old places and rural life means we are always on the same page," adds Helen.

"As a photographer, there's always something new and wonderful to discover - I'm always chasing that perfect light, rural idyll and beautifully designed interior," Kate continues. "In my former career as an archaeologist I was taught how to use analogue film cameras to capture sites and finds. Following some personal life changes and the pandemic I picked up my cameras again as a way to channel my thoughts and creativity. I fell in love with the artistic outlet photography gave me. I then started to shoot for some of my brand styling clients before making the switch to full time photography. Finding locations to shoot at was the next logical step in the process, and ultimately led to the founding of Fablefaine."

With their great love of the countryside, being outdoors is important to both sisters. "In times of upheaval or stress we both find solace in the great outdoors," says Helen. "It's always a reset moment and vital to both of our wellbeing, something we share with most of our clients. The turn of the seasons and the different plants and animals we note from month to month are always in our mind: colours, sounds and stories are all interwoven and provide so many opportunities for interesting and connecting storytelling by brands and creators."

"I adore nature and the outdoors – it will always be my happy place," says Kate. "Our clients are always endlessly inspiring, too. There's nothing more exhilarating than being on a shoot with artistic souls – that collective creativity that brings everyone together to make something wonderful. The people we work with are often extremely talented creatives themselves so they completely understand what our clients are looking for and they will always go over and above to ensure the best experiences.

For Fablefaine, there is much to look forward to in the year ahead. "As we head into our second year in business, we are bringing new partnerships and, excitingly, a new YouTube channel exploring some of the most iconic spaces and their owners, with our historic research partners Pursuing The Past," Kate explains.

"We will be providing fascinating insights into these special places and the history that has made them." *wf*

OFFER: for any bookings made in 2026, quote code WILDFLOWER10 to enjoy 10% off

PHOTOGRAPHY AND CREATIVE DIRECTION: KATE CULLEN, KATECULLEN.CO.UK:
LOCATION VIA FABLEFAINE, FABLEFAINE.COM

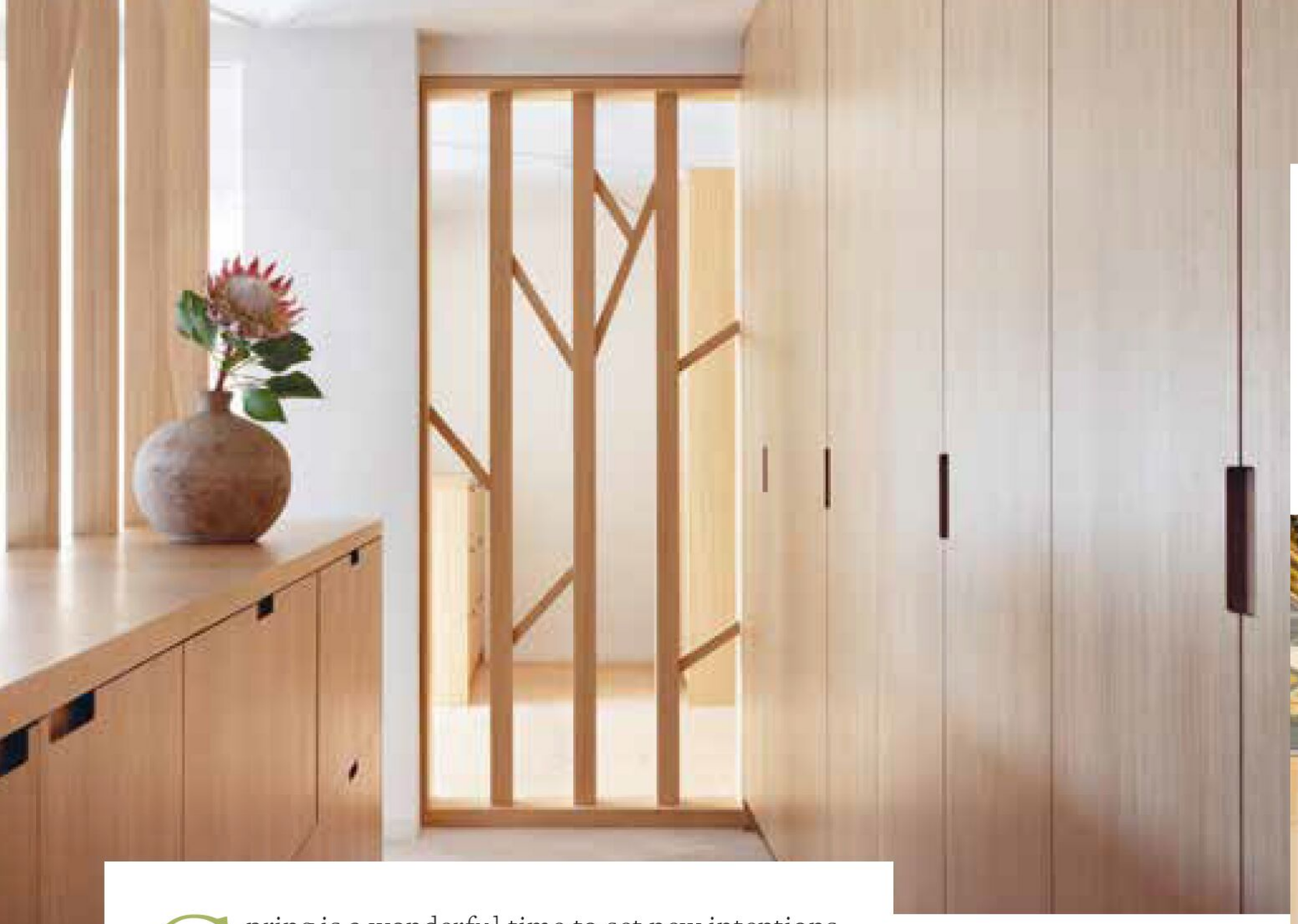
Creating a SENSE OF SANCTUARY

Interior designer Diana Blanchard and interiors editor Kerryn Harper-Cuss champion the impact of interior design on health and wellbeing. Here, with insights from their new book *Sanctuary by Design: Interiors for life-enhancing homes*, they reveal steps to a more sensory, sustainable and health-conscious home that's in tune with the natural world

LAYERS OF COMFORT

In our book, we reveal the benefits of thoughtfully sourcing all-natural fibre textiles from the perspectives of both human and planetary health. Textiles introduce layers of interest that soothe the hand as well as appeal to the eye, as this enticing corner of a sitting room in a residential project by Wells and Maguire aptly shows. wellsandmaguire.com

PHOTO: WELLS AND MAGUIRE © PAUL CRAIG



Spring is a wonderful time to set new intentions when it comes refreshing your home and – most particularly – for re-evaluating how it makes you 'feel.' Given that the majority of people spend up to 90% of their time inside buildings, indoor environments have an immense impact beyond material comfort. Carefully considered decor and furnishings not only bring joy, they can also support your physical and emotional wellbeing. So, it is beneficial to cultivate a mindset of thoughtful enquiry into what constitutes a healthy living space. We encourage people to move beyond visual aesthetics and to use the full potency and delightfully creative language of design to compose surroundings that are not only beautiful, but truly life-enhancing.

Discerning interior design considers not only the importance of the five main exteroceptive senses – sight, sound, touch, scent and taste – but also of what are known as the interoceptive senses: the vibrant communication between body, mind and emotion. The impact of colour on vision is perhaps the most widely recognised design resource, but also valuable are tactile textures, soothing spaces, atmospheric lighting, breathable materials and lovely aromas. These are not just sensory pleasures, but elements that can have substantial psychological and physiological benefits. And each of us has personal agency in magnifying those that bring contentment and peace of mind and reducing those that create physical stressors.

For example, harnessing the holistic dimension of lighting by paying greater attention to the power of the humble light bulb can help to create rooms that feel stimulating or soothing: lux, lumens and colour temperature all have a role to play. Reviewing and improving acoustics can transform spaces by offering a more tranquil atmosphere, amplifying a sense of safety. While a sleek interior aesthetic looks calm, it can be surprisingly loud, particularly in open plan layouts, if the acoustics are not carefully thought >

PHOTOS (TOP LEFT): DK INTERIORS © PAUL CRAIG; (CENTRE) DIANA BLANCHARD © WALTER DIRKS; (RIGHT) ANNA HAINES © PAUL WHITBREAD

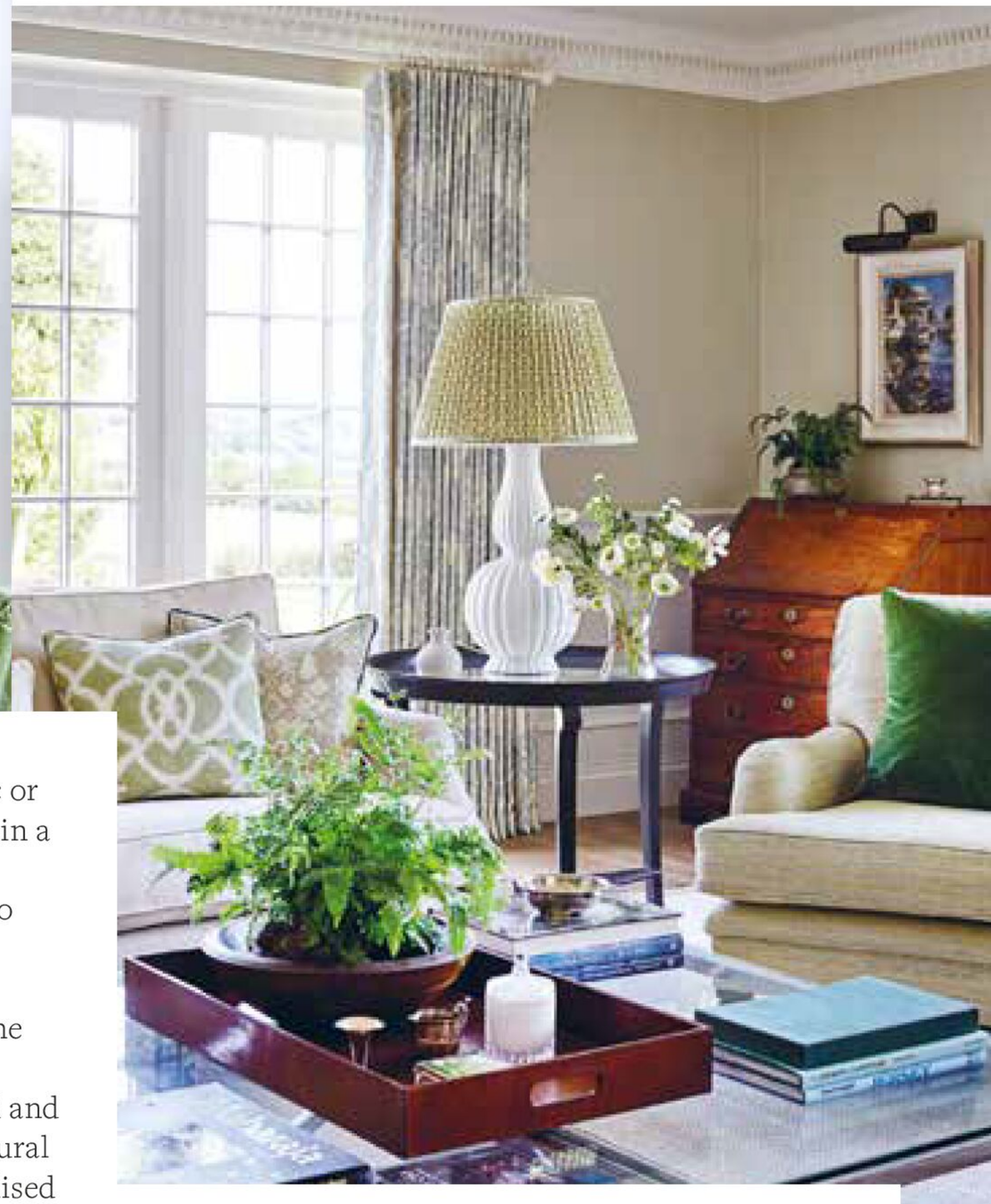
WELCOMING DAYLIGHT

Substituting a plaster wall with a see-through partition is a sophisticated solution between adjoining rooms where privacy is not an issue, such as in a bedroom with dressing zone – like this design by DK Interiors. In addition to letting light flow, an intriguing wooden structure can add a sculptural dimension. dkinteriors.uk.com

RIGHT: Nature is a never-ending source of inspiration for beautiful colour schemes. Hues inspired by earth and sky are timeless and it is little wonder that blues remain perennially popular across all cultures. As this hall by Diana Blanchard shows, a clear bright sky blue can imbue an uplifting ambience. **BELOW:** If opportunity allows, blur the distinction between home and garden, and the built and natural environment. Glass extensions or sliding doors that open to almost full width of an exterior wall soften the sense of boundary, as this sleek dining space by Anna Haines shows. annahaines.co.uk

NATURAL CONNECTION
Using green as an accent colour, such as on window blinds, is an easy way to create visual flow with a verdant view beyond. It can also imbue a sense of connection with nature in a more urban environment through thoughtful use of paint and upholstery detailing, for example. Herbs in planters give year-round pleasure, and a few sprigs are lovely for adding to warming soups or for an uplifting cup of mint tea.
Kitchen by Diana Blanchard

Choose the right blend of rustic with smooth, soft with hard and warm with cool, and cherish the calming, grounding qualities of natural materials



ABOVE LEFT: Vases of flowers and 100% natural essential oil diffusers can permeate a room with subtle seasonal aromas; streamlining cleaning and home fragrance choices reduces the potentially detrimental effect of multiple scents upon the respiratory system. Kitchen/dining room by Diana Blanchard
ABOVE RIGHT: Acoustically comfortable interiors reduce unwanted noise and set the scene for relaxed conversation, such as this calm sitting room by Sims Hilditch Interiors, which features upholstered furniture and layered textiles

PHOTOS (LEFT AND CENTRE): DIANA BLANCHARD © BRENT DARBY; (TOP RIGHT): SIMS HILDITCH © CHRISTOPHER HORWOOD

through. Smooth, dense materials such as ceramic or concrete can bounce sound waves around a space in a similar way that mirrors reflect light.

As well as thinking of every surface in relation to its ability to reflect or absorb sound, we can also consider opportunities to introduce tactile touch points, thereby adding yet another dimension to the subliminal ambience in a room. Layers of diverse finishes become ingredients that please both hand and foot, as well as engaging the eye. By elevating textural contrasts, we can enrich our homes with a personalised mix of touch experiences. We can choose just the right blend of rustic with smooth, soft with hard and warm with cool, and cherish the calming, grounding qualities of natural materials. Meanwhile, evocative use of all-natural scents to fragrance the home can stir happy memories and reflect the season at hand, and we can design our kitchens and dining areas so as to thoughtfully encourage loved ones to cook, eat and linger together in the enjoyment of sharing food.

In our book, every chapter – including our interviews with six specialists – underscores our ethos that taking care to live in harmony with the natural world has incalculable benefits. Human wellbeing depends on deep connection to nature not only for regulation of the sleep/wake cycle and high cognitive performance, but for optimal neurological health. We want to share the way in which the design choices we make for our homes really can help us to feel and function at our best. Enhancing daylight with positive decorating decisions supports circadian rhythms. Introducing biophilic design elements that reflect the colours, patterns and structures of the local natural landscape lends a grounding sense of place. Honouring nature by avoiding unnecessary chemical inputs – such as in some cleaning and bathing products – and deferring to environmentally-conscious alternatives, safeguards the quality of the air we breathe and the water we drink.

Many increasingly understand that it is wise to become informed about which design choices are best for us and for the planet and we hope to play a role in raising awareness. There is great advantage – as well as significant pleasure – in making changes incrementally and allowing this process to unfold organically.

Whatever the scale of project, creating interiors that support wellbeing at an intrinsic level can take us on a joyful journey towards achieving a truly nurturing sanctuary that fulfils the promise of 'home'. *wf*

Sanctuary by Design: Interiors for life-enhancing homes **features more than 220 photographs, expert interviews and a directory of resources. The 240-page hardback is available from sanctuarybydesign.co.uk, £40 plus p&p. Cover photograph © Brent Darby**

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Floral fashion

Style expert Lucinda Chambers has teamed up with Sarah Raven to launch a dahlia collection inspired by her life in fashion. Her selection includes Dahlia 'Break Out', 'Otto's Thrill' and 'Polka', which pair beautifully with Hydrangea 'Limelight', lemon verbena and jasmine. Other contributors to The Dahlia Collective include Butter Wakefield, Patrick Grant, Tricia Guild and Johnnie Boden, who have curated distinctive looks reflecting their unique styles.

4 tubers, £25.95; 8 tubers, £42.95

sarahraven.com

Natural wonder

As founder of Burnt Fen Flowers, Alfie Nickerson is bringing the seasonal beauty of British blooms to the flower-buying public – and with his focus firmly on biodiversity, it's good for the environment too

WORDS BY **CAROLYN DUNSTER**

PHOTOGRAPHY: ALFIE NICKERSON © LAURA JANE COULSON

In the peace and quiet of the Norfolk Broads, Alfie Nickerson is living his best life. As founder and owner of Burnt Fen Flowers, the 30-year-old is part of a new generation of growers and florists who are putting their love of nature and commitment to protecting the environment at the forefront of what they do. His focus is on sustainability and biodiversity, with an eye on educating the wider public about the seasonal realities of flower growing in the UK. "At Burnt Fen, we're trying to create a place where nature is encouraged while also celebrating and bringing about greater awareness of British flowers," he explains.

Alfie trained as a gardener in London as soon as he left school, but after six years, he felt constrained by the limitations of working in the city. He decided to volunteer at Fern Verrow, a biodynamic farm in Herefordshire, under the guidance of Jane Scotter, a renowned expert in biodynamic growing. Alfie found his hook. He took everything he learned about the interaction of the land and the seasons, and the principles of lunar gardening (which follows the waxing and waning of the moon to dictate when to sow, plant and harvest) back home to a plot of land on his family's farm.

Here, he was able to combine his passion for flowers with his new-found biodynamic growing skills, nourishing the soil without the use of artificial fertilisers and allowing nature to invade so that insects and wildlife play as great a part in the dynamic as the flowers themselves. And so Burnt Fen Flowers was born.

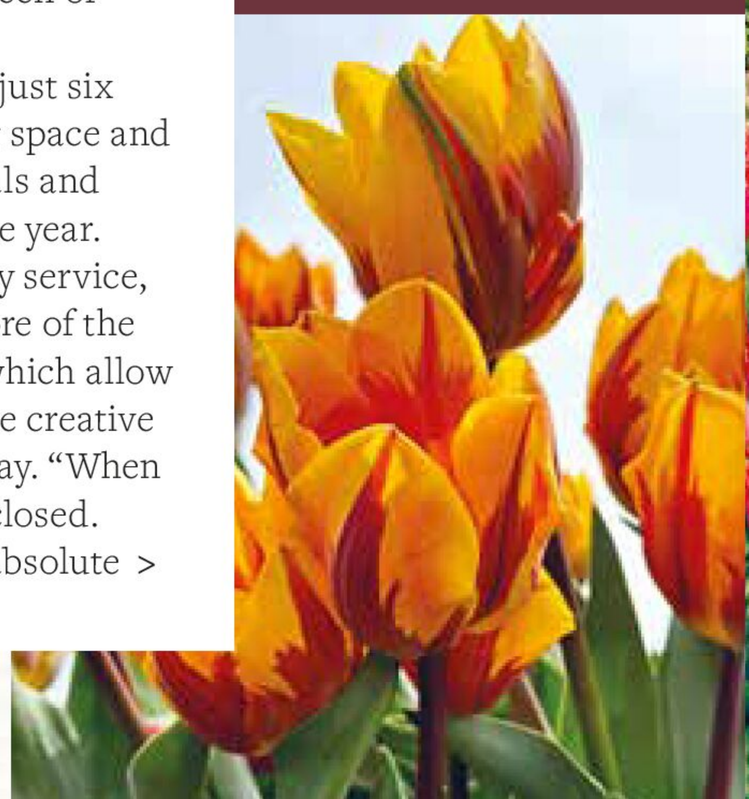
Alfie grows what he is naturally drawn to, namely tulips and dahlias – joyous, vibrant blooms with a strong visual impact that look as good in the photographs on his popular Instagram feed as they do in real life.

The tulips are the definite stars of the field, though, and the backbone of the business at this time of the year. His favourites are the Parrots, so called because the ruffled edges of the petals resemble the feathers of a parrot. He is massively drawn to colour and includes lots of pinks and oranges in his planting mix. However, the deep maroon, almost black petals of 'Queen of Night' and 'Black Hero' are his favourites.

His flowers are very much in demand – in just six years, he has doubled the size of his growing space and currently manages to grow flowers, perennials and grasses for cutting for at least 28 weeks of the year.

The flowers are sold via a next-day delivery service, with subscription bunches making up the core of the business, alongside weddings and events – which allow Alfie and his small team of florists to be more creative and to work with the flowers in a different way. "When we send out bunches, many of the buds are closed. However, for events the flowers are in their absolute >

LEFT: Burnt Fen Flowers founder Alfie Nickerson, with favourite flowers and beloved dog. **FROM TOP:** Tulips are prepared for delivery. "Recut the stems and make sure they're in a vase that doesn't force them in too tightly," says Alfie. "You need space between all the flowers so splitting the bunch in two can be a good idea."



element," he says. "It's really satisfying to see people enjoying them at their absolute best."

His flamboyant tulips are the cheery arbiters of spring and the first flower crop to appear after the long, bare months of winter. The wait always makes him nervous: "Before they come through, it's like I've almost forgotten what it's like to have flowers. I'm terrified that they might not be as tall, strong and amazing as previous years. I've now put a note in my calendar for the first week of March to remind myself not to worry!"

That said, having planted 20,000 tulip bulbs back in December feels like a massive gamble. "We plant them all at once – if we go too early then there is a danger they will shoot," Alfie explains. "We wait until there is a frost and plant according to the Maria Thun biodynamic calendar, on a 'flower day'. All of the bulbs have to go in on that day so it's a huge team effort to dig the trenches and then cover them over."

It is undeniably cold, back-breaking work, but Alfie doesn't seem to mind – being outside, connecting with nature and living through the seasons is, he admits, how he gets his endless energy.

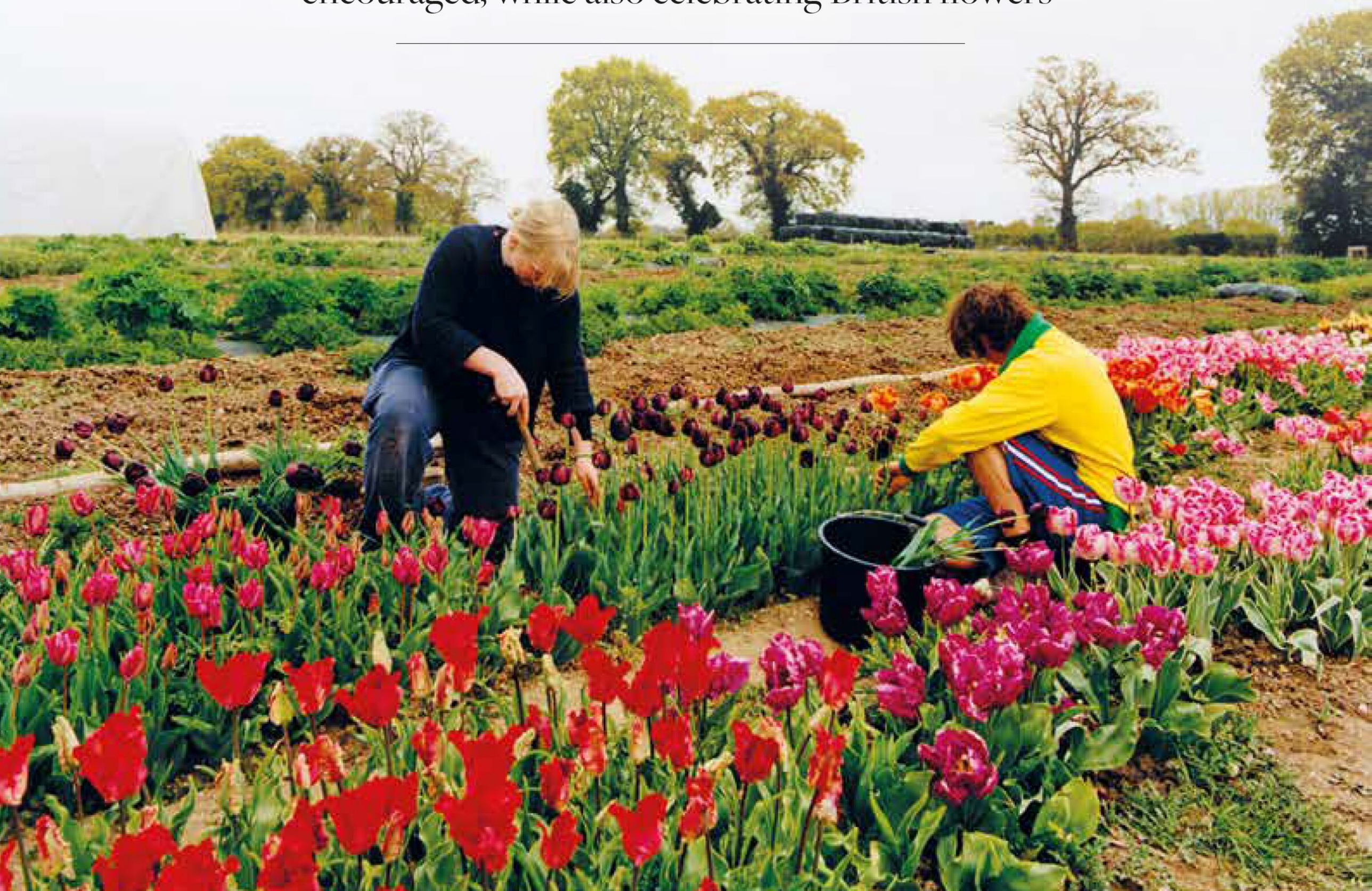
Tulips for the subscription bunches are harvested as soon as they show a touch of colour. At this stage, they are perfect for long distance transportation and a long vase life thereafter – they continue to grow when they are in water. The bulbs are lifted from the ground to ensure the longest possible stem length, then stripped of most of their leaves and sent out on the same day. Bunches are packaged in compostable wraps – dubbed 'flower nappies' by the team – to ensure they arrive at their destination in perfect condition.

The bunches consist of 22 flowers, made up of three different varieties: "It is lovely to have different colours in the mix, but we don't want them to clash too much," Alfie says. "The wonderful thing about tulips is that their colours change as they bloom – they might arrive white and then turn pink or the green ones may turn orange – the unknown is what makes them amazing." *wf*

For more information, visit burntfenflowers.com

PHOTOGRAPHY: ALFIE NICKERSON© LAURA JANE COULSON

At Burnt Fen, we're trying to create a place where nature is encouraged, while also celebrating British flowers



OPPOSITE: Harvesting the huge crop of tulips. **CLOCKWISE FROM TOP LEFT:** The bulbs are lifted from the ground to ensure the longest possible stem length and vase life; Archie with some of his flamboyant flowers. The beautiful blooms are grown without pesticides or chemical fertilisers

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IT'S SPRING SHOWTIME!

THE BEST GARDENING SHOWS AND FAIRS TAKING PLACE THIS SEASON

BY **HAZEL SILLVER**

1. GARDEN MUSEUM SPRING PLANT FAIR

19 APRIL, LONDON

This excellent event has been running for more than four decades at the riverside museum and it's a golden opportunity to purchase covetable plants from some of the country's most exciting nurseries, including Great Dixter and Beth Chatto. Enjoy talks and activities before heading home with your haul.

gardenmuseum.org.uk

2. HARROGATE SPRING FLOWER SHOW

23-26 APRIL, NORTH YORKSHIRE

Held since 1920, this annual festival at the Great Yorkshire Event Centre always has a fabulous Grand Floral Hall filled with flowers and plants to admire or buy. Enjoy show gardens, floristry art, talks and demonstrations.

flowershow.org.uk

2.

3. GARDENERS' WORLD SPRING FAIR

1-3 MAY, HAMPSHIRE

Staged at Beaulieu in the New Forest, this show is a fun mixture of shopping, inspirational gardens, advice and workshops, as well as access to the stately home's grounds and gardens.

bbcgardenersworldlive.com/spring-fair

4. RHS MALVERN SPRING FESTIVAL

7-10 MAY, WORCESTER

Nestling beside the beautiful Malvern Hills, this is spring's most scenic show. Browse the huge range of plants for sale, explore indoor and outdoor show gardens, and enjoy expert talks and gardening advice.

rhsmalvern.co.uk

5.

5. RHS CHELSEA FLOWER SHOW

19-23 MAY, LONDON

The gilded event of the gardening year, the RHS Chelsea Flower Show takes place at the iconic veterans' Royal Hospital Chelsea beside the River Thames. Garden designers vying for gold medals in the 2026 Show Gardens category are Darren Hawkes with an incredible contemporary sculpture landscape for the Lady Garden Foundation, and Baz Grainger with a leafy weather-tolerant wildlife garden for Killik & Co. Tom Stuart-Smith offers a taste of the forthcoming Clore Garden, opening at Tate Britain this year, while Alex Michaelis and Harry Holding reveal their work for The Eden Project: Bring Me Sunshine Garden. Elsewhere at the show, an exciting range of miniature gardens, including balcony plantings, offer lots of ideas for small spaces, while wildlife lovers should head for The Bat Conservation Trust's Nocturnal Garden, dotted with pale flowers that glow in moonlight.

rhs.org.uk/chelsea

PHOTOGRAPHY: GARDEN MUSEUM SPRING PLANT FAIR © GRAHAMLACDAO; GARDENERS' WORLD SPRING FAIR © BBC GARDENERS' WORLD EVENTS

Grow your own...

HERBAL TEA

It's easy to cultivate your own tisane herbs to brew delicious pots of fresh tea

WORDS BY **HAZEL SILLVER**

PHOTOGRAPHY © PEXELS/COTTONBRO STUDIO

Plucking a few leaves from the garden to make a cup of herbal tea is a simple joy. As well as tasting incredible, the freshness means a higher nutrient content and none of the nasties that commercial teas sometimes harbour. Standard teabags can contain microplastics and their contents have often been sprayed with pesticides. There's a huge range of plants that make a delicious cuppa and, to showcase them, lots of gardens are including herb-tea flowers and leaves in their productive areas: for instance, at the National Trust's restoration of the kitchen gardens at Florence Court and Ham House. In your own garden, give drinkable herbs a place in the vegetable patch, in pots on the terrace, or jostle them in with your ornamental plants – because many of them look as good as they taste.

REFRESHING TEAS

On warm days in spring or summer, the cooling herbal teas are the ones we reach for. Fresh mint tea is, of course, the ultimate refresher – delivering a reviving, hydrating cup. There are umpteen garden mints available, but the winners for tisane are peppermint (*Mentha × piperita*) and Moroccan mint (*Mentha spicata* var. *crispa* 'Moroccan'). Both are vigorous in sun or shade, so container growing is a good idea. Less widely drunk, the aromatic leaves of Korean mint (*Agastache rugosa*) have a lovely sharp flavour, and, to boot, this perennial's late-summer purple flowers are a magnet for bees; plant it in well-drained soil, in sheltered sun. Another gem for bees is the easy-to-grow annual borage (*Borago officinalis*) and its starry blue flowers and young leaves brew a tea with melon and cucumber notes that is refreshing and cooling: perfect for hot summer days.

CALMING TEAZZZZZZ . . .

To soothe anxiety and prevent insomnia, grow the mellow herbs that relax and reassure. Top of the list are the leaves of lemon verbena (*Aloysia citrodora*), which make a dreamy tea that tastes of lemon sherbet. A tender sub-shrub, it is best nestled by a sheltered warm wall or grown in a pot that is overwintered indoors. The little daisy flowers of low-growing Roman chamomile (*Chamaemelum nobile*) produce a classic tea for de-stressing and they taste great mixed with the mother of herbs, lavender. The blue-purple flowers of any English lavender (such as *Lavandula angustifolia* 'Hidcote') make a magical, fragrant brew. All three of these calming plants enjoy very well-drained soil in full sun. >

CLOCKWISE FROM TOP LEFT: Many gardens are including herb-tea flowers and leaves in their displays, such as at the National Trust's Alfriston Clergy House and Ham House (bottom right); Moroccan mint grows well in containers; Roman chamomile makes a classic relaxing herb tea

PHOTOGRAPHY: ALFRISTON © NATIONALTRUSTIMAGES/DAVIDSELLMAN; MOROCCAN_MINT © SARAHRAVEN.COM; CHAMOMILE © CROCUS.CO.UK

HOW TO...

TIPS TO MAKE THE PERFECT HERBAL BREW

MAKING TISANE The number of leaves or flowers employed depends on your strength preference: around 5 mint leaves are usually enough for a teapot or tisanière; 2 for a tea strainer in a cup. Wait for 1 to 2 minutes after the kettle has boiled, before pouring water over the herb's leaves or flowers; then let them steep for 5 to 7 minutes.

IMPORTANT Don't make tea from plants that have been sprayed with chemicals. If you're pregnant or have a health condition, ask your GP for guidance before drinking herbal teas.

DRY YOUR OWN TEA Herbs are best dried in a dry, warm, dark, well-ventilated place, such as an airing cupboard. Or place them in the oven on a very low heat (or in a hot cupboard or plate warmer) with the door open. Either spread them out on a tray or tie in small, loose bunches.

Pelargoniums are easy to grow in sun-baked terracotta pots and they will fill the air with sublime scent on warm days

PHOTOGRAPHY: EASTON WALLED GARDEN © NATIONAL TRUSTIMAGES/JAMESDOBSON;ROSES AT MOTTISFONT © NATIONALTRUSTIMAGES/CLIVE NICHOLS; LEMON VERBENA AT HIDCOTE © NATIONALTRUSTIMAGES/JONATHAN BUCKLEY; LEMON BALM AT NUNNINGTON © NATIONALTRUSTIMAGES/ROBERT MORRIS; PELARGONIUM © CROCUS.CO.UK; ROMAN CHAMOMILE © SARAHRAVEN.COM

OPPOSITE PAGE, CLOCKWISE FROM TOP LEFT: Easton Walled Garden has a beautiful herb garden, full of tea-friendly plants; gather petals from just-opened scented roses to make delicate rose petal tea; the leaves of lemon verbena make a calming tea; roses make a stunning display; lemon balm makes the perfect pick-me-up;
THIS PAGE FROM TOP LEFT: Pelargoniums are easy to grow and give out a sublime scent; Roman chamomile is easy to gather and store

BRIGHT CITRUS BREWS

Citrusy herbs make the perfect pick-me-up cup, and one of the best is lemon balm (*Melissa officinalis*). The leaves infuse a wonderful citrus aroma and taste – like drinking liquid sunshine. Because it can spread in retentive soil in part shade, lemon balm is best confined to containers or prevented from self-seeding. Scented pelargoniums are also must-have plants in your tea-leaf collection and two of the tastiest are 'Orange Fizz' and lemony 'Cy's Sunburst'. They make gorgeous summer-bedding plants for terracotta pots in full sun. A third interesting herbal tea that isn't widely grown is wild American bee balm (*Monarda fistulosa*), a perennial that enjoys rich, well-drained, retentive soil in sun or part shade. The leaves and the pink punk-hair flowers it sends up in late summer produce a citrusy floral tea.

FORTIFYING CUPPAS

Many herbal teas are drunk as a health boost. Nutrient-rich nettles are the kings of spring in this department, producing an anti-inflammatory cuppa that potentially has a range of physical benefits. Wearing gloves, pluck the young leaves in March and early April; once the boiling water hits them, their sting vanishes. A ferocious weed and an important butterfly plant, they are best grown in pots or a wild patch of garden, in sun. Blackcurrant leaf tea, meanwhile, is said to be a good tonic for aching joints, as well as a hangover cure, and it has a very pleasant green flavour that is sweet and earthy. Packed with vitamin C, rosehips (such as those of *Rosa rugosa*) produce a fine autumn brew that bolsters the immune system before winter starts to bite.

ROSY SUMMER TEAS

Rose petal tea is the classic summer infusion with its delightful, delicate, floral scent and flavour. A handful of petals from any just-opened scented garden rose will do. Fragrant and delicious, the leaves of rose geranium (*Pelargonium* 'Graveolens' or 'Attar of Roses') make another gorgeous cuppa during the sunniest months. As mentioned above, pelargoniums are easy to grow in sun-baked terracotta pots and they will fill the air with sublime scent on warm days. In aromatherapy, both rose and rose geranium are oils of the heart that deliver a feeling of being loved and steadied by the heavens; they carry the unstoppable light and warmth of summer, making them the perfect brews for difficult days. *wf*

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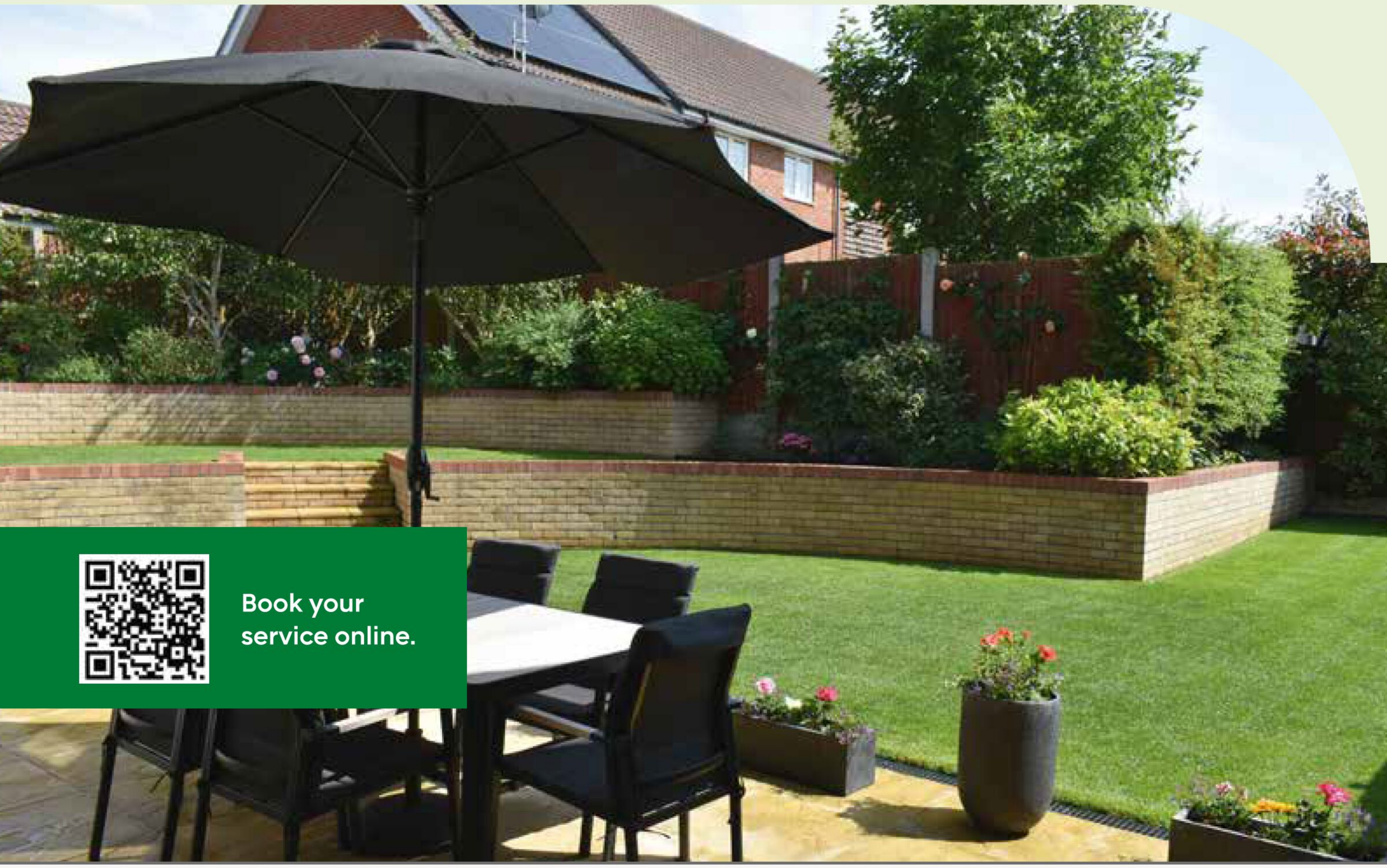

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ROUND BIRD FEEDER © JONATHAN BUCKLEY

The beauty of SLOW CRAFT

With busy lives in healthcare, Nooriya and husband Azeem sought calm, founding award-winning studio Madeeco, where flowers are celebrated and purpose meets passion

A quiet rebellion against a fast-paced consumer culture, the rise of the slow craft movement reflects a collective longing to return to nature, step away from our screens and form more meaningful connections. This spirit is epitomised in Nooriya's east London studio, where, as co-founder and designer at Madeeco, she hand presses and crafts the timeless beauty of flowers into gorgeous prints, homeware, original heirlooms and keepsakes - slowly and with deliberate care and attention.

"My journey into floral preservation started with a bunch of flowers from Columbia Road Flower Market back in 2018," she says. "During the pandemic, when we were on the frontline of medical care, this became an especially important creative outlet for me; a therapeutic, hands-on practice that offered calm."

On any given day, Nooriya can be found designing lampshades with pressed flowers, developing embroidered floral designs for stationery, bags and book covers, or preserving wedding bouquets into works of art "Each bouquet we receive carries a story," she says. "We're not just preserving flowers, we're weaving memories into design and crafting pieces that can be cherished for a lifetime."

Especially poignant, Nooriya recalls a unique piece she created for a family moving home after 20 years. The daughters gathered flowers from their treasured garden and asked Nooriya to transform them into a surprise for their mother. The finished artwork (pictured) – a calm, square composition that allows space for each bloom to tell a story – turned something fleeting yet personal into an heirloom.

"What made this artwork especially moving was that the flowers weren't tied to a single occasion. They represented everyday life - seasons passing, routines, and memories built slowly over time," Nooriya explains. "Preserving them into art felt like a way of carrying that home forward, rather than saying goodbye to it."

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madeeco.co.uk

WILDFLOWER

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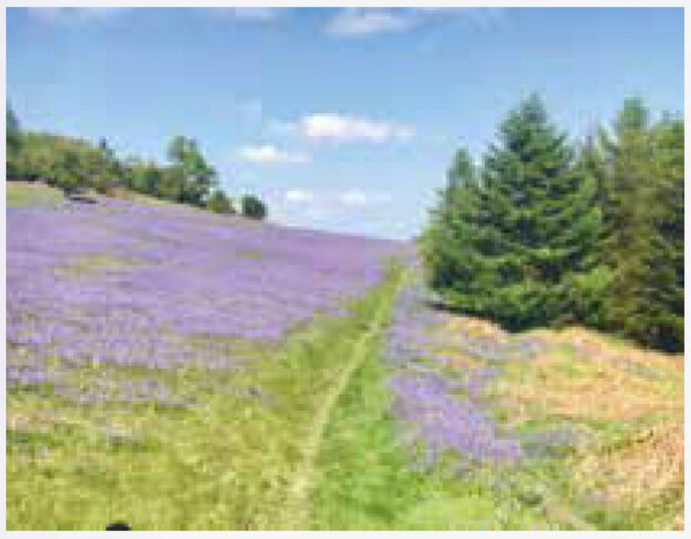

SINGING THE BLUES

Spring in Shropshire is truly special. Stay at The Lodge, surrounded by beautiful bluebells, explore rolling wilderness, then return for a plunge in the Georgian pool before a farm-to-fork dinner. From £290pp (two nights plus most meals).

thesalweylodge.co.uk

SPRING LOADED

Celebrating the first blooms of the season, this Spring Botanical Woven Scarf connects us to the quiet wonder of nature, where art and the natural world meet. Made with recycled cotton. £75

arcanaliving.com

FLOWER POWER

Preserving the natural beauty of hand-picked flowers, created using a traditional hand-pressing method, this floral artwork brings the joy of spring to your home. Digitally photographed A4 giclee print *Springing*. £25 (unframed)

pressedfloralart.co.uk

FLORAL FASHION

Let spring inspire your look with this stunning scarf that celebrates the vibrant colours of the season. Hand crafted from an original painting, 100% silk. Irises Silk Twilly Scarf – No 2. £50

inkandsilk.co.uk

HELLO BLACKBIRD

Inspired by a passion for the British countryside, this stunning hand-drawn print captures in detail the delight of spotting a blackbird among damson blossom in the height of springtime. £40 (unframed)

helenbriggsdesign.com

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Perfect post-gardening pampering, this Lavender Hand Scrub blends organic essential oils to gently feed your skin, uplifting it with subtle fragrance, restoring it to its natural softness. Luxurious and ultra-nourishing. £20

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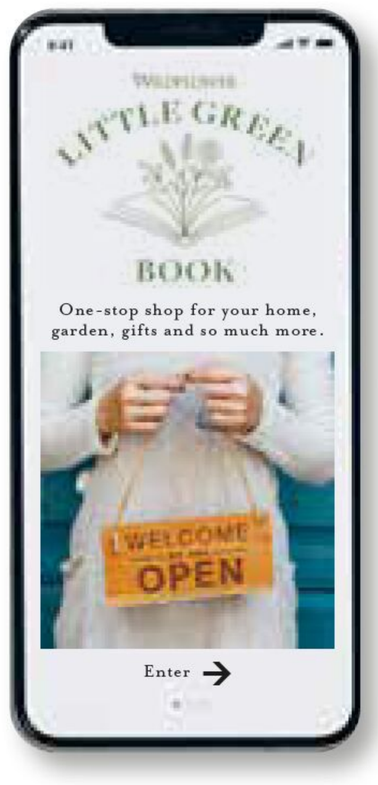

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FOOD & DRINK

PLANT POWER | WINE AND DINE

A feast for the senses

Jules and Steve Horrell have garnered quite the reputation for the rustic weekend feasts they host in the former cow barn at their homestead in Somerset. Festooned with baskets hung from the gently curved roof and displays of fresh and dried flowers, and featuring one long table for a dinner-with-friends vibe, this farm-to-fork affair sees Steve craft dishes from a mostly homegrown harvest and produce supplied by a network of like-minded pals. So, bring a bottle and enjoy the magic of open-fire cooking in one of the most social dining spots in the South West.

horrellandhorrell.co.uk

Heroes of NATURE

Celebrating the fragrance, flavour and all-round health benefits of plants, chef Natasha MacAller shares recipes that add a new dimension to cooking

With a passion for food that nourishes both the stomach and soul, chef, culinary consultant and author Natasha MacAller has turned her attention to the plant world in her latest cook book, *The Apothecary Chef*, which features recipes from 30 award-winning chefs across 11 countries. Here are some of her favourites dishes.

SORREL AND WATERCRESS BISQUE

SERVES 4 AS A STARTER

This simple soup is lemony-tart with a rich vegetal flavour from the watercress. If you don't have a fresh-flowing stream nearby, you can easily grow land cress (Barbarea verna) in a garden bed as well as sorrel. Sorrel comes in many varieties; my favourite is pucker-up common sorrel. Cress and sorrel are both favourites for foraging, and it's so satisfying to gather and make this flavourful immune-boosting dish. A bisque traditionally includes shellfish, but this spring-to-summer soup has the same creamy texture. Serve it hot or cold with a dollop of Greek yogurt or crème fraîche. Trade butter for olive oil and top with coconut yogurt for a vegan alternative.

300g small ice cubes
30g unsalted butter or olive oil
150g sweet onion, such as Vidalia, Maui, Cipollini Grande or Sweet Domenica, chopped
2–3 garlic cloves, roughly chopped
250g common sorrel, small-to-medium leaves (stems removed), washed well
150g watercress or land cress with tender stems attached, washed well
85g baby spinach leaves, washed well
100g peeled cooked starchy potato, such as Russet or Maris Piper
300ml freshly-boiled water
Sea salt and freshly ground black pepper
80ml crème fraîche or Greek or unsweetened coconut yogurt, to serve

1 Fill a bowl with the ice cubes.
2 Set a 2-litre saucepan over a medium-low heat, then add the butter and heat until it sizzles. Add the onion and cook for about 5 minutes, stirring occasionally, until it becomes translucent. Add the garlic, stir and cook for a few minutes longer. Increase the heat to medium, add the sorrel, cress and spinach and cook for 3 minutes until the leaves have wilted and softened.
3 Add the potato, a big pinch of salt and pepper, then pour in the freshly-boiled water. Cook for 1½ minutes, then add the ice to shock the leaves, stirring to melt the ice and keep the vibrant green colour and beneficial nutrients of the leaves. Using a stick blender or high-spend blender, blitz the soup in a few batches until smooth and creamy.
4 Ladle the soup into small bowls, garnish with a dollop of crème fraîche or yogurt and sprinkles of salt and pepper, and indulge in this healthy and satisfying spring/summer moment.

SUMAC-EGUSI DRIZZLE WITH CHARRED SWEET POTATOES

by Sean Sherman and Mecca Bos

SERVES 4

"Sean is an avid gardener, and putting his money where his mouth is with his often repeated 'lawns are stupid' mantra (he even has a T-shirt emblazoned with the phrase), he put a large vegetable garden in front of our house," says Mecca. "Passers-by often slow down to admire it while walking their dogs, sometimes making the verbal calculation that a vegetable garden would, in fact, be smarter than a lawn.

"As a result, we have a bumper crop of greens, tomatoes and other summer produce to make use of during harvest season, and it's good to have an all-purpose drizzle on hand to liven them up."

Sean says: "Egusi is one of the staple dishes of Nigerian cooking, and there are as many versions as there are cooks. Instead of a more traditional soup or stew, I make a sauce, using egusi (also known as melon) seeds as the base (you can substitute pumpkin seeds, but I'd encourage you to seek out the real deal). The addition of sumac makes for an interesting flavour profile – tart citrus to the egusi's bitter earthiness. Drizzle on any produce, raw or cooked. It's especially good over charred sweet potatoes.'

4 large sweet potatoes

FOR THE EGUSI
1 small onion, diced
2 garlic cloves
Palm oil or coconut oil, for sautéing
2 roasted red peppers
70g egusi (melon) seeds
(or pumpkin seeds), toasted
Sea salt

FOR THE SUMAC OIL
250ml sunflower oil
50g sumac

1 To make the egusi, sauté the onion and garlic in enough palm oil to coat the bottom of a sauté pan. Cook for 8–10 minutes until just translucent, then remove from the heat and leave to cool to room temperature. Blend all the egusi ingredients in a food processor, then add salt to taste.
2 To make the sumac oil, in a small saucepan, gently steep the sumac in the oil over a low heat for about 30 minutes until the oil picks up some colour. Leave to cool at room temperature, then combine with the egusi purée. Keep refrigerated.
3 For the charred sweet potatoes, preheat the oven to 200°C.
4 Pierce the sweet potatoes all over, place on a baking tray and bake for 30 minutes, until the potatoes are tender all the way through when pierced with a knife.
5 When they are cool enough to handle, cut the sweet potatoes in half lengthways and char over a grill or a gas flame on the hob until charred in places. Drizzle the egusi oil over the sweet potatoes to serve.

PAN-GRILLED STARGAZER WITH RAINBOW RELISH

SERVES 4

This fresh, bright and versatile one-dish meal is easy to make for lunch or dinner and can be cooked in a pan or on the barbecue.

4 stargazer, grouper, halibut or salmon fillets, about 700g
1 lemon grass stalk, harder outer layers removed and discarded, inside layers chopped
2 tbsps light soy sauce
1 tsp toasted sesame oil

½ tsp fish sauce
2.5cm piece of fresh root ginger, minced
60ml olive oil, plus extra for brushing
60ml seasoned rice wine vinegar
1 makrut lime leaf, finely chopped
Juice of makrut lime, or zest and juice of 1 lime

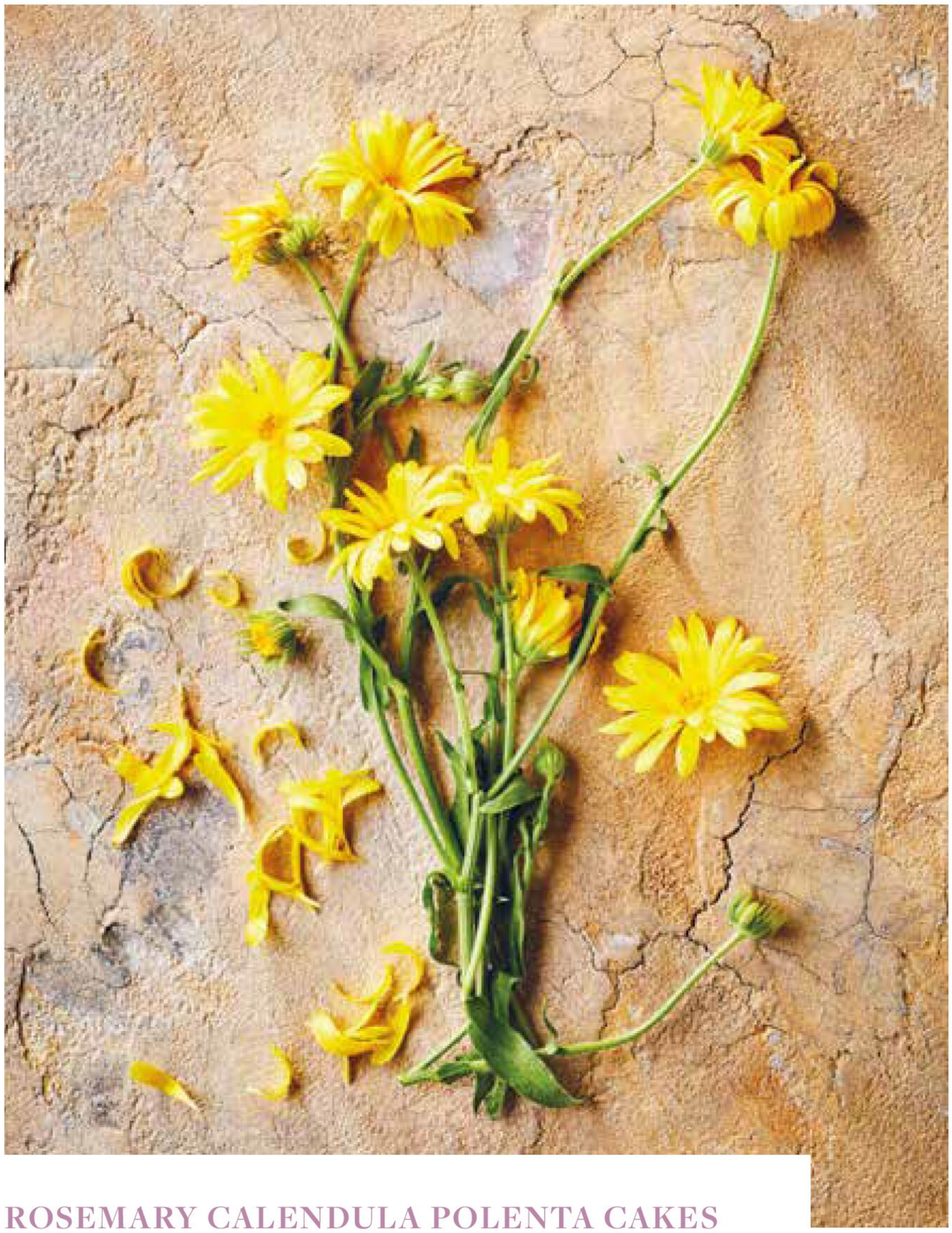
FOR THE RELISH

3 peppers – 1 red, 1 yellow and 1 green, cored, deseeded and sliced into thin strips
1 fresh red or green jalapeño, deseeded and thinly sliced into rings (or to taste)
3 medium tomatoes, peeled, deseeded and chopped
1 tsp grated fresh ginger
60ml olive or grapeseed oil
1 garlic clove, minced or to taste
1 tbsp light soy sauce, or to taste
2 tbsp fresh lime or yuzu juice
60ml seasoned rice wine vinegar
1 tbsp finely chopped coriander leaves
Sea salt and freshly ground black pepper

TO SERVE

1–2 × 180–360g packets of soba, udon, hokkien or rice stick noodles, cooked
Ketjap manis or sweet chilli sauce
Coriander sprigs with tender stems
1 makrut or fresh lime, quartered
Makrut lime leaves

1 To make the relish, mix all ingredients well and chill for 1 hour, or overnight.
2 Place the fish in a non-reactive container in a single layer. Mix all the remaining ingredients in a bowl and pour over the fish. Cover, transfer to the refrigerator and leave to marinate for 30 minutes, or up to 1 hour, turning the fish over once halfway through.
3 Remove the fish from the marinade and pat dry. Discard the marinade. Brush the fish with oil and place in a pan over a medium-high heat or on the barbecue. Cook without moving for 3–4 minutes, depending on thickness of the fish, then turn gently and cook for another 3–4 on the other side. Serve piping hot on a bed of noodles coated in a few spoonfuls of ketjap manis or sweet chilli sauce.
4 Spoon the relish on top of the fish just before serving and garnish with coriander, lime quarters and makrut lime leaves.



ROSEMARY CALENDULA POLENTA CAKES

by Nancy Silverton

MAKES 12

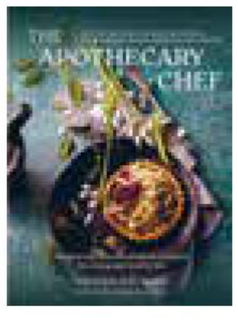
Moist and crumbly at the same time, these tasty aromatic polenta cakes sweetened with manuka honey are a sweet-savoury delight.

2 tsps minced rosemary, plus 24 tips to garnish
1 tsp finely chopped dried calendula petals
45g light brown sugar
400g plain flour or pastry flour, plus extra for dusting
190g stoneground yellow polenta
1 tbsp plus 1 tsp baking powder
350g unsalted butter, cut into 3mm cubes and frozen
1 large egg plus 1 large egg yolk
3 tbsps manuka honey
125g crème fraîche

TO SERVE
2 tsps double cream
24 rosemary tips with a bit of sprig
1 tbsp dried or fresh calendula petals

1 Adjust the oven rack to the middle position and preheat the oven to 180°C. Line a baking sheet with non-stick baking paper or a silicone mat.
2 Put the rosemary, calendula and sugar into a small bowl. Rub the herbs with your fingers to release the oils into the sugar, then set aside.
3 In the bowl of a food processor fitted with the steel 'S' blade, or in the bowl of a stand mixer fitted with the paddle attachment, combine the flour, polenta, baking powder and sugar mixture and process, or mix on low speed, to incorporate. Add the butter and pulse, or mix on low, until the mixture is pale yellow and the consistency of a fine meal.
4 Transfer the mixture to a large bowl and make a well in the centre. Pour in the egg, egg yolk, honey and crème fraîche and whisk together. Using one hand, draw in the dry ingredients, mixing until just combined.
5 Wash and dry your hands, then lightly dust them with flour. Turn the dough out on to a lightly floured work surface and gently knead a few times, gathering the dough into a ball. Roll or pat the dough into a rectangle about 2cm thick. Cut the polenta cakes into rectangles (or whatever shape you wish), cutting closely together and keeping the trimmings intact.
6 Gather the trimmings and gently push and press together, then cut out the remaining dough. Place the polenta cakes 2.5cm apart on the prepared baking sheet. Brush the tops with the cream, then press 2 rosemary sprigs and a scattering of chopped calendula petals on top of each.
7 Bake for 30 minutes until slightly browned and firm to the touch. Let them sit until cool enough to eat, then serve immediately.

These tasty aromatic polenta cakes, sweetened with manuka honey, are a sweet-savoury delight



Recipes from *The Apothecary Chef* by Natasha MacAller, published by Kyle Books, £30

PHOTOGRAPHY BY MANJA WACHSMUTH

TOP TIP

Kneads must

Make sure you flour your hands – as well as your worktop – when you are ready to knead the dough to stop it sticking to your fingers

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WORDS BY **BRONWEN BATEY**

ARTELIUM Sussex

ETHOS Contemporary and on the right side of chic, this wine estate brings people together to enjoy wine, food and art.

DINING Relax into the tasting room with its exposed beams and wood-burning stove. Here, Head Chef Henry Crouch leads the pass with a passion for sustainable, low-food-mile ingredients |and seasonal cooking.

MENU It's all about Sussex produce, from local beef and South Coast seafood to vegetables from the estate's own kitchen garden, paired with delicious Artelium wines.

SIGNATURE DISH Trenchmore Wagyu Beef Tartare – a guest favourite, celebrating compassionately farmed local beef – beautifully matched with Artelium Pinot Noir Reserve 2023.

artelium.com

THE SWAN WINE KITCHEN at Chapel Down, Kent

ETHOS England's leading producer, the cellar door here buzzes with visitors enjoying its award-winning sparkling and still wines.

DINING A stylish 2AA Rosette restaurant, go to enjoy the terrace and stay on to discover why this is one England's leading vineyard restaurants, recognised in the *Michelin Guide*.

MENU Wine is at the heart of every dish, with pairing suggestions throughout. Head Chef Charlie Whitton adds a little British magic to his dishes, where local, seasonal ingredients add colour to fresh, very moreish plates.

SIGNATURE DISH Kentish Asparagus with Wild Garlic from Morghew Estate, paired with Chapel Down Kit's Coty Bacchus 2023.

swanchapeldown.co.uk

CLOCKWISE FROM TOP Enjoy fresh Sussex produce at Artelium; stunning views at Rathfinny; farm-to-fork dining at Chalk; 2AA Rosette restaurant The Swan

CHALK at Wiston Estate Winery, West Sussex

ETHOS This family estate combines 300 years of heritage with a commitment to producing world-class sparkling wines.

DINING Featured in the *Michelin Guide*, Chalk's seasonal menus celebrate farm-to-fork. From its à la carte menu to refined six-course dinners, every plate tells a story of heritage and flavour.

MENU Trained in a Michelin-starred kitchen, Head Chef Jordon Powell leads the menu at Chalk, earning its place among the top restaurants in the UK.

SIGNATURE DISH English Asparagus with Burrata and Nettle & Hazelnut Pesto, complemented with Wiston Brut NV.

wistonestate.com

RATHFINNY East Sussex

ETHOS Close to the iconic Seven Sisters cliffs, breathtaking views have made this one of the UK's most stunning vineyards.

DINING Escape to a lovingly restored Sussex barn surrounded by vines in the heart of the Estate. Open for dinner, Sunday lunches and al fresco summer dining events.

MENU Curated by their Executive Chef, the Flint Barns Dining Room restaurant serves wholesome, comforting meals, with menus featuring the season's best produce.

SIGNATURE DISH Fried Chicken stuffed with Fennel & Garlic Sausage, Cassoulet Beans and Herb Salad, served with a glass of Rathfinny Estate Rosé 2019.

rathfinnyestate.com

RESERVATIONS HIGHLY RECOMMENDED. VISIT THE VINEYARD WEBSITES FOR MORE INFORMATION AND OPENING TIMES.

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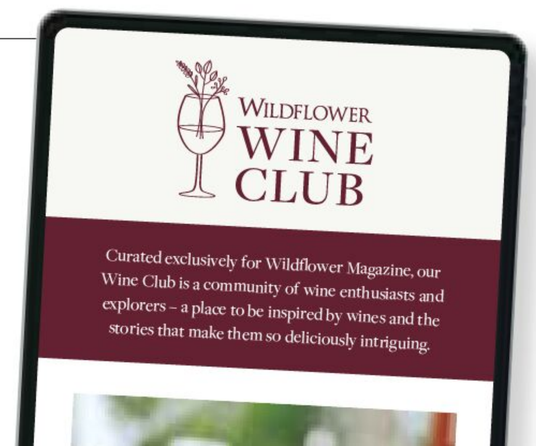

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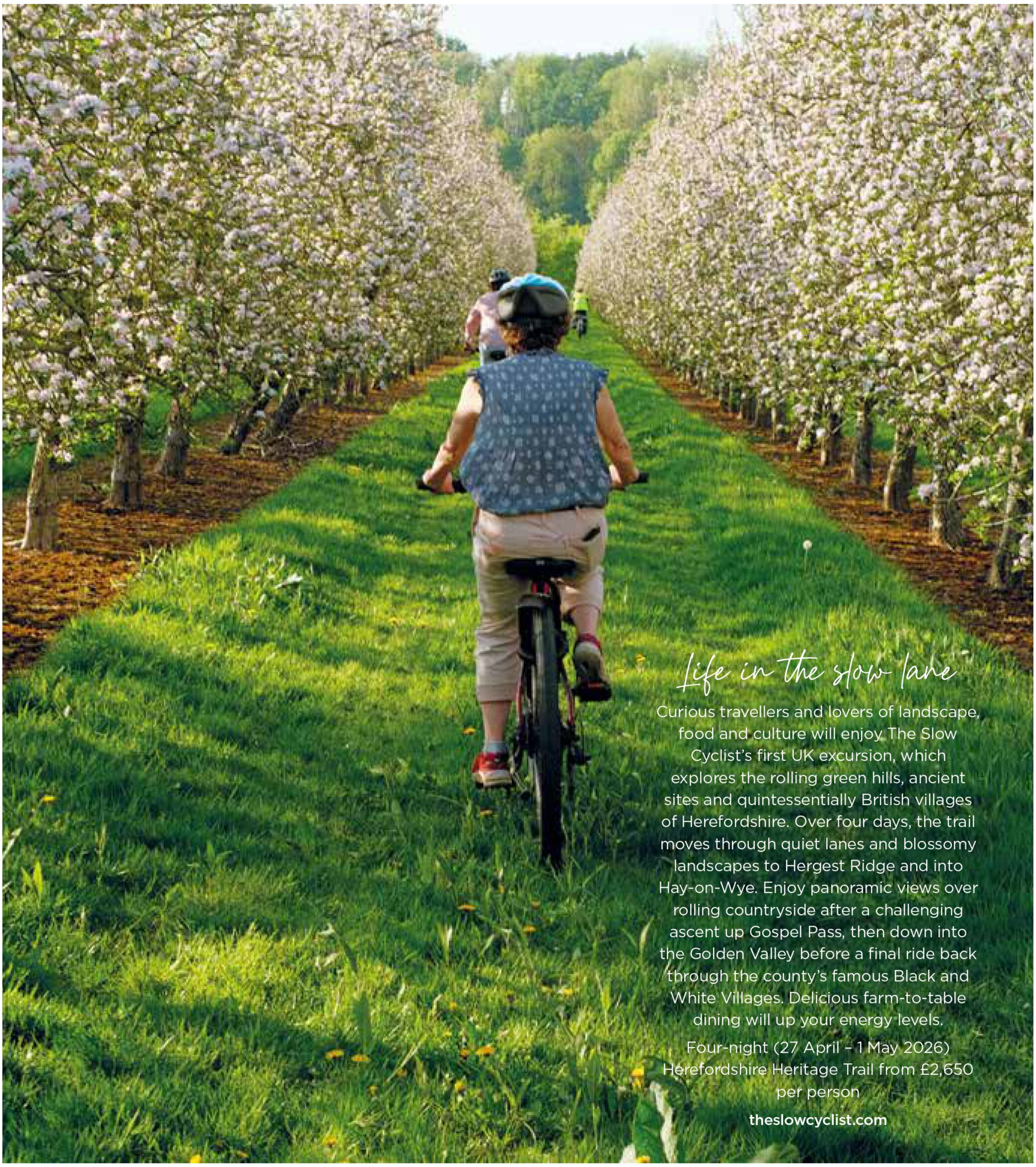


Life in the slow lane

Curious travellers and lovers of landscape, food and culture will enjoy The Slow Cyclist's first UK excursion, which explores the rolling green hills, ancient sites and quintessentially British villages of Herefordshire. Over four days, the trail moves through quiet lanes and blossomy landscapes to Hergest Ridge and into Hay-on-Wye. Enjoy panoramic views over rolling countryside after a challenging ascent up Gospel Pass, then down into the Golden Valley before a final ride back through the county's famous Black and White Villages. Delicious farm-to-table dining will up your energy levels.

Four-night (27 April – 1 May 2026) Herefordshire Heritage Trail from £2,650 per person

theslowcyclist.com

ONE FOR ALL

Not just for couples seeking a tranquil break, Zulal Wellness Resort by Chiva-Som is firmly family friendly, with activities and treatments that will leave everyone refreshed

WORDS BY **ZOË LEVEY**

Zulal Wellness Resort, at the northern tip of Qatar, offers rest, relaxation and rejuvenation

The pressures of modern life mean that most of us spend our time juggling our personal priorities – family and work demands take over, stress levels increase and perspective is lost. Taking time out to re-set and re-balance is essential – and that goes for all the family.

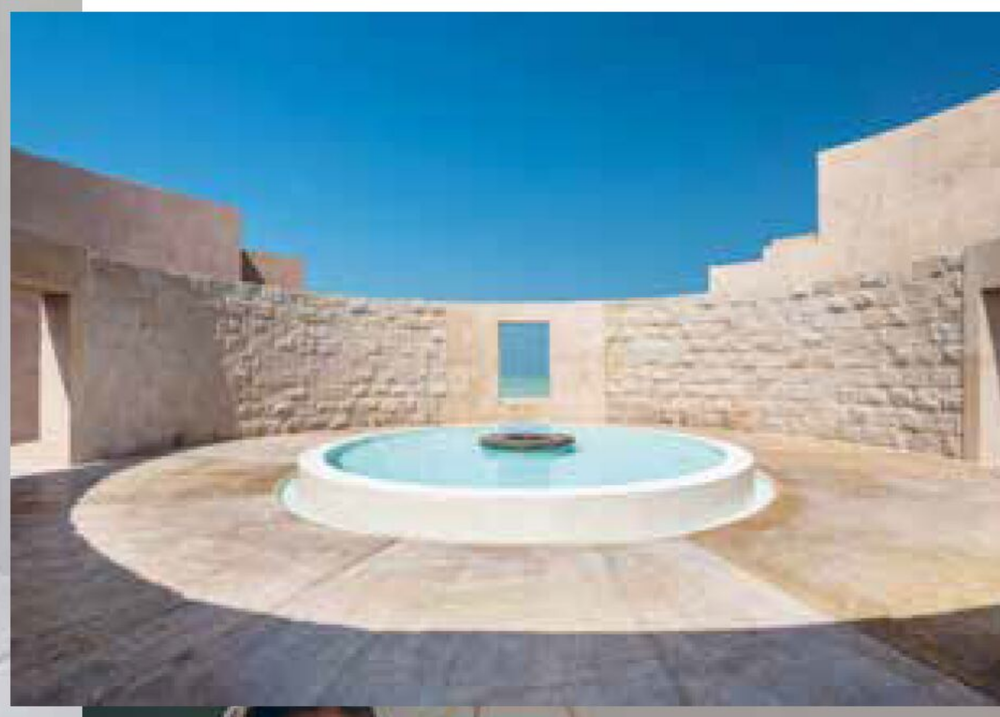
Offering a wellbeing experience that really does have something for everybody, Zulal Wellness Resort by Chiva-Som is uniquely split into two: 'Serenity' is its adults-only retreat, while 'Discovery' is for families. I travelled with my husband and two teenage boys, all intrigued to find out more about the concept of a family retreat.

Located on the northern tip of Qatar, Zulal Wellness Resort benefits from a stunning position overlooking a vast tidal headland, which is shallow enough at low tide to paddle all the way out to a mass of bright green mangroves. Traditional Qatari architecture creates a harmonious backdrop that is at once calming and peaceful, while a centrally located lagoon provides a fresh focus around which much of the activity centres. Low-rise, tastefully designed family apartments nestle in the Discovery area, while Serenity's waterside and over-water villas house couples seeking privacy. The tranquil setting allows guests to disconnect from daily stresses and fully immerse themselves in rejuvenation.

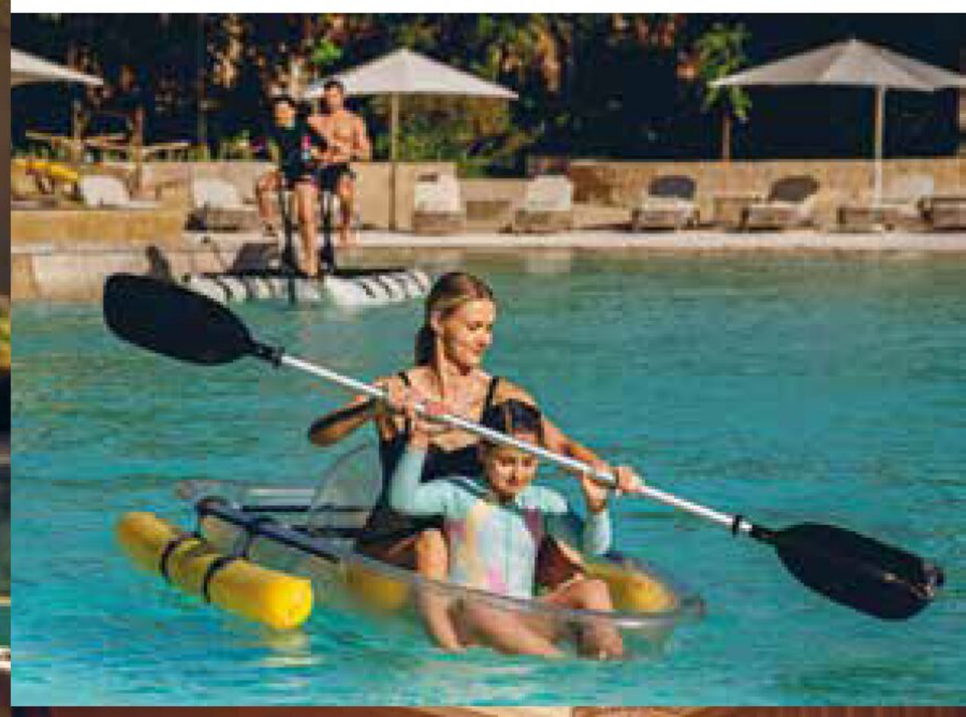
The retreat is inspired by the region's healing traditions, integrating Arabic and Islamic healing philosophies with the latest wellness science. Guests can enjoy treatments using indigenous ingredients and rituals, allowing for an authentically local and culturally rich experience. With an enormous level of expertise at Zulal Wellness Resort, which is made available to all guests, it's a unique opportunity to tackle health issues and wellbeing needs in one go, and you are encouraged to dive as deep as you'd like into your own personal wellness journey.

Upon arrival, we were invited to a family wellbeing consultation to help assess our requirements as a collective, as well as ascertaining our own individual areas of stress and fatigue. Treatments and sessions are drawn from Zulal Wellness Resort's six wellness modalities – Physiotherapy, Holistic Health, Nutrition, Fitness, Spa and Aesthetic Beauty. A bespoke schedule of activities based on our feedback was created for each of us, with family activities cross-referenced and planned in accordingly so we could also spend quality time together.

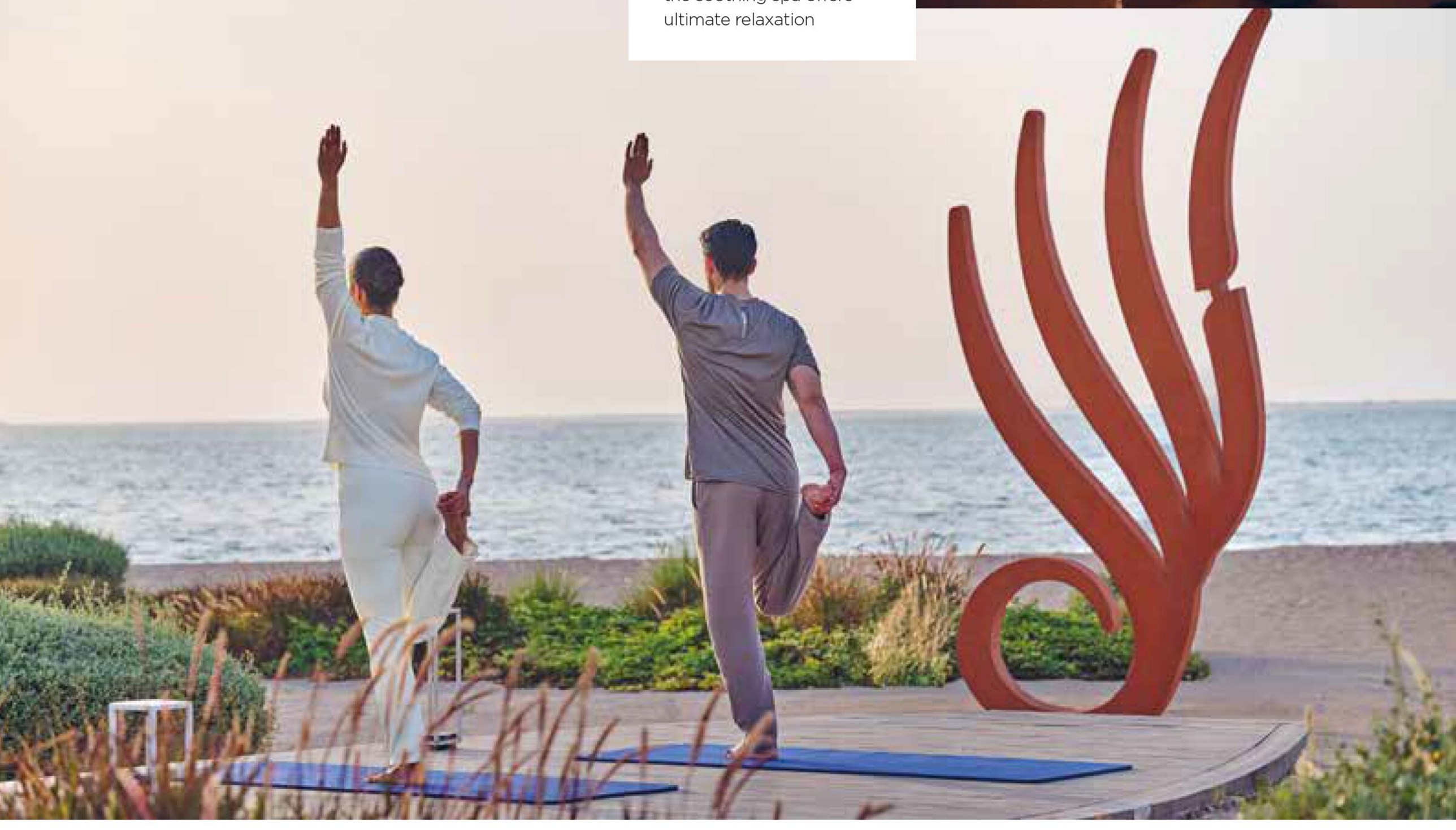
Inevitably, the boys chose fast-paced sports such as high-energy padel lessons and undertook supervised weight sessions in the fully-equipped gym. A particular highlight was kayaking and paddle-boarding on the shallow waters, which offered an amazing vista of the resort from far out at sea. They were also encouraged to try relaxation activities such as blissful >



CLOCKWISE FROM TOP LEFT: Zulal Wellness Resort's traditional Qatari buildings surround a lagoon; a Serenity suite; a water feature adds to the sense of calm; a soothing treatment; vivid sea views; Zoe, relaxed and renewed



CLOCKWISE FROM TOP LEFT: Relaxing in the lagoon, family fun; Zulal Wellness Resort's sun-bathed exterior; food is a visual treat; early morning yoga sessions; the soothing spa offers ultimate relaxation



At Zulal Wellness Resort, children and teenagers can engage in fun, age-appropriate activities that nurture their minds and bodies

floating guided meditations at sundown to promote a good night sleep, and supervised (with parents) massage, which they loved.

Various mindful creative sessions were recommended, which saw them trying their hands at pottery, journalling and drawing. Family activities, meanwhile, included a movie night, a mocktail-making class and a poolside seafood barbeque.

As the experts explained, it's all about finding balance. At Zulal Wellness Resort, children and teenagers can engage in fun, age-appropriate activities that nurture their minds and bodies, encouraging healthy habits for life.

My own bespoke programme centred around gentle physical movement, prompted by a recent shoulder injury. I was immediately booked in to see the resident physiotherapist for a posture assessment, which dictated much of the therapy that followed.

A daily trip to the magnificent spa delivered relaxing massages to loosen tired and sore muscles, while the hydrotherapy area provided hot and cold treatments in the sauna, plunge pool and snow room. The spa is divided into male and female areas, allowing for privacy while using the facilities.

The physio also recommended daily yoga classes, which were a real treat. Early morning sessions avoided the heat of the day and took place in stunning surrounds on the walkway decking overlooking the bay. Although gentle, the stretches were challenging enough to feel afterwards.

I managed to avoid the gym – unlike my husband, who took part in free-weight classes and energising cardio sessions.

This holistic approach to health inevitably extends to the fabulous food on offer at Zulal Wellness Resort's numerous restaurants and cafés. Menus are gluten and dairy free, to give the gut chance to rest and recover. Protein is lean and kept to 80g portions, as priority is given to including as many varieties of vegetables as possible. Portion sizes are managed carefully so that you feel perfectly balanced after each meal – not full, yet not hungry, which actually takes some getting used to. Each dish is beautifully assembled, nutritious and layered with flavour, not to mention being a visual treat, too.

Alcohol is not permitted, but the delicious freshly pressed juices, vibrant in colour and bursting with goodness, were a welcome substitute.

After a few days of eating in such style, our bodies adapted and started to feel energised and cleansed. It's a great feeling, which each of us has tried to maintain– with varying degrees of success – upon our return home. *wf*

Rates at family-focused Zulal Discovery start from QAR 2,378 (approximately £477) per night for a Discovery Explore retreat in a Discovery Deluxe Room for two adults sharing, inclusive of three daily wellness cuisine meals and a raft of wellness inclusions. zulal.com

LADY GARDEN

**We stand together as daughters,
sisters and mothers.**

**We challenge taboos and do away
with the ‘private’ in our ‘private parts’.**

**Breaking the silence surrounding
gynaecological cancers.**

We are loud and we are bold.

We are Lady Garden.

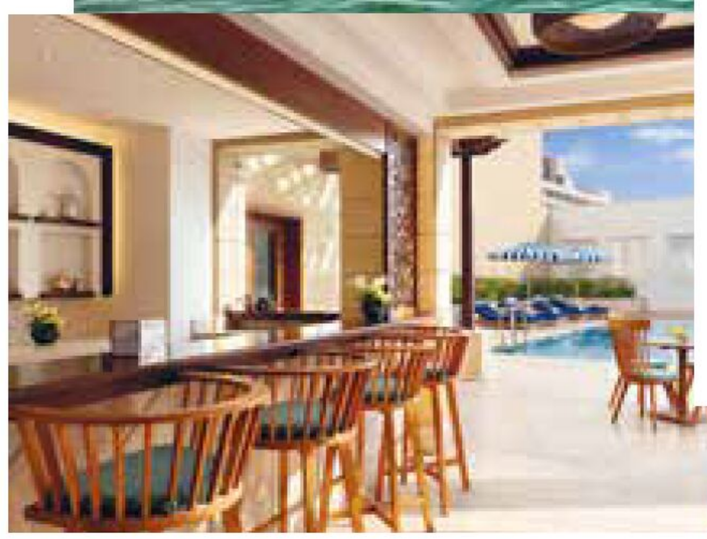
Artwork created by Natalie Hemkes

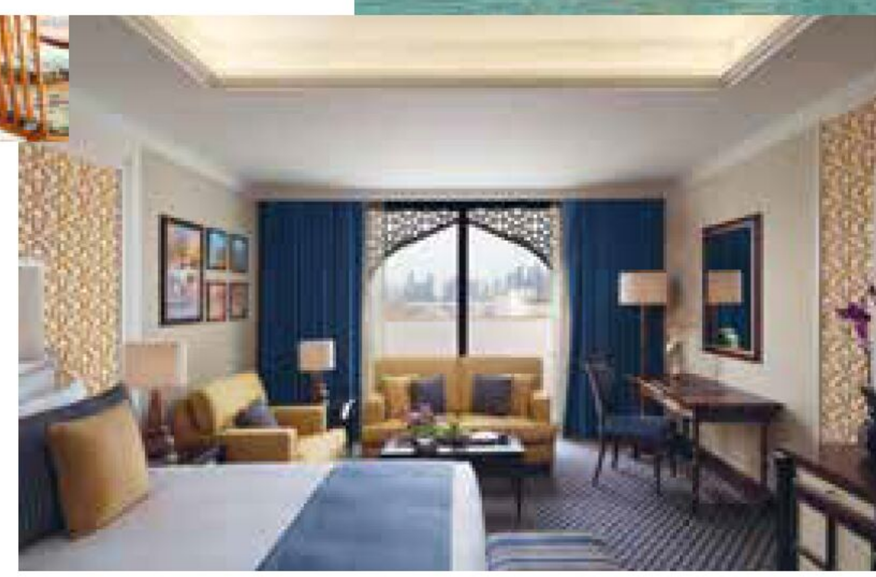
LADYGARDENFOUNDATION.COM

DESERT PEARL

BLENDING ITS RICH HERITAGE WITH THOROUGHLY MODERN CITY LIFE, DOHA HAS EVERYTHING TO ENSURE A PERFECT FAMILY-FRIENDLY BREAK

WORDS BY **ZOË LEVEY**





CLOCKWISE FROM TOP LEFT: Doha's dramatic skyline; the Museum of Islamic Art houses treasured artefacts; hints of Arabic architecture in a superior suite at Al Najada Doha hotel; the hotel's Pool Bar

A remarkable skyline rises out of the desert – a glimmering array of skyscrapers are lit up every day at dusk to celebrate the recent emergence of Qatar's capital Doha as a thoroughly modern city. Breath-taking architecture dominates the views across the water to the district of West Bay, a thriving and busy part of the city – it's a sight to behold. Doha is fast establishing itself as a popular destination for travellers, with it's family offering being particularly strong. It's safe and friendly, clean and easy to navigate, plus there's plenty to see and do while you're there.

We based ourselves at the excellent Al Najada Doha hotel, owned by Tivoli. Rather than staying in the glamorous West Bay or Pearl Island, we wanted an authentic experience and the hotel's direct access to the bustling Old Souk – also known as Souq Waqif – was appealing. Stepping outside our door, we found ourselves immersed in a tapestry of sights, sounds and scents: winding alleyways filled with artisan stalls, colourful textiles, spices, and hand-crafted treasures. The team at Al Najada thoughtfully organised an escorted tour of the Old Souk, which was helpful in navigating the winding streets among the constant hullaballoo. It's a lively social hub, where the scents of oud and spices mingle with the sounds of friendly chatter coming from the many cafés and restaurants. On a recommendation, we sought out local speciality sweet treats called 'Kunafa' – layers of sweet pastry oozing with honey, chocolate and pistachios and delicious with Arabic tea. Tivoli operates several boutique hotels within the Old Souk, as well as many of the restaurants there. Moroccan, Italian, Asian-fusion and, of course, traditional Qatari cuisines are represented, so there's plenty of choice for families. The rooftop cafés and bars offer incredible views over the bustling streets below and are a great place to sit and chill at sundown, mocktail in hand as the Souk (and many of the surrounding hotels) are alcohol-free.

Our location at Al Najada meant we were also within easy reach of other must-see Doha attractions. Much of it is walkable along the beautiful waterfront Corniche, which takes you through lush green parks and gardens to the Museum of Islamic Art, an iconic structure housing an impressive collection of some of the Islamic world's most treasured artefacts. Also worth visiting is the National Museum of Qatar, which takes you on an immersive journey through the nation's history, heritage and natural environment. The Old Port is popular with families, with exciting water sports taking place almost daily. And don't miss the stunning glass ceiling and mosaics in the fish market – worth a visit to see the Art-Deco inspired architecture as much as the vast array of fresh seafood.

Katara Cultural Village is a popular hub for galleries, open-air theatres and festivals celebrating local and international creativity. Die-hard shoppers will need a day at the shiny new Galeries Lafayette at Katara, or at Doha Festival City Mall, which has Angry Birds World on site. For football fanatics, Qatar's hosting of the 2022 FIFA World Cup resulted in multiple state-of-the-art stadiums across the city; Formula 1 fans should take a trip to the now-iconic racetrack based at the Lusail International Circuit, just north of the city.

Blending its rich history with a lively modern vibe, Doha really is a wonderful place for families to enjoy together. *wf*

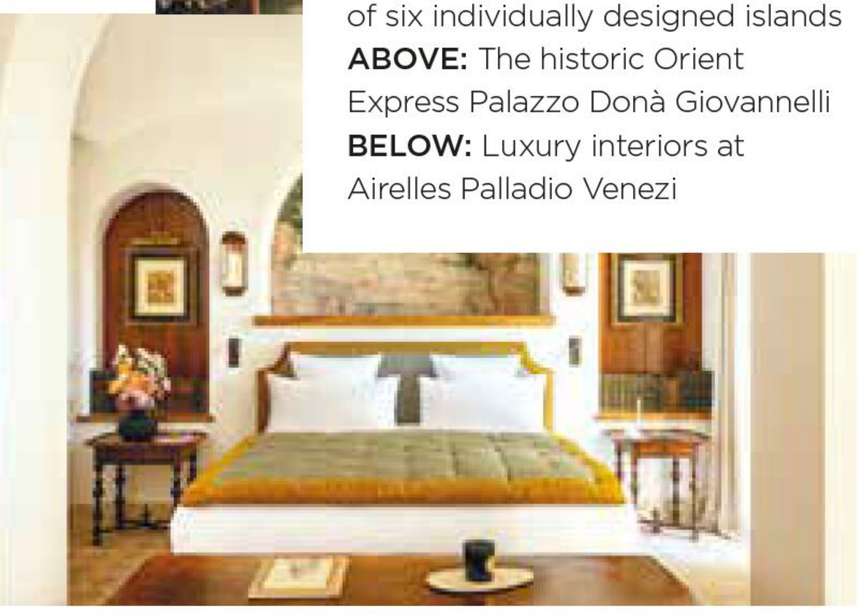
Al Najada Hotel has 151 rooms and suites, each beautifully designed as a modern Arabian sanctuary. Facilities include pool and pool bar, fully equipped gym and a choice of restaurants. Located in the cultural heart of Doha, the hotel is only 15 minutes from Hamad International Airport. tivolihotels.com

Hot, hot, HOTSPOTS FOR 2026

From private islands to historic palazzos, discover the latest luxurious destinations to put on your travel wish-list for the year ahead

WORDS BY **ANGELINA VILLA-CLARKE**

TOP: Rah Gili Maldives is the first of six individually designed islands
ABOVE: The historic Orient Express Palazzo Donà Giovannelli
BELOW: Luxury interiors at Airelles Palladio Venezi



A historic wine hotel in Burgundy, an ultra-luxe reopening in the Seychelles and two architectural wonders in Venice – these new openings may be found scattered across different parts of the world, but they all have one thing in common: a sense of quiet luxury and the spirit of reinvention. All you have to do is pack your wanderlust.

TIME TO REVISIT VENICE

Perfect to fall in love with Venice again are two prestigious openings in the city. Airelles Palladio Venezia will be the luxury brand's first opening outside of France. Carved out of a collection of historic buildings, the hotel is found on the island of Giudecca, with views across to St Mark's and the Doge's Palace. Working with artisans and historians, the reimagination has resulted in 45 bedrooms, three restaurants and a wellness garden, with many of the 16th-century details of the original villa restored to their former glory.
airelles.com

Orient Express Palazzo Donà Giovannelli, meanwhile, is another historic masterpiece, created from a palazzo that dates back to 1436. Opening in April 2026, guests can expect to step back in time with much of the building's bygone splendour bought back to life – from arriving by boat to the 15th-century Gothic portal to the gilded ballroom. Sprinkling magic throughout your stay are hidden passageways and a secret garden, as well as a fine dining restaurant and beautifully executed rooms.
orient-express.com

FAR-FLUNG AND FABULOUS

Renowned for its tailor-made itineraries across the world, Turquoise Holidays' USP is the ability to curate the dream trip with authenticity at its heart. One of its most-anticipated launches for 2026 is Fregate Island in the Seychelles, which has reopened after a four-year upgrade. The ultra-luxurious private island has just 17 sustainably designed villas set into an untouched, verdant landscape. Its natural setting, utter seclusion and personalised service are the big draws. While you can spend your days soaking up the sun on a deserted beach, its allure also lies in the sheer amount of facilities on offer: from a distillery to a tailor's workshop; art gallery to the largest wine cellar in the Indian Ocean. It also boasts a world-class spa and immersive experiences amid the island's endemic wildlife, which include giant Aldabra tortoises and endangered magpie-robins.
turquoiseholidays.co.uk

CLOCKWISE FROM LEFT: Fregate Island, Seychelles; Luura Cliff and Mera, Paros; Viking will be sailing along the Nile; Somewhere Island, Maldives; Château la Commaraine; Zannier Île de Bendor

THE FRENCH CONNECTION

Due to open this spring, and set to be one of France's big openings for the year ahead, is Château la Commaraine in Burgundy. Set within a historic vineyard, the 12th-century estate has undergone a meticulous four-year restoration, becoming the region's first five-star hotel. The property, which is the sister to the Royal Champagne Hotel & Spa in Champillon, has 37 rooms and suites with period details and views across the fields. There are also two restaurants from Christophe Raoux and a lavish spa with outdoor pool. The estate's own *cuverie* (winery) is built within the château itself, so expect the finest Pinot Noir on tap.
chateaulacommaraine.com

Meanwhile, opening this spring in the South of France, and predicted to be Europe's summer hotspot, is Zannier Île de Bendor. Set on a seven-hectare private island, off the coast of Bandol in Provence, the whole project has taken five years, with the original village turned into a stunning 93-room hotel, with restaurants, art gallery and a wellbeing centre.
zannierhotels.com/bendor

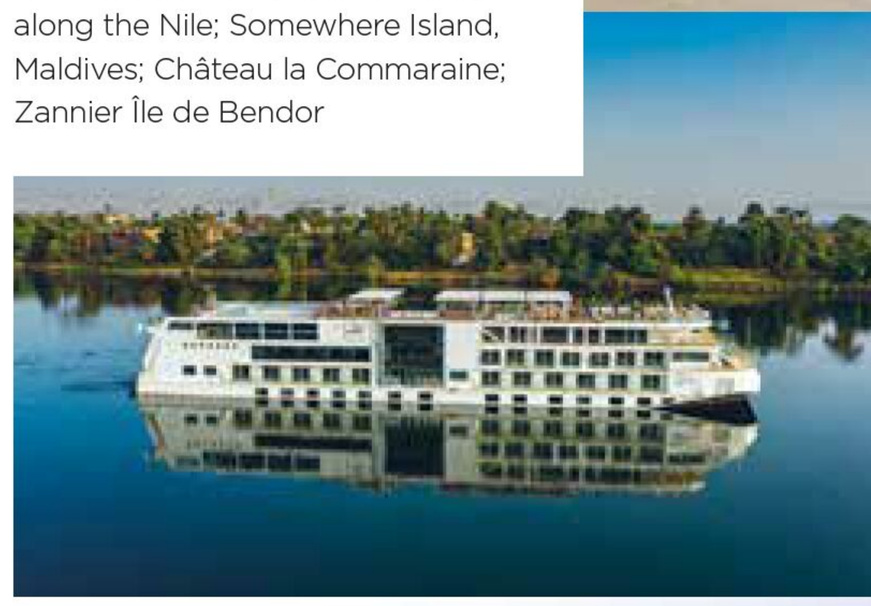
PUTTING PAROS ON THE MAP

Placing the postcard-pretty Greek island of Paros firmly in the spotlight this summer are two new chic properties. Meros, part of the Santikos Collection of hotels, will open in June with 27 rooms and Cycladic design – think exposed stone walls, chalky tones and indoor-outdoor living.
santikoscollection.com

Family-owned Luura Cliff, meanwhile, features a village-like collection of whitewashed buildings, private pools and wellness experiences. Opening in May 2026, it will lean into Paros's rich culture with local, immersive experiences, from marble-carving workshops to field-to-fork feasts.
luurahotels.com

ALL AT SEA

Known for its Scandi-designed vessels and thoughtful, culture-rich itineraries, Viking has a host of new launches for 2026. Two new river ships, *Viking Ptah* and *Viking Sekhmet*, will take guests along the Nile to soak up the ancient secrets of Egypt with the company's thrilling Pharaohs & Pyramids itinerary. Elsewhere, new river itineraries have also been launched, such as New Orleans to Memphis, an 11-day voyage on the Mississippi River, discovering the wonders of the American South. Meanwhile, two new ocean ships will be added to Viking's fleet this year. *Viking Mira* debuts this spring with Mediterranean and Northern European sailings, while the *Viking Libra*, will launch at the end of 2026 as the world's first hydrogen-powered cruise ship.
vikingcruises.co.uk



MORE, MORE, MORE IN THE MALDIVES

Here Baa Atoll – Maldives' two-island launch takes barefoot luxury to a new level across two archipelagos, with butler service and suspended sky infinity pools. The first to open is Somewhere Island, with seven suites, while Nowhere Island, launching in spring, has just two presidential residences, and is available for exclusive hire.
here-maldives.com

Six & Six Private Islands is another multi-island concept. Over the next six years, the company will unveil six individually designed islands with the first, Rah Gili Maldives, opening in February, and the second, Don Maaga Maldives, at the end of 2026. The ethos is rooted in Maldivian culture, with local design, cuisine and experiences at its heart.
rahgili.com

CLOCKWISE FROM ABOVE: Kiftsgate Court Gardens, the creation of three generations of women gardeners; spend a soothing day at Calcot Spa

Petals, plates and Pilates

A GUIDE TO THE COTSWOLDS

From rural rambles to field-to-fork dining, take a slow route through one of England's prettiest areas with our guide to the top 20 things to see, taste, try or buy this season and beyond

HOMES AND GARDENS

You can spend hours wandering around the Cotswolds' collection of stunning gardens at historic homes. Rousham, for instance, was designed by William Kent in the 18th century and remains untouched since it was first designed. Kiftsgate Court Gardens is the creation of three generations of women gardeners and features rare plants and the oversized Kiftsgate rose. Snowshill Manor and Garden, meanwhile, is the unconventional home of the eccentric Charles Wade and boasts a beautiful Arts and Crafts-style garden.

rousham.org; kiftsgate.co.uk; nationraltrust.org.uk

SPA AND SHOP

With its scented gardens and outdoor pool, Calcot Spa, found at the historic Calcot Manor in Tetbury, is just the spot for a day spent focusing on yourself, especially if you book one of the Proverb therapies, intended to help with stress relief and recovery. To continue the indulgent theme, why not head to the British tailoring brand, Moloh, also in Tetbury, for a spot of retail therapy? Its military-style jackets will have you marching in tune to the latest trends.

calcot.co; moloh.com >

Daylesford was one of the first brands to set the blueprint for sustainable living and champion artisanal craftsmanship

FOOD FOR THOUGHT

The neighbouring villages of Deddington and North Aston have risen to become foodie hotspots due to their organic farms, dairies and monthly farmers' market. Pop into Eagles Fine Food, an emporium that dates back to 1950, to stock up on locally-made produce – from artisan breads to Cotswolds lamb. The new Quince and Clover on the Square in Deddington is a petite deli and coffee shop. You'll find delicious handmade bakes and small-batch ice cream made by the North Cotswold Ice Cream Company (watch out for its pop-up van this summer). Meanwhile, grab a coffee while you discover the freshest organic meat, vegetables and dairy at the North Aston Dairy and Farm Shop, which has an ethos of supporting local producers. Also in North Aston is the Yurt at Nicholsons – the rustic restaurant has been awarded an AA Rosette for its menu featuring seasonal ingredients, most grown in its own Yurt Kitchen Garden.

eaglesfinefood.co.uk; quinceandclover.co.uk; thenorthcotswoldicecreamcompany.co.uk; northastonfarmshop.co.uk; nicholsonsgb.com

COTSWOLDS COOK OFF

Book in for a cookery class at Thyme in Southrop (known for its beautiful boutique rooms, cottages, spa and pristine gardens) and you'll learn all about how to create inventive dishes to impress. Whether you are a novice or a pro, all classes celebrate the area's ingredients.

thyme.co.uk

SOULFUL STRETCHING

Newly opened fitness studio Chloe's Pilates is all about holistic wellbeing. Run by Chloe Hodgson, the charming space offers yoga, barre and Pilates classes, as well as retreats and sound healing sessions, all designed to make you feel balanced.

chloespilates.com

DELICIOUSLY DAYLESFORD

Perhaps one of the most famous addresses in the Cotswolds is Daylesford Farm, near Kingham. It was one of the first brands to set the blueprint for sustainable living and champion artisanal craftsmanship. You can spend hours browsing in the farm shop, but don't miss the Green Michelin-starred café and its award-winning plates.

daylesford.com

DON'T HOG THE BED

Found in an archetypal Cotswolds' honey-stone property, The Pig in the Cotswolds not only offers the cosiest place to stay, but its menus tell a story of the landscape around it. Found in the pretty village of Barnsley, the hotel is carved out of a Grade-II listed, 17th-century house, with gardens designed by renowned gardener Rosemary Verey. Celebrating the best British produce, you can sample dishes such as Garden Leek Risotto, Dorset Blue Vinny and King Oyster Mushrooms or Thornback Ray Wing, Pickled Chard and Parsley Brown Butter Sauce.

thepighotel.com

BRANCHING OUT

Immerse yourself in nature with a stay at Treedwellers at Cornbury. These fun, architect-designed tree houses are sustainably built within the canopy of ancient woodland, so you'll wake up to the sound of birdsong and serene forest views. While there, explore the picturesque trails across Cornbury Park and pop into one of the characterful pubs – such as The Bell at Charlbury, which dates back to the 17th century, or beautiful gastro pub The Bull, which has been in existence since 1500.

treedwellers.co.uk; thebellatcharlbury.com; thebullcharlbury.com

PURPLE HAZE

Reopening in June, Cotswold Lavender is like a tiny slice of Provence. Visit in July when the lavender fields are at their best – heady with scent and all shades of purple. Stretching across 45 acres, you can picnic in the fields, visit the distillery to see lavender oil extracted for the farm's products and amble through wildflower meadows.

cotswoldlavender.co.uk

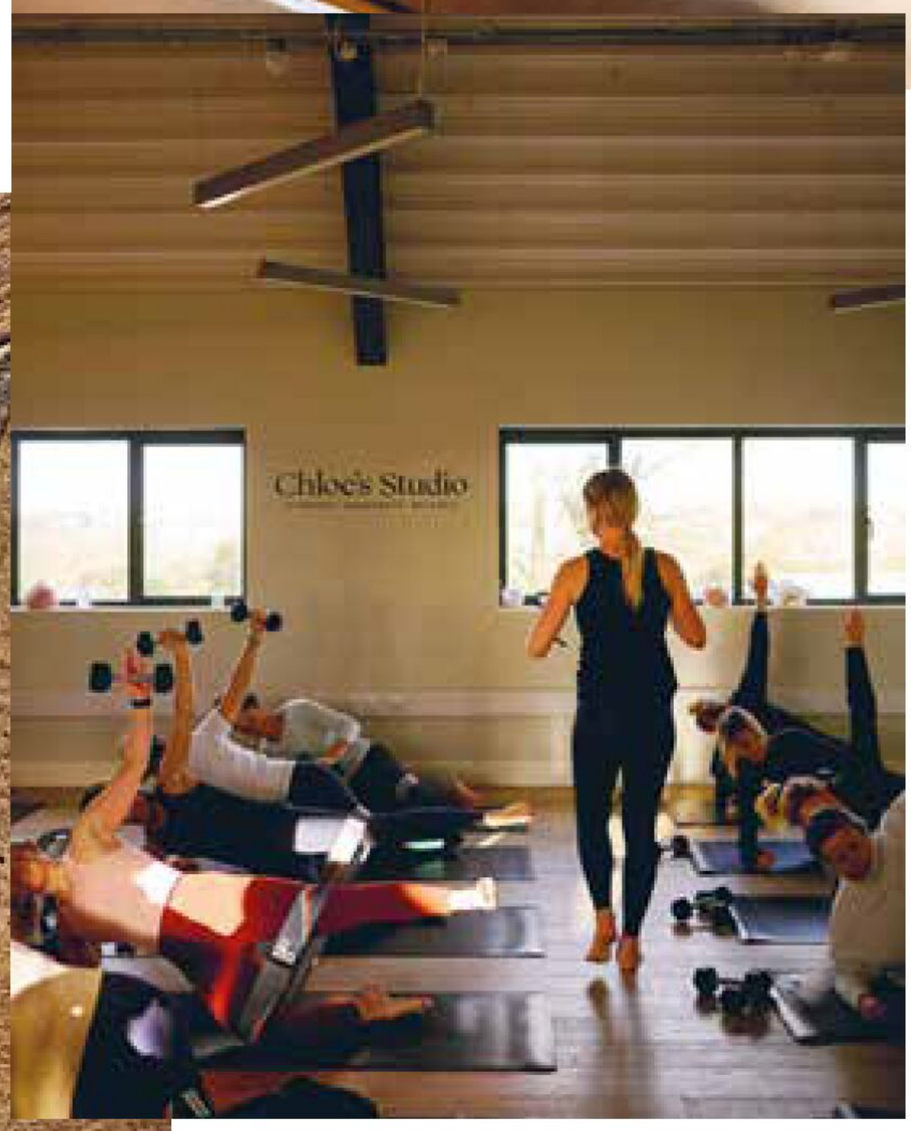
BARKS AND BITES

Set in the Gloucestershire countryside, the Fox at Oddington may look stylishly curated, but it remains a solid village pub at the heart of the community. Perfect for a post dog-walk or overnight stay, you can settle down with a pint next to a crackling log fire and order from a menu that uses produce from the inn's sister farms at Daylesford Organic and Wootton.

thefoxatoddington.com >

PHOTOGRAPHY: THYME © CLAIRE BINGHAM; THE PIG IN THE COTSWOLDS © JAKE EASTHAM

CLOCKWISE FROM FAR LEFT: Be sure to have a browse in Daylesford's extensive farm shop; try a cookery class at Thyme; the beautiful surrounds of The Pig in the Cotswolds; live the high life at Treedwellers at Cornbury; find your inner balance at Chloe's Pilates; the historic Bell at Charlbury dates back to the 17th century; the Yurt at Nicholsons has been awarded an AA Rosette



CLOCKWISE FROM ABOVE LEFT: Cotswold Lavender bursts into bloom; stay in a treehouse at The Fish; enjoy a great night's sleep at the Fox at Oddington; Painswick Rococo Garden is famous for its fantastical architecture; pop into Penelope Chilvers in Stow-on-the-Wold; this way to one of England's prettiest regions
OPPOSITE: Enjoy the views at Lakes by Yoo

VILLAGE LIFE

Known as the gateway to the Cotswolds, the town of Burford is a quintessential Cotswolds village. With its steep high street, honey-coloured shops and historic pubs, this is the perfect place to browse for antiques and locally-crafted items. Worth seeing is the 12th-century Church of St John the Baptist and the nearby Burford Garden Centre, a family-owned store selling plants and seeds, homewares, outdoor accessories and contemporary art.

burford.co.uk

LIGHTS OF BROADWAY

With its independent stores and 18th-century buildings, the village of Broadway has perhaps one of the most charming high streets in the UK. As well as art galleries and a shop by Susie Watson Designs (featuring pottery, delicate linens and fine art), there is also a new boutique hotel, the House of George W Davies, found in a restored 17th-century building. For ramblers, Broadway is also a pitstop on the epic 102-mile Cotswold Way National Trail.

susiewatsondesigns.co.uk; houseofgeorge.uk; nationaltrail.co.uk

INDEPENDENT SPIRIT

Perched on an 800-foot hill, Stow-on-the-Wold is the highest town in the Cotswolds and oozes the sort of charm that makes Hollywood directors swoon. It has many independent shops, such as Penelope Chilvers' fashion and footwear store, and Scotts of Stow for homeware. It's also home to one of England's oldest inns, The Porch House, and Medieval St Edward's Church, with its ancient yew 'Tolkien door'.

penelopechilvers.com; scottsofstow.co.uk; porch-house.co.uk

ON THE WATERFRONT

Found in a 850-acre estate in the Cotswolds, The Lakes by Yoo offers a collection of luxurious homes, holiday apartments and even a hotel for a lakeside stay set in wild nature. With 11 lakes and an abundance of activities, choices include canoeing on the water, cycling the trails or time in the spa. Best of all is the serene setting that is brimming with biodiversity.

thelakesbyyoo.com

COMFORT EATING

Gourmet travellers will be spoilt for choice in the historic village of Clanfield. The 17th-century Double Red Duke has an atmospheric dining room with exposed beams and original fireplaces. Highlights are the dishes cooked over embers, such as Woodfired Celeriac and Aged Delica Pumpkin Pie. For more of a low-key foodie haunt, pop into Blake's Kitchen, set in a working post office. The café and bakery serves artisan breads, cakes, brunch and lunch.

countrycreatures.com/double-red-duke; blakeskitchen.com

FLAMING HOT

Tapping into the open-fire cookery trend, Pit Kitchen in Moreton-in-Marsh offers Middle Eastern-inspired flavours wrapped up in street food dishes (think Sweetcorn and Green Chilli Fritters and Persian Chicken Shawarmas). Expect a laid-back vibe in an open-air setting.

pitkitchen.co.uk

FAMILY FUN

At Dormy House and its sister The Fish Hotel in Broadway, not only will adults love the warm welcome and chic décor – all flagstone floors and quirky details – but both are intrinsically family-friendly. Stay in a treehouse or Hilly Hut at The Fish, or Farmhouse Suite at Dormy House.

dormyhouse.co.uk; thefishhotel.co.uk

QUEEN OF HEARTS

Known as the 'Queen of the Cotswolds', the quaint town of Painswick has winding streets with golden stone cottages, shops and inns. Discover Painswick Rococo Garden nearby, in a hidden valley. Dating back to 1740, it's famous for its winter snowdrops and fantastical architecture.

rococogarden.org.uk

DOWN ON THE FARM

Owned by Jeremy Clarkson, Diddly Squat Farm Shop is perhaps the UK's most famous such store. As well as Clarkson's own Hawkstone beer, there's Cow Juice Vodka and Bee Juice Rum for sale, as well as homemade jams, chutneys and oils. A café sells burgers and beer, and there's also a Clarkson x Emma Bridgewater collection of mugs – an unlikely collaboration that's lots of fun.

diddlysquatfarmshop.com

TRADITION AND TWEED

Taking place from 10-13 March 2026, the Cheltenham Festival at Cheltenham Racecourse is a must on the horse-racing calendar and features four days of world-class sportsmanship. Also in Cheltenham – and keeping with British tradition – is the Holland Cooper store, which is known for its contemporary take on tweed clothing.

thejockeyclub.co.uk; hollandcooper.com *wf*

PHOTOGRAPHY: THE FOX AT ODDINGTON © MARTIN MORELL

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www.monushop.co.uk

MONUSKIN

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WELLNESS

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Herald of spring

The delicate Snowdrop is the muse for the second fragrance from boutique beauty brand GROVE England. Laura Butler-Madden, Founder of GROVE England says; “Snowdrop was inspired by the quiet joy that arrives at the end of winter; that subtle moment when nature begins to speak again. I wanted to capture the scent of spring’s first whispers: green shoots pushing through sparkling frost, tight white buds unfurling amid the cold and the gentle promise of what’s to come. It’s a fragrance that evokes hope, renewal and the desire to begin again; delicate yet vibrant, airy and luminous, grounded by a soft, earthy base. Wearing it feels like a breath of optimism – a reminder that anything is possible.”

Snowdrop Eau de Parfum, 50ml, £120

grove-england.com

LEADING LIGHT

Using skills honed from 25 years working in fashion and publishing, Jo Glynn-Smith now helps fellow entrepreneurs as a leadership coach and via her podcast, *The Midlife Entrepreneur*. Here, she shares the steps to her career success

I established my business after reaching a point in my career where I wanted to pursue work that offered a greater sense of purpose and meaning. I'd always wanted to run my own business, but never quite had the courage to do it. I knew that if I was going to succeed, it had to be an extension of my professional experience and not something completely new, and coaching is just that.

Coaching appealed to me as a career because I have strong values in variety and creativity and knew that with a coaching lens I could structure my business and weekly schedule to deliver just that.

I call myself a leadership coach rather than a life coach – a leadership coach focuses on professional growth, team dynamics and organisational goals, enhancing skills for senior roles or entrepreneurs, while a life coach addresses overall personal fulfilment, relationships, wellbeing and general life purpose, outside specific business structures, though leadership issues might bleed into life coaching. I coach individual clients, work with teams, support business owners, create programmes and workshops and speak at events.

My first years as a coach were spent solo, but in May 2025 I launched The Ascent Associates. I have four associates working with me who have specialisms in key coaching areas such as ADHD, Generational Intelligence and Wellbeing. Together, we coach clients individually, but we can also build comprehensive programmes for leaders to thrive in what has become a very complex working environment. No two weeks are the same – and nor are my clients and the businesses they work with. It's a juggle, but I love the challenge and the scope of experience it gives me.

Great coaches not only use their natural strengths – mine being creativity and intuition – to help their clients, but also their acquired skills from years of working. I spent 25 years in fashion and publishing and have picked up so many transferable skills: powerful communication, strategic thinking and positioning, personal brand and presence, organisation and planning, editorial judgement and perspective – all of which I use when I'm working with my clients. My former publishing job was about

client relationships and co-creating ideas to deliver on objectives, and that's what coaching is to a certain degree. My clients come to me when they are at crossroads in their careers or businesses; they may know roughly what they want, but they need support to gain greater clarity and focus so that they can move forward with motivation, intention and energy.

STORIES THAT RESONATE

Alongside my coaching business, I run a podcast called *The Midlife Entrepreneur*. The concept was inspired by some of my client's journeys; accomplished and experienced midlife women, like me, were leaving corporate jobs to pursue something for themselves that offered them more purpose, autonomy and flexibility, and I just knew their stories would resonate.

It began when a friend told me that he was opening two new podcast studios in his club (Eight Moorgate) in London. This felt like a sign. I took a podcasting course with Juliet Fallowfield, founder of PR and podcast production consultancy Fallow, Field & Mason. She helped me learn the whole process, from recording to editing and then publishing. Her training was invaluable and I would never have launched so quickly without it. My first show took about 11 hours (and lots of frustrated tears) to edit, but now I enjoy the creative process of building the show and putting it out into the world.

Each story on the podcast is truly inspiring. I think that by the time we reach midlife, most of us have a few scars to show for it. We've got experience – and we know what we want and what we're no longer prepared to put up with. It's one of the best things about getting older. We also have a different concept of success, where time and flexibility take priority over significance and money. If you listen to the show, you'll notice that many of the founders interviewed have made the leap into entrepreneurialism, not because they wanted to be millionaires, but because they wanted and needed more for themselves – more time, self-advocacy, purpose, choice, creative control, and so on. I find that really inspiring.

The joy is that I'm learning every time I sit in the interviewer's chair – every conversation offers something for us to learn from. There are words that come up over and over again, such as resilience and adaptability, clearly key skills if you want to run your own business. Determination is another one, a strength that will benefit anyone building from the ground up. I've also learned that self-care is vital if you want to thrive as an entrepreneur in midlife. Almost everyone talked about that being something they invest in – and many have learned the hard way by burning the candle at both ends and paying the price.

CLOCKWISE FROM TOP LEFT: Leadership coach Jo Glynn-Smith loves the challenge of her work; being out in the fresh air helps her refocus

> By the time we reach midlife, most of us have a few scars to show for it. We've got experience – and we know what we want

SELF MOTIVATION IS KEY

Being an entrepreneur is so different to working for someone else. You manage your own time, so structure and self-motivation are key. If I'm not doing an event, meeting or podcasting, I try to start every day with 20 minutes of educational reading – it helps me grow as a coach and it's where a lot of ideas begin. Then I'll do some exercise – walking, running, strength, stretching. Fresh air helps me refocus.

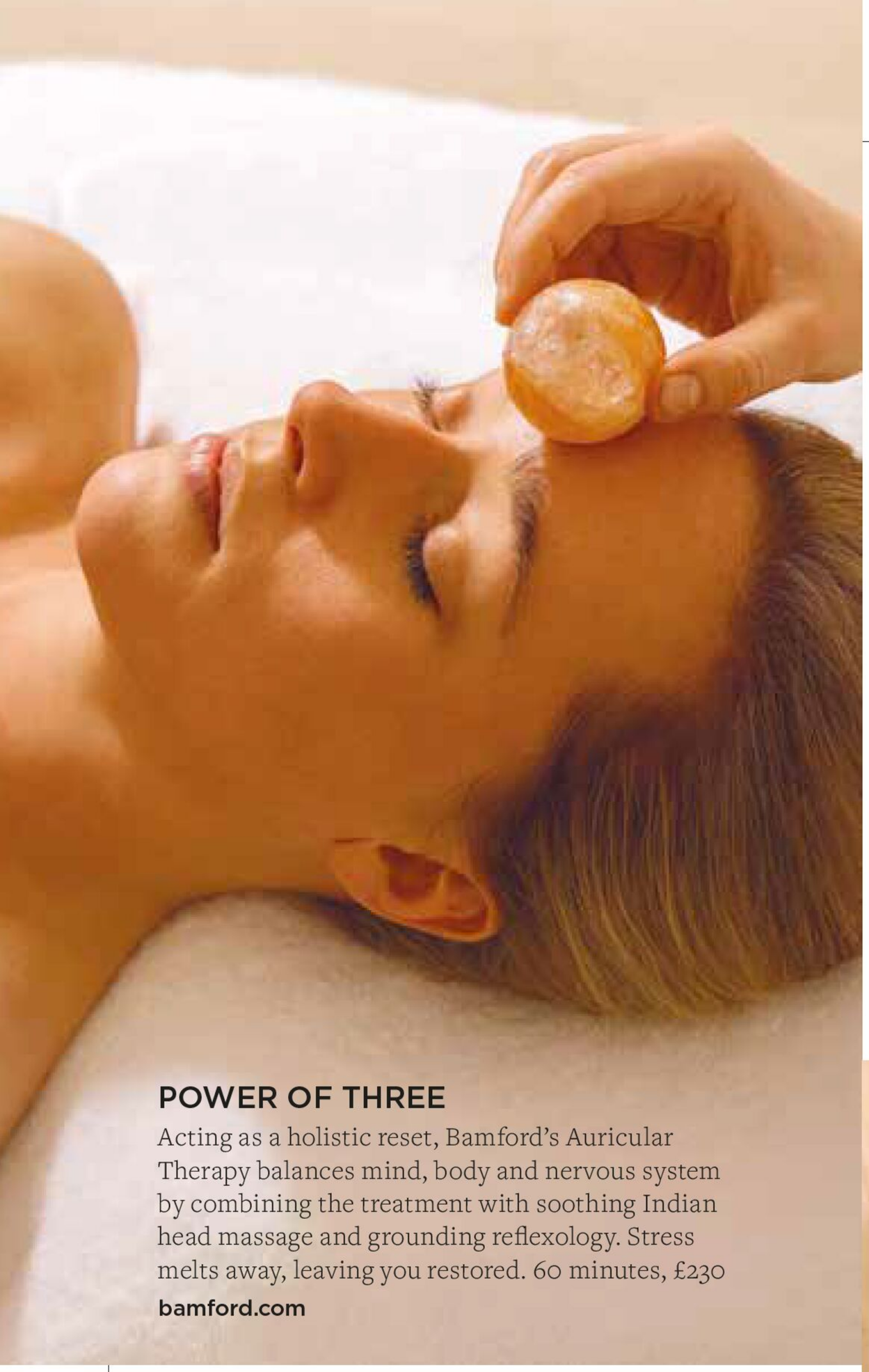
I quite like working on weekends if I'm creating a new programme or talk. It feels less pressured and I have more time to think. But to relax, I spend time with friends and family – it's the best antidote to work.

By the time this feature comes out, I will have launched my new *Midlife Entrepreneur* mini series *15 Minute Masterclass*. The entrepreneur conversations will continue, but peppered in between them will be these 20-minute mini pods packed with business advice from a chosen expert in that topic. You can expect themes such as 'three ways to elevate your networking skills' to 'three ways to build loyalty, community and trust'.

My ambition for the podcast was always to offer as much advice as I could for the listeners as I could and I think this new series does just that. wf

Tune into The Midlife Entrepreneur via the usual podcast services, including Apple and Spotify. On 14 April, you can hear Jo interview Wildflower Editor Zoë Levey.
Instagram @jojoglynnsmith

PHOTOGRAPHY © JONATHAN GLYNN-SMITH



Beauty NOTES

FLORAL AND FRESH, IT'S TIME TO BRING A TOUCH OF THE NEW SEASON INTO YOUR WELLBEING ROUTINE WITH OUR PICK OF THE BEST BOTANICAL BEAUTY BUYS

BY **ZOË LEVEY**

POWER OF THREE

Acting as a holistic reset, Bamford's Auricular Therapy balances mind, body and nervous system by combining the treatment with soothing Indian head massage and grounding reflexology. Stress melts away, leaving you restored. 60 minutes, £230

bamford.com

MINERAL MAGIC

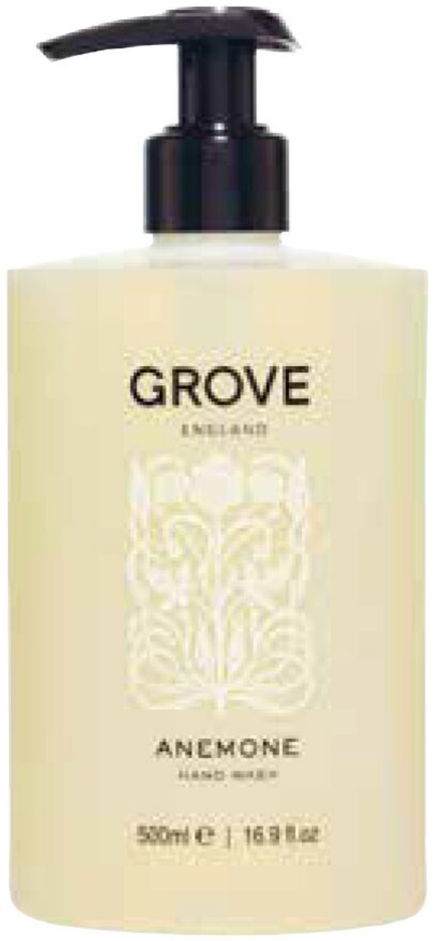
GAIA's Mineral SPF Moisturiser blends apricot kernel oil – which improves skin tone and maintains hydration – with the anti-inflammatory and anti-oxidant properties of geranium essential oil to protect and soothe the skin. Non-nano zinc oxide powers an SPF of 25+, certified reef safe and vegan. 30ml, £38

gaiaskincare.com

SOFT TOUCH

Gentle yet deeply nourishing, Reia's SILVA hand and body balm leaves skin soft, hydrated and deliciously scented with rose geranium, petitgrain and juniper essential oils. Made in Dorset from natural ingredients, it's free from harsh detergents, mineral oils and single-use plastic. Starter kit includes forever bottle and 350ml refill pouch, £35

reia.store



SCENTS OF CALM

Revitalising and refreshing, Grove's cleanser softly scents hands with signature notes of its famed fragrance, Anemone. The anti-ageing properties of cucumber fruit extract and invigorating oils such as bitter orange leaf, clove bud and neroli flower combine to create a gently lingering and calming scent. £40, 500ml

grove-england.com

SOAK AWAY THE STRESS

When you're in need of relaxation and rejuvenation, there's nothing to beat an indulgent bath. Brimming with citrus oils, calendula and lavender, this organic soak ticks all the boxes. 250ml, £39

inlightbeauty.co.uk

UPLIFTING EXPERIENCE

British brand Duxmore Botanics describes its Mandarin & Eucalyptus fragrance as "the ultimate uplifting, happy scent" and this delicious-smelling scrub doesn't disappoint. With its luxurious blend of ethically-sourced ingredients, including safflower seed oil, natural sugar and balancing pure essential oils, your skin will be left soft, smooth – and, of course, beautifully scented. 200g, £15

duxmorebotanics.co.uk

Wildflower loves...

SWEET SENSATION

We can't get enough of this Honey and Green Fig scented candle, a new addition to the British Nature Collection from Lower Lodge Candles. Made with natural vegan wax and illustrated with gorgeous hand-drawn designs, its glorious notes of golden honey, orange and green fig give it an utterly delicious fragrance. £15

lowerlodgecandles.com

REFRESH AND RENEW

This body soufflé scrub packs a punch with a formula full of health-enhancing ingredients. Pink Himalayan salt sloughs away dead skin cells to reveal smoother skin and pumpkin enzymes stimulate regeneration, while anti-oxidant vitamin E helps prevent signs of premature ageing. 220g, £48

oskiaskincare.com

BLEND OF BENEFITS

Reward hard-working hands with Tam Mason's rich velvety hand oil, luxuriously scented with an uplifting infusion of fresh Neroli, an essential oil taken from the blossom of the bitter orange tree and blended with the citrus notes of organic grapefruit and lime essential oils. Base oils bring sublime benefits: shea butter and oat are infused with rosehip to calm, protect and hydrate; Vitamin E nourishes and kiwi seed conditions and moisturises. 30ml, £24

tammason.co.uk

FRESH FRAGRANCES

WE'VE CHOSEN THREE OF OUR FAVOURITE BOTANICAL SCENTS FOR YOU TO TRY

RADIANT ROSES

Rosa Botanical Fragrance

Perfectly capturing the essence of spring, this modern floral fragrance opens with bright bergamot and pink pepper before unfolding into velvety rose, dewy geranium and chamomile's gentle sweetness. 50ml, £82

tyleraromatherapy.co.uk

SPANISH SHUFFLE

Spanish Cedar Eau de Parfum

This sophisticated blend of resinous notes is evocative of warmer climes. Sweet plum and blackberry are balanced with amber-accented cedar, pine and sandalwood – close your eyes and you'll be in a tree-fringed sandy cove. 50ml, £105

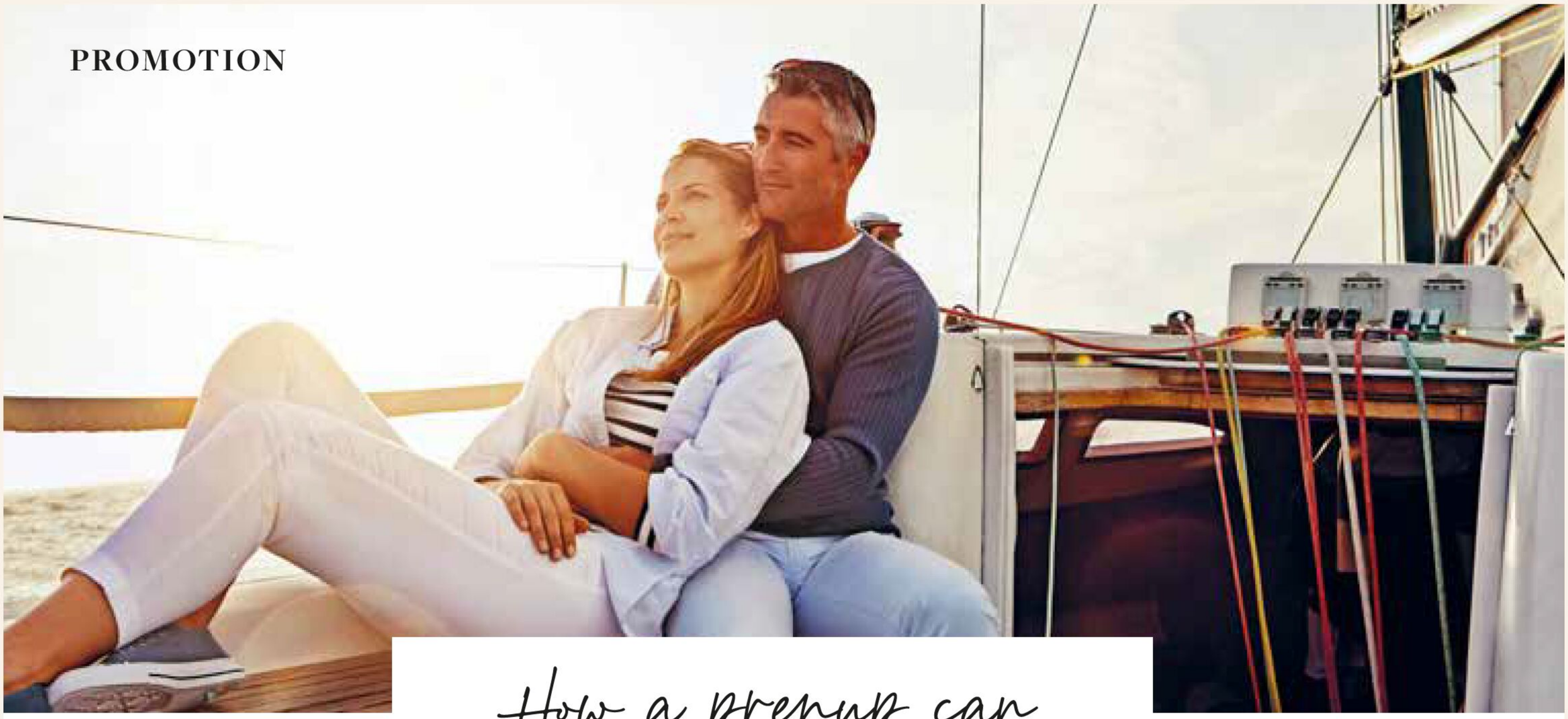
czechandspeake.com

ICONIC INSPIRATION

L'Air de Rien Eau de Parfum

Celebrating 20 years since its launch, this small-batch scent was created for iconic singer and actress Jane Birkin. Neroli, musk and amber combine with hints of moss and vanilla for a distinctly nostalgic fragrance. 100ml, £140

millerharris.com



How a prenup can

STRENGTHEN YOUR RELATIONSHIP

Pre-nuptial agreements are not just for the wealthy – they can provide peace of mind in any marriage. B P Collins' family team is here to help

Pre-nuptial agreements offer a practical, transparent way to address finances before and during marriage, and outline what should happen if the relationship ends. B P Collins' family team is here to guide you through the process, debunk common misconceptions and highlight why prenups can be valuable for peace of mind.

WHEN TO CONSIDER A NUPTIAL AGREEMENT

It's best to start the process as soon as you've decided to marry. Waiting until close to the wedding can add unnecessary pressure and legally, agreements should be finalised at least one month before your big day.

If you're already married, you might decide that a post-nuptial agreement is appropriate when receiving a significant inheritance or gifted assets, or in order to protect a business, especially if third parties are involved.

A nuptial agreement should be mutually agreed upon, not imposed by one partner. It aims to prevent costly, emotionally draining legal battles and provide reassurance to third parties, such as family members and business partners.

COMMON MISCONCEPTIONS

Despite their growing popularity, there are still misconceptions about nuptial agreements that are easily debunked.

MYTH 1: They're only for the rich and famous

Nuptial agreements are common among a wide range of people, not just the very wealthy. The agreement must be fair to both parties, but if it leaves one partner unable to meet their basic needs, then it may be only partially upheld (if at all).

MYTH 2: They can't be changed

Nuptial agreements can be revised with both partners' consent. The agreement can include a review clause to ensure fairness when significant life events occur that have not already been specifically planned for in the agreement, such as the birth of a child or unforeseen long-term unemployment due to chronic ill-health.

MYTH 3: They show a lack of trust

A nuptial agreement can strengthen trust by encouraging an open discussion about financial expectations and future plans. It's no different to creating a will or insurance policy, protecting both partners' interests and helping to avoid future conflict.

NUPTIAL AGREEMENTS CAN HELP RESOLVE MATTERS AMICABLY

While a nuptial agreement doesn't guarantee an outcome, it provides clarity on marital and non-marital assets and helps to define both partners' needs in the event of a divorce. This can help to avoid costly litigation and fosters a sense of security and understanding between you and your partner. Having these discussions early on can make it easier to resolve any issues amicably.

For further information on nuptial agreements, please contact B P Collins' family team at enquiries@bpcollins.co.uk or call 01753 889995

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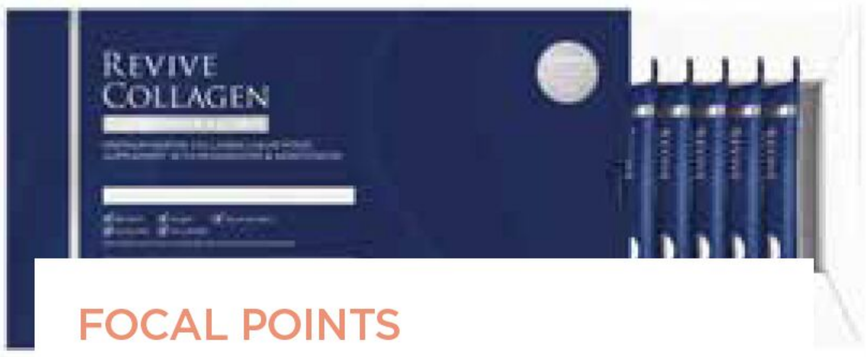

FOCAL POINTS

Revive Collagen – Concentration & Clarity

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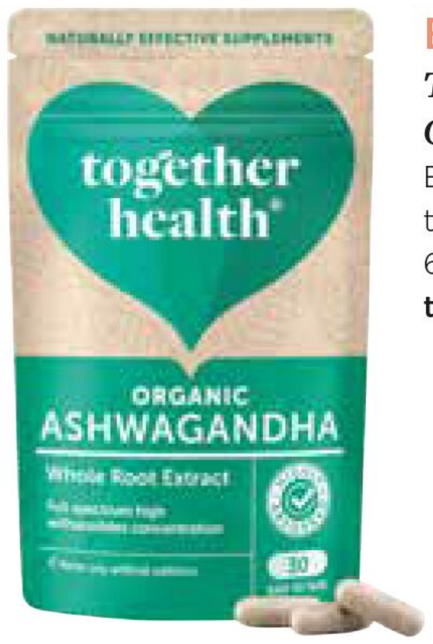
revivecollagen.com



BODY BOOST

Together Health Organic Ashwagandha

Boost the body's ability to produce collagen. 60 capsules, £16.99

togetherhealth.co.uk

TIME FOR TEA

Ancient + Brave Matcha + Collagen Powder

This formulation combines ceremonial grade matcha with Ancient + Brave's signature True Collagen peptides and pure organic Lion's Mane mushroom to support mental clarity and promote skin health. 25 servings, £28.80

ancientandbrave.earth

COLLAGEN

Spring's hero ingredient

PUT SOME PEP IN YOUR STEP THIS SEASON WITH THIS SUPER SUPPLEMENT

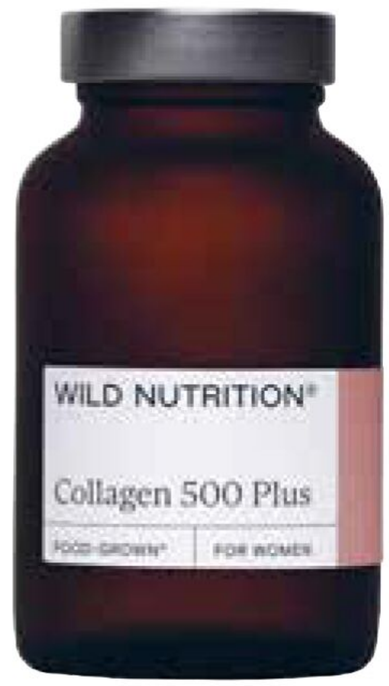
Collagen is an essential part of our body's natural support system, helping to keep skin smooth, hair and nails strong, and joints and muscles supple. As we get older, our bodies make less collagen, leading to stiffness and loss of skin elasticity, so adding a supplement is a simple way to help keep you looking and feeling your best. Here's *Wildflower*'s pick of our favourite products to give your body a boost...

SWEET SENSATION

Gisou Honey Glaze Collagen Therapy Lip Mask

A deliciously scented, buttery lip mask powered by Mirsalehi Honey and collagen for intense hydration, visible repair and glazed shine. 15g, £24

gisou.com



NATURAL SCIENCE

Wild Nutrition Collagen 500 Plus Powder

Made from ethically and sustainably sourced 100% non-synthetic ingredients, it's easily absorbed for faster results. 94g, £36.50

wildnutrition.com

SEA STRENGTH

Doctor Seaweed Wild Caught Marine Collagen+

Add this flavourless wild-caught marine collagen to any hot or cold drink to boost skin elasticity and hydration. 30-day supply, £44

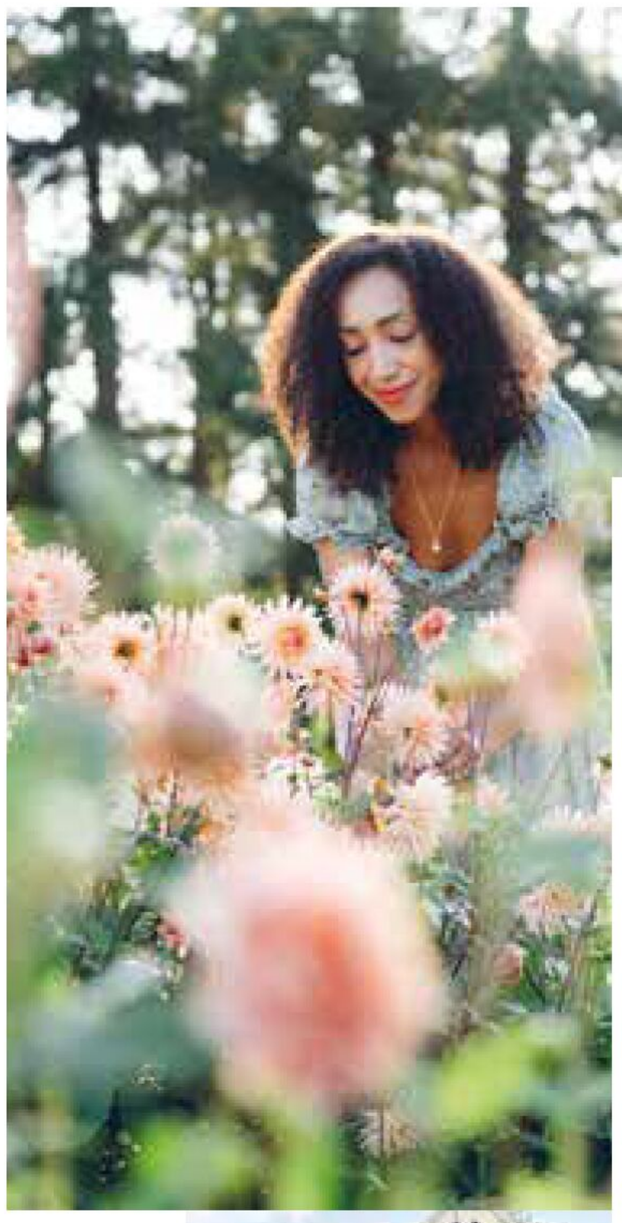
doctorseaweed.com

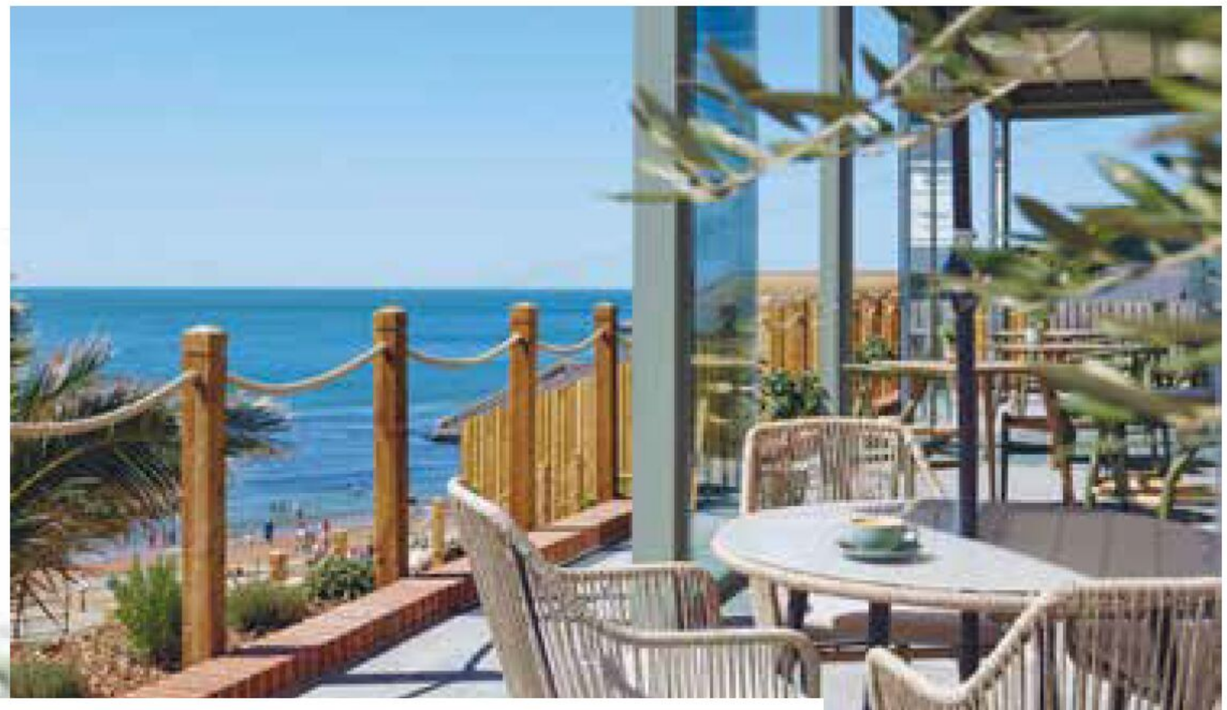
FIRM RESPONSE

Q+A Collagen Body Oil

Bring the bounce back with this deeply nourishing body oil, formulated to support firmness and boost elasticity. 150ml, £12

qandaskin.com





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Grow your own edible flowers
Seaside delights on the Isle of Wight
Create the perfect outside space
Coming up roses – summer's best bloom

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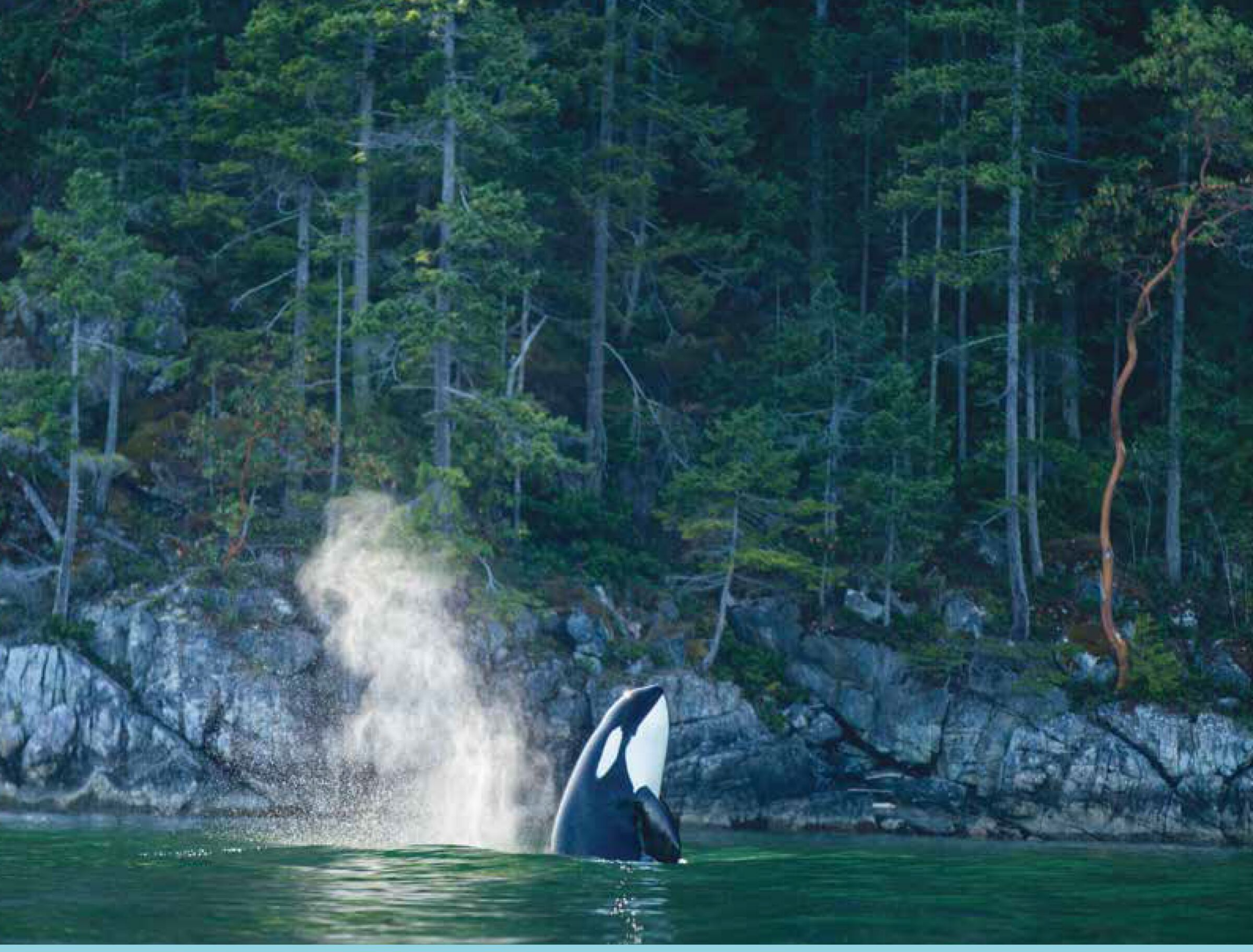

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