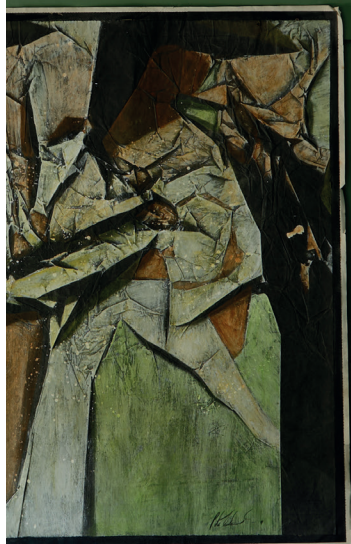


VERDANT VIEWS

Colour drenching is this year's top interiors trend; Farrow & Ball's paint range can revive any room in the house





All change!

Is it time to update your space? From new lighting to kitchen overhauls, Angelina Villa-Clarke reveals the best ways to add value to your home



H

ome improvement projects can often turn out to be quite stressful experiences. But if you plan thoroughly, stick to a budget and listen to expert advice, your project should be smooth sailing. Ideally, any renovations should add value to your home, so it is crucial to work out if the changes you have in mind will bring longevity to the property, or if they are simply a fad.

A lick of paint can do wonders for the look and feel of a room. Farrow & Ball recommends colour drenching (painting everything in the same shade – the walls, woodwork, ceiling radiators and furniture) for an immediately up-to-date look. “We have traditionally used emulsion for walls and ceilings, eggshell or gloss on trims,” says Patrick O'Donnell, brand ambassador. “But if you use Dead Flat across wood and metal, you can create a seamless flow of colour through a whole room for a fully immersive colour-drenching experience.”

Also giving inspiration for those looking to refresh their homes is the new

Italian collection from Graphenstone Purifying Paints. The British brand has collaborated with Kate Watson-Smyth of interiors blog Mad About the House to create 12 new colours inspired by Italy's dolce vita – from Barolo, a deep red of the famous Piemonte wine, to Gelato, a soft plaster pink which tells of summer ice cream. “Each colour is inspired by my love of Italy,” explains Kate. “The palette brings a softer, romantic finish to any interior. All the paints are natural and mineral-based, so they are better for the planet and also healthier to live with.”

Home interiors company Neptune, meanwhile, suggests adding panelling to a room to give it character. “Shiplap boarding is effective at bringing a touch of organic texture and cosiness to your room, and can be finished in any of our 52 paint colours,” states Fred Horlock, Neptune's design director. Abbeygate Lighting, which has three showrooms across Suffolk and Norfolk, says that a crucial component of any renovation is installing the correct lighting. “Illuminating a room could be a transformative element in home decor, shaping the character of a space,” says the company. “It goes beyond mere functionality, becoming a key design element that redefines the mood of a room. It's not simply about banishing shadows; it's about creating layers of light that add depth and nuance to a room.”

Heritage company Angela Reed, which has a shop in Saffron Waldon and dates back some 140 years, offers a wide selection of lighting solutions, as well as furniture and accessories for the home and garden. For those wanting expert guidance on the finishing touches, the company also offers an interior design service to advise on updating a room or a whole house.

Changing old-fashioned windows and doors is sometimes a necessary investment. Weru Windows UK, which has recently introduced the new Alegria Lift & Slide System, an innovative sliding door technology that brings the outdoors in, suggests considering the location of your home before you make any changes. “We advise customers to look at the other homes in the area and to consider the age and style of their properties,” says Graham Lindsay, managing director. “This should then direct them to choose what colour and material to opt for – there is a huge variety of bespoke options to consider. Foil or paint finish, light or dark colours or matching your internal colours to your external ones. Over recent years, there has



CAN'T BEET IT (Above) Neptune's solutions will modernise your home; (left) Graphenstone's range of colours has your perfect match



“There are extremely innovative hybrid solutions, with unrivalled thermal and acoustic properties”

been a demise in PVCu and an increase in demand for aluminium windows and hybrid alternatives. There are extremely innovative hybrid solutions on the market, which can deliver unrivalled thermal and acoustic properties.”

A kitchen remodel remains one of the biggest changes you can make to a house, apart from building an extension. Matt Payne, design consultant at Roundhouse Design, makers of bespoke kitchens, says: “The most important thing to do when planning a new kitchen is to speak to a designer early in the process. My favourite question to ask a client is: ‘What type of cook are you?’ And the best question to ask a designer is what they would do with the >



STOCKISTS

Abbeygate Lighting

01394 288240

abbeygatelighting.co.uk

Angela Reed

01799 520056 | angelareed.co.uk

Farrow & Ball

01202 876141 | farrow-ball.com

Granite Transformations

01223 853913

granitetransformations.co.uk

Graphenstone Purifying Paints

graphenstone.co.uk

Henry Rose Interiors

01223 213231

henryroseinteriors.com

Knights Country Kitchens

01787 277914

knightscountrykitchens.co.uk

Neptune

01223 643535 | neptune.com

Roundhouse Design

020 7297 6220

roundhousedesign.com

Tomas Kitchen Living

0800 023 6471

tomas-kitchen-living.co.uk

Weru Windows UK

weru.uk

Willis & Stone

01353 361843 | willisandstone.co.uk

Yes Colours

yescolours.com

WHAT'S HOT

Molly Chandler, designer at Willis & Stone, shares top trends

- **Countertop cabinets:** Sitting directly on the worktop, they offer additional storage, utilising vertical space without the need for more floor area.
- **Fluted glass elements:** This look can add visual interest to the space, creating subtle shadows and highlights to enhance the overall design.
- **Stone drenching:** This refers to the design technique of covering multiple surfaces, such as worktops, backsplashes and flooring, with the same type of stone for a luxurious look.





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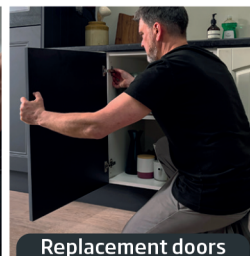
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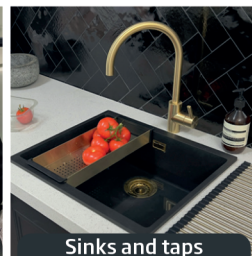
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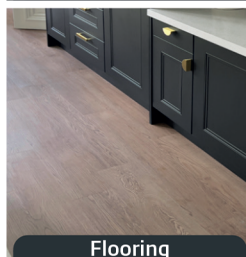
Worktops



Replacement doors



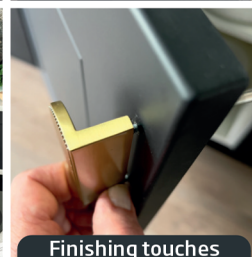
Sinks and taps



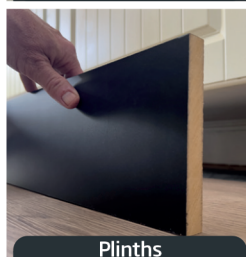
Flooring



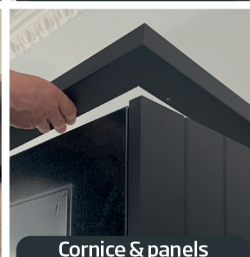
Appliances



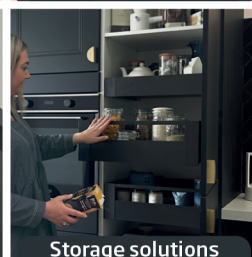
Finishing touches



Plinths



Cornice & panels



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Boldly does it

Emma Bestley, the co-founder of Yes Colours, offers her expert advice

- Zone open-plan spaces with one shade of colour.
- Try a bold shade around the coat rack area or your home office.
- Pockets of paint will bring areas to life and are great at zoning compact or open-plan spaces.

“We are committed to working with suppliers who make a conscious effort towards sustainability”

space, ideally before you've given them any preconceptions about what you like. That way you might consider new ideas.”

Henry Rose Interiors is a family-run kitchen and bathroom company in Cambridge, which offers a full design and installation service. “We manage the whole process with our dedicated team and sub-contractors we have worked with for years,” says the company. “We're also committed to working with suppliers who make a conscious effort towards sustainability.”

Also based in Cambridge is Tomas Kitchen Living, a proponent of handmade kitchens, including its signature Sheer collection of handle-less cabinets and the new Earthenly eco-friendly finishes, which boasts oak-faced plywood panels and solid oak drawers from sustainable sources.

A NEW LEAF Roundhouse (top) recommends discussing design inspirations from the get-go

Based in Suffolk and Essex, meanwhile, Knights Country Kitchens has a grand total of 48 years of experience designing unique kitchens. “All of our bespoke kitchens are handcrafted in Suffolk by our highly skilled craftsmen,” says the company. “No matter what idea you have in mind, we can bring your designs to life.”

Finally, offering a half-way solution for those who don't want to completely renovate a kitchen from scratch is Granite Transformations, which has a showroom in Cambridge. The company offers a versatile ‘makeover solution’ by fitting new granite surfaces over existing worktops. “We offer a smarter way to renovate, transforming your kitchen or bathroom without the disruption or undertaking of a total replacement,” explains the brand. “Our ‘top that fits on top’ installation process lets you transform your kitchen or bathroom with a worktop overlay in as little as a day.” ●

Confidence unlocked

Offering quality treatments and nurse-led training, the Cambridge Aesthetics & Wellbeing Lounge empowers both clients and students

Through expertise and commitment to quality, Cambridge Aesthetics & Wellbeing Lounge is on a mission to enhance both confidence and holistic health. The face behind the business is founder Abby Barhoumi, a seasoned registered nurse with over 15 years of healthcare experience. Abby's extensive background equips her with a unique blend of academic knowledge and hands-on expertise, making her both a practitioner plus a mentor and trainer. Abby oversees all training courses at the lounge, sharing her vast wealth of experience to nurture the next generation of practitioners.

Specialising in non-surgical facial rejuvenation, Abby launched her business in 2018. Since then, it has gone under various names – including Aesthetics by Abby and Cambridge Aesthetics Lounge – before evolving into its new incarnation as the Cambridge Aesthetics & Wellbeing Lounge in 2023. The rebrand highlights a broader commitment to holistic wellbeing, seamlessly integrating aesthetic treatments with a comprehensive approach to health and wellness.

In safe hands

Since the lounge's inception, Abby has built a team of skilled practitioners who work across three premises, including the main hub at Ben's Yard on the outskirts of Ely. Many of these practitioners are freelancers trained by Abby herself, some of whom were mentors during her nursing career. Training is a core aspect of Abby's work, ensuring every team member upholds the highest standards of care and expertise.

Cambridge Aesthetics & Wellbeing Lounge offers an extensive range of treatments – from microneedling and facials to dermal fillers and botox. Abby's personal specialties include skin boosters and intimate rejuvenation, providing women with holistic health solutions which prioritise comfort and natural enhancement without the need for invasive medical procedures.

The lounge prides itself on managing realistic expectations and building strong relationships with clients. Each treatment begins with a personal consultation to discuss the process and address any concerns. This individualised approach ensures that treatments are not about drastically changing appearances but

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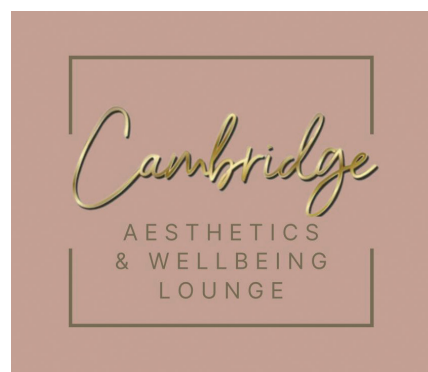


enhancing confidence through subtle, natural-looking results.

Holistic wellbeing

In addition to the Ben's Yard location, the lounge's Milton site is uniquely located within Le Coach. Here, Abby's expertise is complemented by the skills of biomedical scientist and phlebotomist Holly. She offers blood testing, diagnostics and nutrition services for a full spectrum of health and wellness support. As well as the Milton and Ely branch, the team offer further services at The Vibe Studio, Bluntisham including laser treatment, beauty and cryotherapy.

Abby and her team are dedicated to enhancing their clients' natural attributes, promoting overall wellbeing and boosting confidence. Book your session today. ●



If you'd like to discuss any treatment or training opportunity, contact Cambridge Aesthetics & Wellbeing Lounge on 01223 78240 or email cambridgeaestheticslounge@outlook.com

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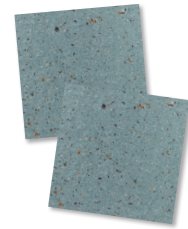


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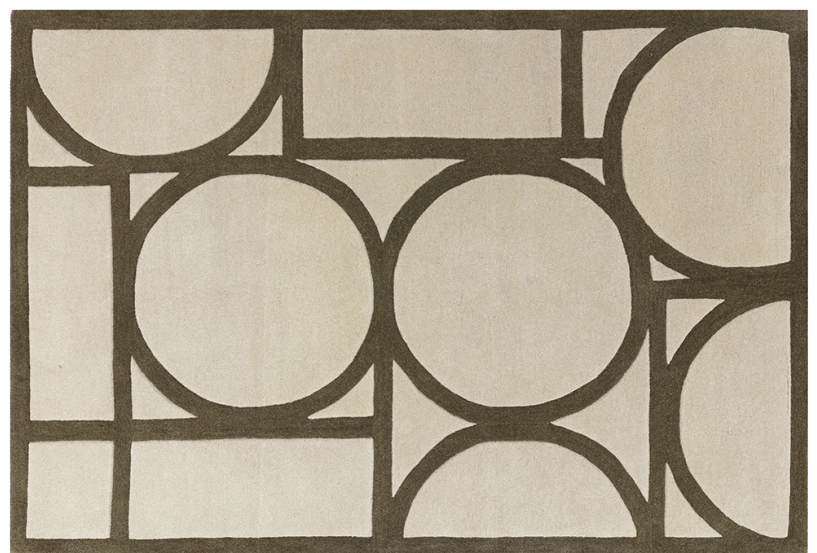
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