

the retreat



Introduce texture with diverse materials. In this room, reclaimed wooden planks are used as shelving, with the chipped paint giving a weathered look. A pop of blue colour in one corner enlivens the space



The soul of a home

Bring meaning to your rooms with considered choices that make your house a sustainable and stylish retreat

EDITED BY EMMA COXON
PHOTOGRAPHS DAN DUCHARS

Fresh white walls and furniture contrast with a wooden table and benches, adding character and heart through natural, rugged elements



THIS PAGE Make a room timeless by concealing gadgets and technology. The TV in this space has been cleverly hidden behind bespoke doors with a vintage floral design

RIGHT, CLOCKWISE FROM TOP LEFT When in doubt, add flowers and books; turn treasures into a mood board; these stairs are painted black for another dimension; patterns in kitchenware



We inhabit an increasingly fragile planet and are at a tipping point when it comes to the choices we make as consumers. How we decorate our homes is a great place to begin making a positive shift towards living more mindfully. The furniture and fabrics we buy and the paints and lighting we choose all have an impact on the world.

Stylist Sara Bird and photographer Dan Duchars, authors of the new eco-conscious book *Home For The Soul*, believe living spaces can be both sustainable and elegant. The book

• *Home For The Soul: Sustainable And Thoughtful Decorating And Design* by Sara Bird and Dan Duchars (Ryland Peters & Small, £19.99)

is filled with beautiful photography of interiors thoughtfully curated by their owners to incorporate elements of nature, along with cleverly utilised recycled and reclaimed resources.

Whether you own or rent, share or live alone, by opting for non-toxic, renewable, handmade or ethically sourced materials and homeware, it's possible to reduce your environmental footprint and create a space that is beautiful, welcoming and eco-conscious. Let your home speak of your story, tastes and passions and, most importantly, your soul.

Metal lantern, £19.99, lights4fun.co.uk



Ethically sourced butterflies in glass dome, £99, etsy.com/nz/shop/UCStudioUK

Box pendant light, £211.20, lights2go.co.uk



Gold peace hand ornament, £19, rockettstgeorge.co.uk



Scented candle, £30, cielshopinteriors.com



Wall clock, £59.95, londonclock.com



Dining table and benches, £379, cultfurniture.com



Display cabinet, £495, cuckooland.com

Humble abode

A home is a haven, a space that embodies how we live and see ourselves. It provides an area for us to express who we are and, beyond bricks and mortar, it's where we find comfort and connection. Inject soul into your rooms with personal possessions that spark joy and reflect your pastimes and passions.

Beloved treasures and trinkets displayed on a shelf or a gallery wall of nostalgic pictures and postcards add character and colour. Go on, bare your soul in your home.



Copper desk lamp, £145, amara.com



Rubber plant, from £10.99, and plant pot, £69.99 for two, hortology.co.uk



Wooden sideboard, £1,649.99, wayfair.co.uk

Enamel water pitcher, £30, gardentrading.co.uk

Recycled glass vase, £25, garden trading.co.uk

Ribbed glass jar, £6, johnlewis.com

Philippe Starck for Kartell Masters bar chair, £288, johnlewis.com



LED star, £28.99, wayfair.co.uk

Reader offer



Psychologies readers can buy a copy of *Home For The Soul: Sustainable And Thoughtful Decorating And Design* by Sara Bird and Dan Duchars for the special price of £15 (RRP £19.99). To order, go to rylandpeters.com and use the code 'PSYCHHOMESOUL' at checkout. Offer valid until 31 October 2020. P&P charges may apply.