



Calming tones of white and beige, alongside the natural materials of the coffee table and footstool, whisper welcoming tranquillity

Still life

Slow down and take the time to create a home that reflects what's important to you

EDITED BY EMMA COXON PHOTOGRAPHS CHRIS WARNES



Wooden floors, cupboards and shelves contrast with crisp walls and industrial-style lighting for a calm, uncluttered space

Much of life is spent moving and doing, striving to live up to our own expectations.

Our homes reflect that busyness, packed with gadgets intended to save us time – but it's exhausting living in a space that feels like an extension of our to-do list.

The slow living movement releases the pressure: it's about living mindfully and making conscious choices that reflect our values. By consuming less and adjusting our focus to what matters, we begin to strip back the rest. As writer Leo Babauta says: 'Be a curator of your life. Slowly cut things out until you're left with what makes you happy.'

Natalie Walton's book, *Still: The Slow Home*, peeks into calming spaces, each with a story of simplification and living with intent. Be inspired by homes that are havens. Slow down, breathe, be still...

'Still: The Slow Home' by Natalie Walton (Hardie Grant, £30)

An understated room that blends natural elements in the rustic wooden table and chairs and wood-burning stove tucked away in a cosy corner



With a 1950s Eames chair and ottoman, treasured ornaments, prints and books, this room is ideal for quiet relaxation and reading

Sunset the scene.
Poster, £7.95,
desenio.com



Cool both ways. Drinks dispenser, £20, garden trading.co.uk



Green space. Sweetheart plant, £51, including pot, bloomboxclub.com

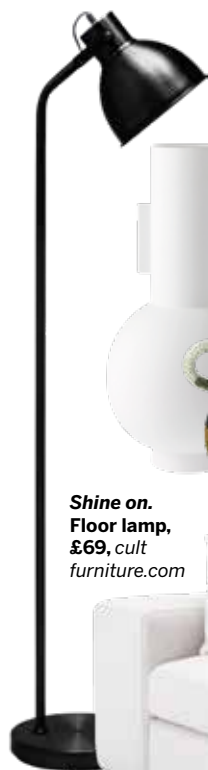


Take a seat. Wooden dining chair, £149.99, wayfair.co.uk

Fill me with flowers. Hero modern vase, £65, mink interiors.com
Terracotta striped vase, £46, roseand grey.co.uk



Shine on. Floor lamp, £69, cult furniture.com



Sit still. Sofa, £2,990, sweetpea andwillow.com



Tea and toast? Astwood multifuel stove, £1,099, acrheatproducts.com



Bronze glow. Glass pendant shade, £48, iconiclights.co.uk



Display crafts. Rug, £349, modish living.co.uk



Put your feet up. Eames chair and footstool, £1,662, bykallevig.com



Inner sanctum

When the outside world seems chaotic, we can create an oasis of peace at home. Eliminate clutter and design rooms that encourage calm. Consume more consciously and celebrate craftsmanship – buying handmade and locally is a great place to start.

Consider what's important – is it more time with loved ones? Make a restful space with comfortable seating, elements of nature, subtle lighting and candles. There are no rules. Let go and live in the now. You are home...

Art of stone. Le Creuset jar, £28, salt pig, £32, and garlic pot, £30, johnlewis.com



Serene foliage. Large rubber plant, £71, including pot, patchplants.com



Collect clutter. Open weave basket, £70, gardentrading.co.uk



Life in a fishbowl. Glass planter, £43, artisanti.com



Still: The Slow Home by Natalie Walton invites us to 'live sustainably, local, organic and whole'.