

encore ça pable de pousser un arbre

me pousse le cœur confiant

ego



This office space is sparsely furnished with a trestle table and wooden chair. For a quirky touch, lines of poetry are 'written' on the wall in lengths of thin metal wire



A mattress, covered in vintage linen, with textured scatter cushions, is cleverly used in this room as a relaxing seating area. Shelving in the recess provides storage for collectables and books



# Natural beauty

Observe the glory and balance of the original designer, nature, to create a soothing home

PHOTOGRAPHS DEBI TRELOAR ©RYLAND PETERS & SMALL  
EDITED BY EMMA COXON



**A**ristotle once said: 'In all things of nature there is something of the marvellous.' How true that is when we think about the varied wonders of each season; the colours, the plants and flowers, the changing light...

In *The Natural Home*, stylist Hans Blomquist uses his love of nature as inspiration for some extraordinarily beautiful, yet simple, spaces. From earthy tones, stripped back decor, textures and fabrics to plants and decorative pieces with a vibrant natural energy, Blomquist shows us how to incorporate elements of the physical world to create a soothing and peaceful atmosphere in our haven. Real homes are featured to demonstrate the easy elegance of design evolved from the earth. Add your personal treasures and feel at one with your world.

*'The Natural Home'* by Hans Blomquist (Ryland Peters & Small, £19.99)

A beautiful and rustic kitchen table, custom-made from planks of wood, sits alongside industrial-style lamps and moulded plastic chairs to create a contemporary feel



Modern concrete worktops and a stainless-steel oven are the main features of this kitchen, contrasting with natural wood on the cooker hood and cupboards. White tiles are a neutral backdrop

living

**Croft Collection**  
Tristan ceiling  
light, £65,  
johnlewis.com



**Nubian beauty**  
sculptures, £29  
each, [artisanti.com](http://artisanti.com)

**Bermondsey**  
table light, £100,  
[gardentrading.co.uk](http://gardentrading.co.uk)



**Wire basket, £25 for**  
two, [habitat.co.uk](http://habitat.co.uk);  
**galvanised pot, 50p,** [ikea.com](http://ikea.com); **marble scented**  
candle, £78, [amara.com](http://amara.com)



# Home Sweet Home

**Wire words, from £2**  
per letter, [olivindesigns.etsy.com](http://olivindesigns.etsy.com)

## A world of choice

Nature provides a vast array of textures, colours and shapes that can be meaningfully translated in the home, providing a sense of calm groundedness. Adorn rooms with uplifting plants or add botanical prints and pictures to earth-toned walls to emulate the beauty of Mother Nature.

Experiment with contrasting textures, such as rustic wood finishes, stoneware, shells and scuffed metal, and incorporate fabrics that add softness and comfort.

**Tinted glass**  
vase, £35,  
[cultfurniture.com](http://cultfurniture.com)



**Chopping**  
boards, from  
£7.99 each,  
[homesense.com](http://homesense.com)

**Salt bowl with**  
spoon, £25,  
[cultfurniture.com](http://cultfurniture.com)

**Ribbed glass jar,**  
£12, [johnlewis.com](http://johnlewis.com);  
**plain glass jar,**  
£2.50, [ikea.com](http://ikea.com)

**KitchenAid 175**  
Artisan stand  
mixer, £499,  
[johnlewis.com](http://johnlewis.com)



**Clover acacia wooden**  
salt and pepper  
grinders, £25 for  
the pair, [made.com](http://made.com)



**Reader**  
offer



*Psychologies* readers can buy a copy of *The Natural Home* by Hans Blomquist for the special price of £14 (RRP £19.99) with free UK P&P. Order at [rylandpeters.com](http://rylandpeters.com) using code 'PSYNATHOME' at the checkout. Offer valid until 1 May 2020.

**Extendable**  
dining table,  
£529.99,  
[wayfair.co.uk](http://wayfair.co.uk)



**Kitsch walnut**  
dining chair, £69 for  
two; **kitsch willow grey**  
dining chair, £49 for  
two, both [made.com](http://made.com)

