

THIS PAGE A practical yet beautiful rustic farmhouse kitchen adorned with vintage china and natural textures, including warm-toned wood and earthy metal

RIGHT This comfortable sitting room is light and has a welcoming lived-in feel. Personal objects and natural elements, such as dried gourds, firewood and branches, add woody charm



# My natural habitat

Invite nature into your home for tranquil, authentic and beautiful spaces that soothe body and soul

PHOTOGRAPHS ©RYLAND PETERS & SMALL  
EDITED BY EMMA COXON



Nature is sensitively represented in this homely kitchen; an array of wooden chopping boards and metal wire storage contrasts with a fresh, calming palette of neutral tones



White and grey shades harmonise subtly in this peaceful bedroom with simple plank walls. Soft textiles, including a wool throw, add cosiness and the natural world, in the form of dried foliage, is artfully incorporated

Contact with nature helps improve mood and reduce stress levels, so bringing the outside in is a simple way to create calming, soulful spaces. Each season presents an ever-changing palette and unique treasures. 'No matter the time of year, nature always provides something that will serve as a beautiful focal point in any room,' says Hans Blomquist, celebrated art director, stylist and author of *Inspired By Nature: Creating A Personal And Natural Interior*. Blomquist helps us find simple ways of reflecting the natural world with colour, tone, texture and the clever incorporation of cherished pieces. Be inspired by these rooms and design your own natural refuge from the busyness of modern life.

*'Inspired By Nature: Creating A Personal And Natural Interior'* by writer, stylist and photographer Hans Blomquist (Ryland Peters & Small, £19.99)



Grey velvet cushion, £25, [habitat.co.uk](http://habitat.co.uk)  
Renfrew cushion, £70, [sohohome.com](http://sohohome.com)

Left to right: White ceramic vase, £49, [thefuturekept.com](http://thefuturekept.com); ravello pot, £20, [gardentrading.co.uk](http://gardentrading.co.uk); first light ceramic tea bowl, £29; handmade porcelain tea bowl, £45, both [thefuturekept.com](http://thefuturekept.com)



Sewing machine table, £895, [shimu.co.uk](http://shimu.co.uk)



Metal bin, £15, [gardentrading.co.uk](http://gardentrading.co.uk)



Ercol Windsor chair, £395, [nest.co.uk](http://nest.co.uk)



Wooden box, £35, [gardentrading.co.uk](http://gardentrading.co.uk)



Metal wire waste basket, £11.95, [melodymaison.co.uk](http://melodymaison.co.uk)

Seagrass basket, £47, [amara.com](http://amara.com)



Rustic leaning ladder, £94.95, [melodymaison.co.uk](http://melodymaison.co.uk)



Grey rug, £199, [nest.co.uk](http://nest.co.uk)



## At one with the earth

A palette of organic tones – dusty pastels and moody or burned earthy hues – provide a serene backdrop for nature-inspired rooms. Add wood, stone and raw textiles, woven textures, soft linens and a collection of your favourite natural objects.

Sculptural shapes can be easily and responsibly foraged; fresh or dried flowers, tall, wild grasses, driftwood, branches, twigs, fir cones, shells or pebbles... Then find unique, vintage vases, glass bottles, bowls and baskets to display your treasures.



Copper-style mantel clock, £14.95, [melodymaison.co.uk](http://melodymaison.co.uk)



Hektor lamp, £50, [ikea.com](http://ikea.com)



Alpaca throw, £149.95, [annabeljames.co.uk](http://annabeljames.co.uk)



Two-seater sofa, £499, [made.com](http://made.com)

Reader offer



Psychologies readers can buy a copy of *Inspired By Nature* for the special price of £14 (RRP £19.99) with free UK p&p. To order, go to [rylandpeters.com](http://rylandpeters.com) and use the code 'PSYCHINSPIRED' at the checkout. Offer valid until 31 January 2020.