

Red

THE NIP/TUCK
THAT ARE
REALLY WORTH
HAVING

By a woman who
has had them a

SEX THERAPY

The grown-up
guide to
getting you
groove back

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Easy autumn living

- 6 simple after-work suppers
- 10 ways to hotel style at home
- 8 luxe-for-less getaways

STEPMOTHERS' SECRETS

The ups, the downs,
the in-laws, the ex

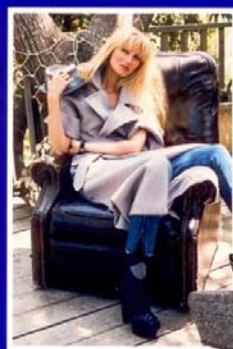
Amber
Valletta

'I feel so much
sexier than when
I was a supermodel'

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3 INSTANT UPHOLSTERY

For those with no time for upholstery courses, we love this instant revamp trick from The Olde Bell Inn in Hurley Village, Berkshire. Welsh blankets are draped over high-backed benches and held in place with contrasting tape. The award-winning restaurant interior was designed by Ilse Crawford, who is renowned for putting the heart into contemporary interiors. It's her mix of patterns, homespun fabric and casual attitude that gives this look warmth.

STEAL-IT TRICK: Try your local haberdashery store for tape, or buy cotton webbing online from Calico Laine (£17.99 for a 50-metre reel), 0151 336 3939; calicolaine.co.uk ☒ Melin Tregwynt does great patterned-wool blankets, from £159, 01348 891 644; melintregwynt.co.uk ☒ For more details, visit theoldebell.co.uk, or call 01628 825 881.

4 TOUCH-ME TEXTURES

It's not only soft velvets and silks that tempt you to reach out and touch. We love this bathroom we found in a holiday farmhouse near Bordeaux, for its combination of glossy tiles, rustic terracotta and earthy stones. The look is contemporary country par excellence, as the locals would say. The sleek lines of the modern bath

give the room edge, but it's the exposed wall that really makes it work.

STEAL-IT TRICK: For ceramic wall tiles, try Topps Tiles, 40p each (£28.50 per square metre), toppstiles.co.uk ☒ Team them with handmade pre-sealed terracotta tiles, £3.30 each (£59.41 per square metre), from Fired Earth, 0845 366 0400; firedearth.com ☒ For modern freestanding baths, go to CP Hart, from £2,176, 0845 600 1950. *The House at Hautefage is a five-bedroom retreat available to rent. Visit thehouseat.com, or call 020 8341 5120.*

