



Good Housekeeping

Relax Recharge Renew

LISA
FAULKNER

on coping with
grief & taking
a leap of
faith in LOVE

FANTASTIC TREATS

FASHION
20% OFF*
at Monsoon

BEAUTY
20% OFF*
at Lumene

FOR YOU!

SPA HEAVEN
Where to find
your inner calm...
one massage at a time

BE SPORTY & CHIC
Yes, it IS possible!
PLUS Flattering
jumpsuits, fabulous
flats & the best
autumn makeup

How to
solve a
MIDLIFE
CRISIS

**No therapist
required!**

**ART FOR
YOUR HEART**
The surprising
secret to
living longer

**ULTIMATE
COMFORT
FOOD**

* Cauliflower &
chestnut soup, game pie
& truffle mash...
time to eat the season

* Posh toast
(when beans just won't do)

* Humble crumbles &
chocolate cake
TOO GOOD to resist!

GH Guest Stars

- Tess Daly
- Miranda Hart
- Ed Gamble
- Amy Dowden
- Jacqueline Wilson
- Matt Haig
- Fred Sirieix



*Terms & conditions
apply; see inside

OCTOBER 2024

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TRIED TESTED TRUSTED * HEATED CLOTHES AIRERS * WINDOW VACUUMS * BAKING ESSENTIALS



How to be a 'midimalist'

It's the great interior design debate that continues to divide us: minimalism vs maximalism. But what if you didn't have to choose a side at all? Say hello to 'midimalism'...

Most of us will be familiar with the idea that when it comes to interior design, there are two distinct camps: team minimalist (less is more) and team maximalist (more is more). And yet many of us find that minimalist spaces can feel cold and impersonal, while maximalist ones can seem too busy or even overwhelming. That's why we're welcoming you to team 'midimalist', the new approach that takes cues from the minimalists – think clean lines and understated patterns – but also uses some of the more modest elements of maximalism – tactile textures and bolder colours. It's simple to do and even easier to live with. Here's how you can achieve it in every space...



Wall painted in Golden Retriever and Bella Blue matt emulsions, from £20.75 for 0.94L, Benjamin Moore. For similar furniture and accessories, try Heal's



IN THE SHADE

If you're a fan of a particular hue, don't be afraid to make it one of the standout features of your space. The latest take on the 'colour drenching' trend, where the same colour is used all over, is all about using different shades of it for a more layered, three-dimensional look - perfect for minimalists who don't want to overwhelm the eye with a single strong colour. In kitchens, where different materials tend to sit side by side, create added contrast by using darker, more dramatic tones. The teal paint shown here, echoed in the bar stool and decorative display of china, draws attention to the grainy marble surfaces and herringbone wood floor - the colour helps to accentuate these elements rather than overtaking them.

The Metallics Kitchen, designed to order, Ledbury Studio. For similar wall paint, try Teal The Show, £52.99 for 2.5L, Dowsing & Reynolds

