

ELLE DECORATION

THE
STYLE
MAGAZINE
FOR YOUR
HOME

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INSIDE OUT

HOW TO WORK SMART INDOOR STYLE OUTSIDE

OUTSIDE IN

EASY WAYS TO BRING A FRESH OUTDOOR FEEL INSIDE

IS YOUR HOME HEALTHY?

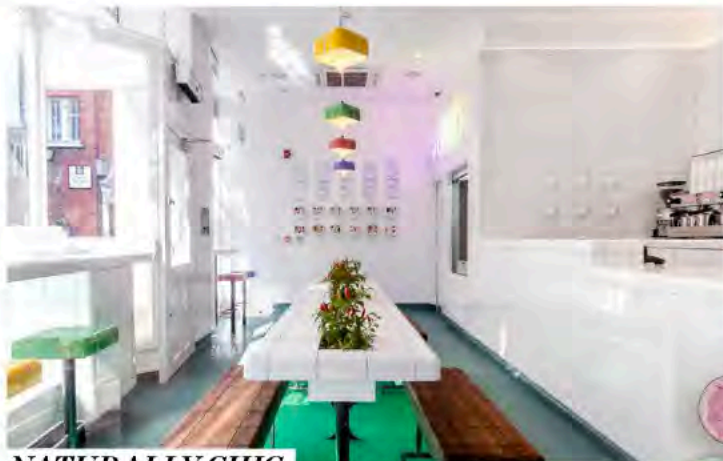
How your house might be making you ill

BEYOND THE PALE

Our expert guide to decorating with neutrals

*Rattan: the new
must-have material*





NATURALLY CHIC

Treating yourself to lunch out no longer means eschewing the clean-eating philosophy. Now, as well as blogs, cookbooks and bespoke home-delivery services, there are beautiful bricks-and-mortar eateries purveying the super-healthy lifestyle. Green queen Ella Woodward has opened Mae Deli (top right) on a quiet street in London's Marylebone with her husband-to-be Matthew (Mae is a combination of their names). Vegan breakfasts and fresh lunches are often served by Woodward herself, who remains hands-on in her expanding empire (themaedeli.com).

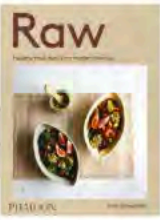
Juice-lovers should head to SHOT (top) in east London for cold-pressed juices. Designed by architecture firm Wilson Holloway and fitted with slick tiles and fluorescent signage, the bijou bar was founded by Asa Naqvi, who discovered that his career as a DJ required a stamina that could only be sustained by healthy eating (shot.london).

Selfridges shoppers should make a beeline for the first Hemsley & Hemsley cafe (interior, right), on the London store's third floor. Fragrant courgetti, flaxseed buns and other staples from the sisters' two cookbooks will be served in an airy space with an internal garden (selfridges.co.uk).

Young British entrepreneur Lily Simpson of The Detox Kitchen (above, far right) has opened a central London flagship in Fitzroy Square. It stays open later than its Kingly Street counterpart and serves the same build-your-own salads and legendary sugar-, gluten- and dairy-free beetroot brownies (detoxkitchen.co.uk).

DIY dinner is also the concept at Covent Garden's Farmstand (bottom): its name is inspired by the fruit and vegetable stalls in founder Steven Novick's midwestern hometown in the US. All the eatery's ingredients are produced in Britain (farmstand.co.uk).

Want to try your hand at plant powered cooking at home? Pick up a copy of Icelandic chef Solla Eiríksdóttir's new book *Raw: Recipes for a Modern Vegetarian Lifestyle* (above; Phaidon, £24.95). The seasonal recipes are accompanied by beautiful photographs of Iceland's stunning landscape.



From top The slick interior of east London juice bar SHOT. Mae Deli has a farmhouse-chic style. Brunch at The Detox Kitchen. Icelandic chef Solla Eiríksdóttir's new book *Raw: Recipes for a Modern Vegetarian Lifestyle*. Hemsley & Hemsley's first cafe, in Selfridges. Breakfast choices at Farmhouse in Covent Garden

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