



Autumn/Winter
2016

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 **Premier**

Premier Living is a magazine by ESPC, the No.1 place for advertising homes for sale in east central Scotland. Premier Living is produced twice a year and is delivered to the premier residential streets in Edinburgh and East Lothian. It is also available from the ESPC showroom on George Street. Premier Living is designed and published by Connect Publications (Scotland) Ltd on behalf of ESPC. www.connectcommunications.co.uk

COVER: Cocoon Aeris fireplace. See page 20.

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Welcome

COME ON IN

A PREMIER PACKAGE

ESPC's Premier offering ensures that property at the higher end of the market gets the promotion that it needs.

ESPC's strong local presence, established reputation and unrivalled marketing helps you gain maximum exposure for your high-end property.

ESPC solicitor estate agents account for £2.3 billion of sales per annum, dealing with almost 12,000 properties a year and commanding nearly 90 per cent of the residential market in Edinburgh alone.

Premier clients have the opportunity to feature in our bi-annual *Premier Living* magazine. This means that if you have a property listed with ESPC, it will benefit from the full Premier promotional package.

Find out more about ESPC Premier at espc.com/useful-info/premier



THIS is ESPC's *Premier Living*, our luxury lifestyle magazine that showcases our fantastic premier properties, from New Town flats and modern architect-designed homes to Fife coastal properties.

With autumn and winter upon us, we have some great ideas for making your home a luxurious, warm and inviting space with some cutting-edge fireplaces and ideas for bringing tweed, cashmere and faux fur into your living room and bedrooms.

Central America has provided inspiration for interiors this past year, so we pay a visit to Mexico to discover beautiful, exotic places off the beaten path, as well as vibrant Mexico-inspired pieces for your home.

We also explore what the village-like West End in Edinburgh has to offer and how the city is getting on board with the clean eating movement.

Caroline Young, Premier Living Editor, ESPC



ART FAIR

Edinburgh Art Fair 2016 takes place from Friday 18 to Sunday 20 November 2016 at the Edinburgh Corn Exchange, New Market Road, EH14 1RJ. Now in its 12th year, Edinburgh Art Fair is excited to be returning with more than 60 galleries from the UK, Ireland and abroad. The EAF is now established and known worldwide for its professional but laid-back approach to making art accessible to everyone.

For more details, visit artedinburgh.com

FIND PAST SALES FOR YOUR STREET

Our new 'House Prices' search on espc.com means you can find out how much properties have sold for with the touch of a button

YOU can now search for past selling prices on espc.com, allowing you to discover what properties on a particular street have previously sold for. So if you are looking to buy a new home and wish to know what other similar properties have sold for or what you could expect to offer over the asking price, then this is a really useful tool.

To use this function, go to the search bar on the espc.com homepage, click on the 'Sold Prices' tab and type in the name of the street or area you are wishing to find out the selling price for. This will then return a list of all relevant properties with details of the last selling price, and any prior sales dating back to 2004 if it has been on the market multiple times during this period.

This useful tool can help you make more informed decisions when buying or selling and gives you a feel for the market. It's always best to get additional advice from an ESPC solicitor estate agent. As local market experts, they will be able to provide further details on the information you have initially found.

We are always working to improve our website so that searching for a home is as hassle free as possible, and with everything in one place, you can be sure that all you need is ESPC.

To find out more about ESPC's range of services, visit espc.com, give us a call on 0131 624 8000 or pop into one of our showrooms in Edinburgh or Dunfermline.



ABOUT OUR MAGAZINE...

Premier Living is your indispensable guide to luxury in and around Edinburgh. Indulge in beautiful homes, design trends and luxurious shopping ideas, as well as the latest news on local bars and restaurants. It really has something for everyone. It is published twice a year – in spring/summer and autumn/winter – and we have recently

increased the circulation to 25,000. Eighty five per cent of copies are delivered to areas in Edinburgh and East Lothian where you find higher-value properties, based on ESPC's extensive property archive.

A copy can also be found at your local solicitor, ESPC showrooms and other select locations. If you would like to request a number of copies for your business, contact *Premier Living* on 0131 624 8872.



ALSO...

HERE IS OUR LUCKY COMPETITION WINNER

Congratulations to **FIONA BELL**, who won our fantastic competition in our last issue of *Premier Living*. The prize was a private dining experience at the Bonham for eight people, with a three-course lunch or dinner, four bottles of wine and use of the Consulting Room for the duration of the meal.

MUST VIEW

*Rocky coastline and windmill views
for this East Neuk home*

Seaside House is a traditional four bedroom home with sea views from most rooms and is situated in a prime position in the fishing village of St Monans in Fife. The house looks out over the rocky coastline and old windmill, and with panoramic views, you can see all the way out to the Bass Rock.

📍 Seaside House, 15 East Shore, St Monans, KY10 2AR.
Offers over £525,000. For more information, contact
Pagan Osborne on 01333 252 853 or visit espc.com
and search for this property with reference
369846. EPC rating: D



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Images are for illustration purposes only

PURPLE REIGNS

Warm up your living room with rich tones of plum and mulberry, and combining these colours with velvet and cashmere creates a truly opulent interior, fit for royalty



Pelorus frost violet glass lamp with oval purple satin shade, Heathfield and Co, £795, from Jeffreys Interiors, jeffreys-interiors.co.uk

Utopia velvet fabric in multicolour, Pierre Frey Paris, £178 per metre, Jeffreys Interiors, 8 North West Circus Place, Edinburgh, jeffreys-interiors.co.uk



Jonathan Adler giant Lucite foot, £1,495, Pad Lifestyle, 48 Howe Street, Edinburgh, padlifestyle.com

Avoca cashmere mix throw, Milan, £117.50, Amara, amara.com



Isabel purple velvet three-seater sofa, £995, Habitat, habitat.co.uk



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INTERIORS NEWS

From colourful cookware and inviting interiors to snazzy switches, check out these latest ways to dazzle

FRENCH TRADITIONS

Le Creuset now has a top-of-the-range store on Frederick Street, selling its latest selection of colourful and sturdy cookware. The company is recognised the world over for market-leading, premium quality ranges of enamelled cast-iron cookware, multi-ply stainless steel, toughened non-stick and stoneware, along with its outstanding range of wine accessories. Used by leading chefs and keen cooks around the globe, Le Creuset cookware offers outstanding performance time after time. The company began producing its porcelain enamelled cast-iron pots in 1925 from its foundry in Fresnoy-le-Grand, France. Today, it is still the base from which Le Creuset continues to produce its famous pots.

Le Creuset, 34 Frederick Street, Edinburgh, lecreuset.co.uk



RAINBOW RADIATORS

Bisque, the designer radiator company, has launched a new range of pastel radiators which are sure to liven up your home. They come in mint turquoise, pigeon blue, pastel violet, pastel turquoise and antique pink, and are priced from £334. If pastels aren't your thing, they also have a selection of striking iridescent radiators or metallic, darker neutrals for a more dramatic look.

bisque.co.uk



LIGHT UP YOUR LIFE

Function Control has a range of illuminating ideas to ensure easy and stylish functionality when it comes to light switches. Try the GIRA Esprit Plywood Linoleum frame with switch and socket combination (£76.92) and take your interior design to the next level.

functioncontrol.co.uk



ADD STYLE TO YOUR COFFEE TABLE

Style Tribes: The Fashion of Subcultures is a beautifully illustrated book on 100 years of fashion. It features fascinating contemporary images alongside insightful history and would make a colourful addition to your coffee table. Whether you were a goth, punk, mod, neo-rockabilly or teddy boy, relive these style statements through this book, which also explores global fashion movements like 1920s flappers, Harajuku style and the Sapeurs of the Congo.

[Style Tribes: The Fashion of Subcultures](http://styletribes.co.uk) by Caroline Young, Frances Lincoln, £20



WIN A COPY OF STYLE TRIBES

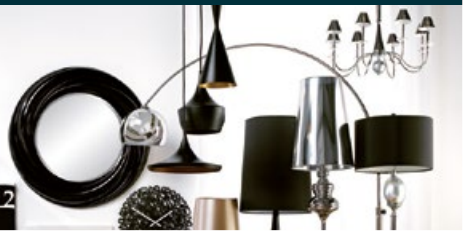
We have a copy of *Style Tribes* to give away to one lucky reader. To be in with a chance of winning, just tell us in which city you will find Harajuku style. Email your answer to: marketing@espc.com by 30 November 2016 and a winner will be drawn at random.

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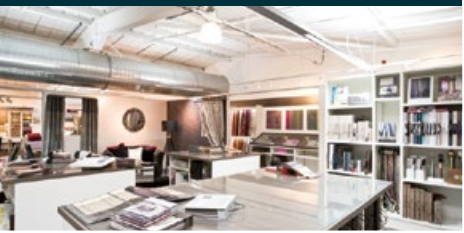
COOKSHOP



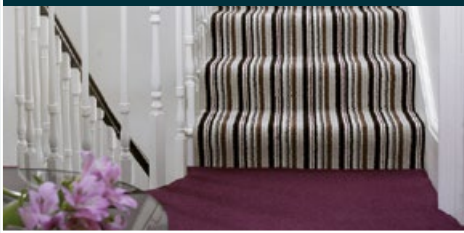
BATHROOMS



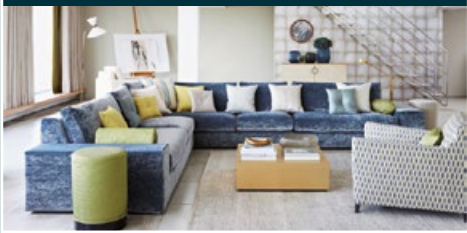
INTERIOR DESIGN



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WHAT DOES LUXURY MEAN TO YOU?

We asked some of Edinburgh’s business people, who know all about high quality service, on what luxury means for them



Jill Darling, general manager at The Chester Residence
“The ultimate luxurious experience is visiting a beautiful city and staying somewhere sumptuous. Being taken care of during your visit with a personalised service can make any trip unforgettable. It is, after all, the little touches that make a luxury service stand out, which can be anything from sought-after toiletries and Egyptian cotton bedding to a bottle of champagne on your

birthday and the concierge reserving you a table at the best restaurant in town. Indulging in the comfort of a luxurious room, apartment or hotel and not wanting to step foot outdoors is a sign you’ve hit the luxury jackpot.”



Tamara Kobiolke, director of sales and marketing, Balmoral Hotel
“Of course luxury is about the beautiful, tangible fabrics of life... all the



fizzy and sparkly things. But for me, true luxury is about time and it’s about having choice. In this hectic world of communicating 24/7 with our international markets, having the time to switch off (literally and figuratively) is such a treat. Whether that’s time to choose to sleep in on the weekend or to get up early for a yoga class or a jog around Inverleith Park. To follow any of that with an indulgent and relaxed afternoon tea in Palm Court at The Balmoral (with a glass of champagne of course) is always the perfectly luxurious day in Edinburgh for me.”



Louise Masson, general manager, Harvey Nichols Edinburgh

“For me, luxury is all about receiving the ultimate experience. It should be something you are



Continued on page 14



INTERIOR DESIGN
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Edinburgh EH3 6NS
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My luxury is best experienced sitting with my wife on a powder-sand Thai beach, preferably Koh Lanta

Continued from page 13

treated to, or aspire to and should evoke feelings of pleasure and leave a lasting impression. In terms of retailing, luxury doesn't only come from the product, but more so from the service you receive. This needs to be excellent, faultless and personalised. For example, you can buy a luxury handbag, but if the service you receive is poor, the sales experience doesn't create a positive impression that leaves you wanting more, it does the opposite. Feeling special, valued and appreciated in any environment, for me, is luxury whether that's in a store, hotel, restaurant or spa and it is this level of service I champion for Harvey Nichols, especially within our Style Concierge department, where our team will always go the extra mile to deliver the ultimate experience in all areas of the business from fashion through to beauty, food and gifting."



Richard Loudon,
partner, Simpson & Marwick
"Luxury is all about quality and style not cost. My career has revolved

round residential properties – I have been in thousands. Simple, sharp design with good use of colours, top quality workmanship and attention to detail all combine to result in luxurious interiors."



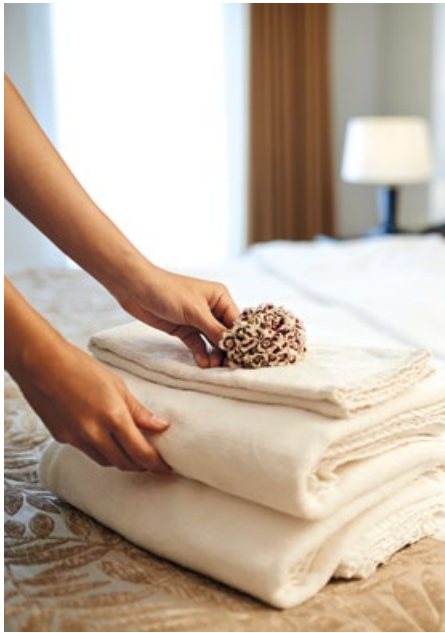
Michael Laing
OBE, chairman of Laing Edinburgh
"Luxury for me is an experience. It's peace and 'present moment happiness'

with no demands of tasks to be carried out in an environment you truly appreciate.

My own personal luxury is best experienced sitting with my wife at the end of the day on a powder-sand Thai beach, preferably Koh Lanta, (above), with the aquamarine sea gently lapping as a fabulous sunset colours the sky and sea. But, it's also experienced sitting in my Edinburgh back garden at night looking at a huge starry sky above the trees with my favourite night-time music playing and a fine Scotch malt whisky, coffee and perhaps a Romeo & Juliet no2 cigar.

For me, luxury is something that gives the feeling of being spoiled – it encapsulates the utter contentment that you don't want to end. Luxury

evokes a precious moment, whether it's looking into a fabulous diamond, a new timepiece or the smiling face of your lovely grandchild in your arms. It therefore needs to be something that stops the world for you and brings a quiet smile and the joy of the moment. It is an escape from your daily experience."



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A Charles showhome – upgrades shown at additional cost



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PL SEPT16 *CALA will obtain 2 independent valuations based on achieving a sale in a 4-6 week period, part exchange considered subject to CALA's purchasing criteria, terms and conditions. Up to 100% part exchange available on selected plots, subject to terms and conditions and not in conjunction with any other offer. Please visit cala.co.uk/terms for full terms and conditions. Terms and conditions apply. Prices are accurate at the time of going to print. The image shown is taken from The Charles showhome at Kinleith Mill and features, fittings, décor, flooring and soft furnishings which are not included as standard in a CALA home. Images are used to suggest possible finishes which can be achieved in your home at an additional cost. Please consult a Sales Advisor for further details.

COSY INTERIORS

Take the time to winter-proof your home by incorporating stylish throws and cushions. With a wide range of fabrics and textiles available, there is something to suit every taste

AS the days get shorter and the nights darker and colder, there is nothing more comforting over autumn and winter than a living room with a roaring fire and a warm and cosy sofa with throws and cushions to snuggle into. Tweeds, faux fur, cashmere, wool and velvet are all tactile, snug fabrics that can create chalet-like warmth.

The White Company has a range of faux fur cushion covers and throws in white and soft grey which really create a sense of comfort. Blaeberry Oak is

an Edinburgh-based brand that creates stylish faux fur throws combined with Harris Tweed, another fabric that is in style this autumn and winter for both fashion and interiors. Harris Tweed has experienced a revival over the last few years with boutique hotel Blythswood Square in Glasgow incorporating it into luxury suites. Harris Tweed has history and heritage combined with exclusivity, particularly as it is the only fabric to have its own act of parliament to protect it.

To upholster chairs, sofas and for cushion covers you could choose a variety of colours inspired by the Scottish landscape, or go for something more vibrant to liven up a room. Dashing Tweeds is an innovative tweed and tailoring company owned by Guy Hills, known for their vibrant, fashion-forward patterns. For throws, cushions and furniture in comforting tweeds, Anta has a fantastic collection, including cubes in a selection of fabrics in colours that reflect the wilds of Scotland.

Gotland sheepskin throw. £395, the Conran Shop, conranshop.co.uk



Faux fur and Harris Tweed throw.
Made-to-order,
£425, Blaeberry Oak,
blaeberryoak.com



Eribé folk tale Fair Isle blanket.
£195, Homer, Howe Street, athomer.co.uk



Supreme long hair faux fur collection, mink or alabaster.
£40 to £174, The White Company, whitecompany.com



Cubes in a selection of tweeds.
Anta, £290, anta.co.uk



Ombre mohair cushion cover taupe and coral.
£85, the Conran Shop, conranshop.co.uk



Winter warmers



Ampersand Interiors



JACQUELINE FISKEN, DESIGN DIRECTOR OF AMPERSAND INTERIORS, 73 DUBLIN STREET, EDINBURGH

Autumn is definitely my favourite season, but with the thought of leaving and returning home in darkness, the prospect of a warm and enticing refuge from the Scottish weather becomes ever more inviting. Here are some tips for introducing a warm glow into your home.

The vogue for monochrome schemes and sleek furniture certainly plays its part in design. However, Scotland's landscape has always lent itself to a warm, natural palette incorporating autumnal colours. Painting walls in rich reds or petrol blues looks fabulous with velvets as well as that most Scottish of fabrics, tweed. Mulberry and Zoffany both have recent collections with velvets, chenilles, relaxed weaves and soft, Scottish wools all ideal for a cocoon of curtaining.

When considering finishes, do remember copper, which is very much having a moment. Less harsh and urban than nickel

or steel but funkier than brass and with a real glow that catches flickering candle light, there are some great copper-toned wallpapers and accessories around.

Few things are as reassuringly snug as the feeling of a lovely rug underfoot. A deep pile or textured rug obviously provides a truly tactile warmth, although a similarly welcoming feel can come from rugs woven in wonderfully rich colours. Do also remember that rugs are a very effective way of defining space and the area-within-an-area they can create makes even a large airy room seem more intimate and cosy.

Lighting is a crucial ingredient to keep the winter gloom at bay. Ensure that you have a flexible lighting design using plenty of lamplight, with cleverly positioned background lighting and making proper use of dimmers. The touch of a button (or two) should be enough to transform a room depending on the time of day or the weather outside – so that you can soften the atmosphere and introduce a glowing ambience. Light can also be filtered through soft coloured shades, or

bounced off rich ceramic glazes and glass.

And nothing beats the gentle crackle and soft, dancing light given off by a real fire or a selection of candles. There are beautiful scented candles around – a particular favourite of mine are those from Kobo with their range of smoky, citrus or floral fragrances.

Plenty of cushions and throws are perfect to cuddle up in, as well as providing another opportunity to add some pops of colour to a scheme. Throws in soft wool or furs such as those from Nobilis really boost the sense of luxury, adding a glamorous hint of ski chalet to any home and encouraging a heart-warming snuggle.

And if a real hug isn't on hand to keep out the winter chill, why not get the next best thing from a fabulous Skye chair from Fisk & Co – lavishly upholstered in high-quality sheepskin, you will never want to leave the generous embrace of this unique chair.

 **Ampersand Interiors, 0131 557 6634, andampersandinteriors.co.uk**

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SLEEK HEAT

Living rooms are more frequently being centred around the fireplace rather than the television – so you want yours to be as stylish and inviting as possible, while generating heat effectively. New advances in technology also mean you can have the warmth and ambience without being smoked out



The Charnwood Tor wood burning stove, Ludlow Stoves Ltd, £3,384, ludlowstoves.co.uk
The curved glass panels offer an all-round view of the fire from the front and sides, while an advanced combustion system offers clean burning and smoke reducing technology.



Cocoon Aeris fireplace, steel, Wharfside, £3,000, wharfside.co.uk
This suspended ethanol-based fire comes in stainless steel or black, and as it is a biofuel, it is a sustainable and stylish way to warm your room.



Chicago bioethanol fire, Decoflame, £4,330, gomodern.co.uk
Danish company Decoflame has innovative, luxury fires that could be the talking point of your room. This one will heat a room without the need to connect to gas and electricity.



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HOMES WITH A WARM GLOW

Whether it's a wood-burning stove, underfloor heating or traditional open fires, these properties for sale with ESPC all offer a cosy welcome



54 ST ALBAN'S ROAD, EDINBURGH EH9 2LX

OFFERS OVER £975,000

This stylish four-bedroom lower flat is part of an Italianate villa in the Grange and has been decorated with a Farrow & Ball colour palette. The chic living space has a black marble mantelpiece that houses a cast-iron wood-burning stove, complementing the pale interiors and large bay window that overlooks the garden. The B-listed property also has an impressive open-plan kitchen, dining and family room with an Aga, underfloor heating and another wood-burner to make it extra cosy. A separate, sunny extension could be used as a home office or granny annexe.

📞 **Contact ESPC solicitor estate agent:**
Pagan Osborne on 0131 253 2976, or visit
espc.com and search for reference 367483. EPC: D

BATTLEBENT HOUSE, EDINBURGH ROAD, DUNBAR EH42 1TS

OFFERS OVER £795,000

With eight bedrooms and four public rooms, this home offers an impressive number of original fireplaces, with their grand marble mantelpieces and huge gilt mirrors adding to the sense of grandeur provided by the high ceilings and cornicing. Set over four floors, the property is designed in an interesting Y-shape, creating a unique arrangement of rooms. It is also surrounded by beautiful gardens with trees, shrubs and lawn, and is close to Belhaven Bay and John Muir Country Park.

📞 **Contact ESPC solicitor estate agent:**
Hadden Rankin on 0131 253 2410, or visit
espc.com and search for reference 367212. EPC: G



LA CAVE, 20A DRUMMOND PLACE, EDINBURGH EH3 6PL

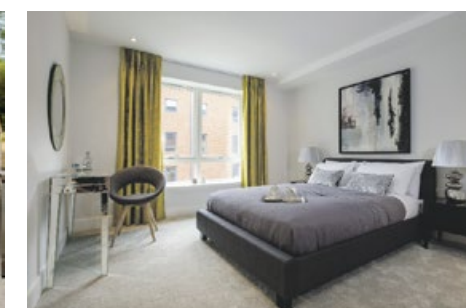
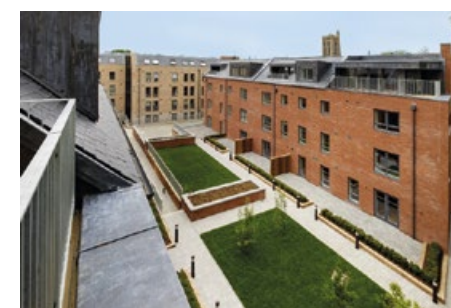
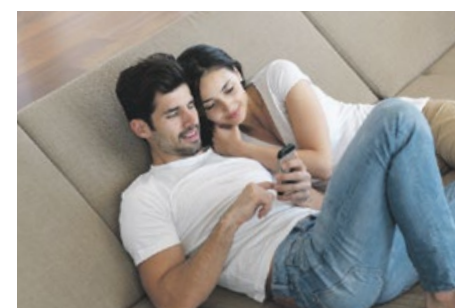
FIXED PRICE £595,000

This New Town three-bedroom ground floor and garden flat has a traditional baronial feel, particularly in the living room with its exposed wooden beams and stunning stone fireplace with wood-burning stove. The room also has doors that open right out onto the courtyard and garden, allowing light and fresh air to filter in during the summer. The rest of the home carries on the traditional Scottish feel over its two floors, with wood-panelling, solid oak doors, exposed stone walls in the kitchen and bathroom, and plenty of antiques, rugs and tartan throws to enhance the warmth.

📞 **Contact ESPC solicitor estate agent:**
Urquharts Property on 0131 253 2328, or visit
espc.com and search for reference 367846. EPC: C



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Shandon Garden is now complete and its quality was recognised by the Scottish Home Awards, who shortlisted it in three categories: **Affordable Housing of the Year**, **Small Housing Development of the Year** and **Apartment of the Year**. It's also proved extremely popular with homebuyers, with 50% already sold. So now's the perfect time to come and see what all the fuss is about!

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SECLUSION IN THE CITY

A Queen Anne-era home with beautiful grounds and perfectly preserved period features lies in an unexpected and secluded spot in North Edinburgh



DESPITE being a short distance to the city centre, visiting Drylaw House is like stepping into another world. You enter through the gates and up a long driveway shaded by overhanging trees, the smell of crisp vegetation hanging in the air. Two old stone pillars, possibly the remnants of a former gate, are flanked by woodland on your way up the path. For current owner John McAreavey, who has lived in the Category A-listed house with his family since 1998, it has become a peaceful sanctuary. “It’s like living in the country, but you’re 10 minutes from the West End,” he says. “It’s like coming through a time portal as soon as you arrive at the front door – it feels like you’re not in Edinburgh but you’re somewhere else. The natural light floods into the rooms, which are all beautifully lit.”

The original house was built in what is known as the Queen Anne style, a baroque architectural design from the monarch’s short reign between 1702 and 1714. Later, the house was remodelled as a Georgian home, with the back of the property becoming the front and the addition of neoclassical pillars and a fan window over the entrance. Drylaw House was built for the influential Loch family, who owned both land in Drylaw and the quarry at Craigleith, which supplied the sandstone for the home itself and the whole of the New Town. Prior to its construction, there had already been buildings on the land, possibly dating back to the 15th century. The house and quarry were sold to

Continued on page 26



It’s like living in the country, but you’re 10 minutes from the West End



and where you will find a further three bedrooms, another kitchen, dining room, sitting room, study and bathroom.

Surrounding the home are three acres of gardens that John has spent the past 15 years restoring to a beautiful space.

The gardens are enclosed by stone walls, with a gate leading through to the greenhouse and large back garden – a peaceful retreat where you can hear the sounds of birds calling.

“When we moved here in 1998 the garden was a wasteland. There wasn’t a gate, the driveway was a track and wasn’t tarmacked, the undergrowth had grown right in and the only bit of grass was the central oval,” says John.

“Now the garden is a haven for wildlife, where you can see foxes, woodpeckers, owls, birds of prey, squirrels, sparrows and bullfinches. If you’re into gardens, like I am, then it’s a real haven.”



📍 **Drylaw House, Drylaw EH4 2SL.**
Offers over £1,500,000. Contact ESPC solicitor estate agent Coulters on 0131 253 2215, or visit espc.com and search for reference 367981. EPC: D

Continued from page 24

William Ramsay in 1786, just before the New Town was being planned – meaning the Loch family would have lost out on a large profit on the sandstone used for the resulting build.

When John bought the home, it had been recently refurbished by the previous owners, who had preserved all the fantastic and unique features. These include secret panels in the wall, hidden doors leading off staircases into other rooms, working shutters on almost every window and original frescos painted in panels over three of the 18 original fireplaces. The dining room has very intricate, unusual cornicing and fireplaces on both sides of the room, one of which has an original William Delacour fresco above it. John says: “Imagine 300 years

ago, with all the fires going. With the thickness of both these walls it would hold in the heat – it’s a really clever design and the house wouldn’t have been cold.”

The stone staircase was also constructed from the quarry’s sandstone and features a curved balustrade with gargoyle-like faces. It leads all the way up to the first-floor landing, which has an oval skylight that may have been a later, 19th-century addition. As you continue up the stairs past the cupola to the top floor, you will find more bedrooms and views all the way over to Edinburgh Castle and Arthur’s Seat.

The fitted kitchen on the ground floor is designed by Clive Christian, and John has also remodelled the bathrooms to create stylish, contemporary spaces. The basement level, with its chequered floors and thick stone walls, is where the servants’ quarters would have been,

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WEST END WONDERS

Settled behind the bustle of the city centre, Edinburgh’s West End offers a tantalising treasure trove of hidden gems. From fanciful fashion to quirky cuisine, its quaint streets are just waiting to be discovered. Here’s our pick of the best

EDINBURGH’S West End is an area of exclusive Georgian terraced boulevards and quiet, leafy streets, only a minute’s walk from busy Princes Street and Shandwick Place. It’s also home to the inviting boutiques of Stafford Street and William Street, one of Edinburgh’s most charming shopping spots. The area, home to the French and Italian embassies, has been a thriving business district since the 1800s, and stretches from Charlotte Square – the home of the First Minister – to Rutland Square and the Waldorf Astoria, where you can enjoy a cocktail in the grand surroundings of Peacock Alley. Here’s our pick of the places for luxury interiors, fashion and food.

HERITAGE DESIGNS

Frontiers is an inviting luxury clothes boutique with a cosy selection of Fair Isle knits, checked shirts and sophisticated blouses, bright scarves and coats. Some of the brands that are exciting fashion editors right now include ottod’Ame, an Italian label of printed skirts and trousers and unusual fabrics, and &Daughter with their heritage-inspired pieces from natural Scottish and Irish textiles. There’s also a dedicated shop for men round the corner on William Street.

📍 **Frontiers Boutique, 16 Stafford Street, 0131 476 3449, frontiersboutique.com**

NATURAL AND ECLECTIC

A curiosity shop of eclectic botanical and animal-inspired pieces, Remus covers two floors of interior inspiration. It’s a real treasure trove, with bowls of floral matchboxes, coloured eggshells, offcuts of printed fabrics, shells, and insect and bird ornaments. The interior designers are also based within the shop itself, so you can find plenty of ideas to help bring your home to life. It could also serve as some last-minute inspiration for a beautiful Christmas gift.

📍 **Remus Interior Designers, 16B Stafford Street, 0131 225 6773, remusinteriors.com**



La P'tite Folie



William Street



Remus Interior Designers



Frontiers Boutique



La P'tite Folie

A TUDOR AND FRENCH TWIST

Designed in 1900 by Thomas Duncan Rhind, the Tudor House on Randolph Place stands out amongst the uniform Georgian terraces. Since 2003 it has been the home of a stylish and cosy French restaurant, La P'tite Folie (translation – ‘the little madness’), which serves up authentic French cuisine with small twists. Roast breast of Barbary duck is served with sweet potato mash, redcurrant and lime veal jus. Pan-fried fillet of cod comes with fennel and chilli salad, mash potato and lobster cream. Try to book a table in the alcoves – that way you can enjoy your dinner with views onto the street or over the restaurant. While you’re waiting for your table, you could also enjoy a drink in the downstairs wine bar.

📍 La P'tite Folie, 9 Randolph Place, 0131 225 8678, laptitefolie.co.uk

A WEST END SANCTUARY

Escape from the bustle of Queensferry Street by stepping into the Chamomile Sanctuary, a calming utopia housed in a West End townhouse. Inspired

The area has a village feel with a lot of lovely little artisan shops that you won't find on George Street

by a Balinese retreat, the relaxation room lets you choose an experience for treatments – whether it's relaxed, pampered, tone, energised or de-stressed. The spa also offers a range of holistic treatments, including reiki and reflexology, for nurturing body and mind.

📍 Chamomile Sanctuary, 4 Alva Street, 0131 220 1000, chamomilesanctuary.com

ART IN THE CITY

Artist and Union Gallery owner Alison Auldjo only moved from Broughton Street to her new premises in a former West End charity shop in May, but she is already taking advantage of the larger space. The gallery regularly hosts eclectic exhibitions

and one-off special evenings. It's also a great place to come to explore and support some of Scotland's contemporary artists, as well as receiving an expert service to help you find the right works.

📍 Union Gallery, 4 Drumsheugh Place, uniongallery.co.uk

PRACTICAL MODERN LIVING

The Aga kitchen shop is a recent addition to the West End, having opened in May last year, and for manager Brian Paxton, it's the perfect place to be. He says: “The West End is where we needed to be, right in the middle of everything, and it's handy for everywhere with parking much easier too. The area has a village feel with a lot of lovely little artisan shops that you won't find on George Street. You could spend an afternoon here and you wouldn't come across many big brand names.”

As well as a huge variety of Agas, you will also find plenty of solid cookware as part of the company's ethos for good quality, stylish products to make life easier.

Brian added: “It's always been a design icon, but we have had to reinvent

It's always been a design icon, but we have had to reinvent ourselves for the 21st century

ourselves for the 21st century. We have the City 60, so people can have an Aga which fits into an oven space and doesn't have to be on all the time.”

The Aga was invented in the 1930s in order to free up time as it provides instant heat and hot water. “Gustaf Dalen, the Swedish inventor, was actually blinded in an accident, and he invented it to help with his recuperation at home,” says Brian. “From a design point of view it was for blind people, when things have to be in the same place. Top left is the hot plate, the top right is cooler, the top oven is hot, and the bottom oven is cooler, so he knew exactly how to work the Aga.”

📍 Aga Edinburgh, 8-9 Drumsheugh Place, 0131 225 2314, agaliving.com



Aga Edinburgh



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LIVING IN THE WEST END

Enjoy the best of both worlds in these stunning flats, where traditional period features sit side-by-side with thoroughly modern living spaces



27A EGLINTON CRESCENT, EDINBURGH EH12 5BU
OFFERS AROUND £500,000
This garden flat is on a quiet, leafy street close to the former Donaldson's School and the Water of Leith. It was fully refurbished in 2008 to create a contemporary, warm and inviting home, opening up walls to allow light to flood into the open plan living space and exposing the traditional stone in sections of the interior. The sun lounge has French doors opening to the garden area, and stone steps lead up from a pleasant courtyard area to the lawn. The bathrooms and kitchen have been beautifully modernised, and the home has an EPC 'C' rating, meaning it is energy efficient.

📍 **Contact ESPC solicitor estate agent:**
McEwan Fraser Legal on 0131 253 2263, or visit
espc.com and search for reference 366845. EPC: C

33/1 PALMERSTON PLACE, EDINBURGH EH12 5AU
OFFERS OVER £695,000
Located on one of the West End's most prestigious streets, this five-bedroom garden and ground floor flat is spread over two floors and offers spacious, versatile accommodation and beautifully decorated interiors. The Victorian period features include cornicing, wood panelling and shutters, complemented by more modern touches, such as the kitchen with glass doors that open out to the garden. The property also has plenty of storage options with two dry-lined cellars. As well as the patio and private walled garden, the owner has access to the shared gardens on Eglinton/Glencairn Crescent or Magdala Crescent.

📍 **Contact ESPC solicitor estate agent:**
Simpson and Marwick on 0131 253 2171, or visit
espc.com and search for reference 365692. EPC: D



14 STAFFORD STREET, EDINBURGH EH3 7AU
FIXED PRICE £750,000
Stafford Street is one of the most vibrant of West End streets, close to the boutique shops of the village, but still in a quiet location away from the bustle of Princes Street. This five-bedroom property covers three floors and carries with it a sense of grandeur. As well as the curved staircase and balustrades, the beautiful period features have been enhanced by the attractive décor, high ceilings and wide windows, which bring plenty of light into the sitting room and drawing room at the front of the house. The kitchen is particularly attractive, with lots of space for cooking and gathering, while the bathrooms have been stylishly fitted to create a relaxing spa-like area.

📍 **Contact ESPC solicitor estate agent:**
Johnson Legal on 0131 253 2512, or visit
espc.com and search for reference 368263. EPC: D



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With afternoon tea back on the menu for a new generation, we take a look at the fascinating history of our famous brew

OVER the last few years there has been a boom in afternoon teas, and not just as an old-fashioned leftover from the British Empire, but for people of every age to enjoy. It taps into that trend for nostalgia – something comforting and traditional during times of uncertainty in the world – similar to the uptake in beards and bicycles and the Great British Bake Off's huge popularity.

Afternoon tea is also a great way for a pastry chef to display their talents and to come up with innovative ideas in dessert and patisserie. But more often than not the tea is overlooked in favour of Prosecco and cake, despite there being huge variations and flavours.

"People travel a lot more today, so they can even visit the estates where tea is grown, and so afternoon tea as we know it now is really built around the food part of it," says Peter Heggie, East India Company's manager of the George Street, Edinburgh branch. "In the UK we have never really

looked at tea as being ceremonial, it is more something to drink to satisfy a need."

We owe afternoon tea to the East India Company, which was the only source of tea into the UK for many years. The company also imported other components of the leisurely afternoon pick-up – chocolate and coffee, items that were frowned upon by the church and only served in bars. The East India Company was given a royal charter by Queen Elizabeth I in 1600 after a number of merchants presented a petition for permission to sail to the Indian Ocean. "No one in the UK was trading much outside Europe, outside Northern Africa, into the Mediterranean, so these four businessmen were sent out to trade beyond the tip of Africa," says Peter. "An interesting fact is that by the 1740s, 80 per cent of company directors based across India, Sri Lanka, China, Japan, were Scotsmen and so the company has an amazing connection with Scotland."

It was Catherine of Braganza, the

Portuguese wife of Charles II, who really brought tea to public-consciousness in Britain when they married in 1662, as Portugal had competed with the British and Dutch for trade in India. Royalty were incredibly influential and if people in court saw the queen drinking something, then it would instantly become popular.

When choosing a tea, there are four general types in the world – black, oolong, green and white. The major differences is the level of oxidation, with white tea consisting of the youngest and most unprocessed leaves, providing anti-oxidants and many health benefits.

"Black tea should be brewed at 100 degrees whereas white tea or green tea should be brewed more like 65 degrees to 70. Most people don't know that and people when we first opened the store would come in and say, 'I like green tea but it's very bitter'. The reason it is bitter is because when you put boiling water on top of it, it burns the leaves and oxidises them."

There are many amazing stories surrounding tea that you can find out more of from the East India Company store. But one of Peter's favourites is the story around

80 per cent of company directors based across India, Sri Lanka, China, Japan, were Scotsmen and so the company has an amazing connection with Scotland

Continued on page 36

THE DOME

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14 GEORGE STREET EDINBURGH EH2 2PF TELEPHONE: 0131 624 8624

Continued from page 34

Lapsang Souchong, a very 'woody' tea, from the Wuyi Mountains, an area in Fujian province, China. Peter says: "They were getting ready to harvest the tea, and an invading army was coming across to see them off their land. They were warned they only had a matter of days rather than months, to dry out their tea, so they quickly lit fires underneath the tea, using pine, and it allowed them to get their tea product packaged and moved on before the army invaded. People then realised the pine created that smoky, woody flavour and that's how it came to develop that taste."



Afternoon twist

AFTERNOON TEA AT THE G&V HOTEL

At the G&V Hotel, there is a twist on the afternoon tea with such treats as a chamomile tea sorbet on offer, along with Tanqueray Negroni jelly and candied orange and liquorice panna cotta. While they have the scones, there are also the more unusual sandwiches such as bresaola, asparagus and parmesan.

📍 **G&V Royal Mile Hotel**
Edinburgh, 1 George IV Bridge, 0131 220 6666, quorvuscollection.com



Prestonfield impressions

AFTERNOON TEA AT PRESTONFIELD HOUSE

Tea is served in the confines of Prestonfield's Gothic tea house, creating a warm and cosy atmosphere for winter and where you will feel like you've stepped into another world. Served up alongside the gateaux, savoury treats and scones is a large selection of loose leaf tea, from the exotic to the single estate teas.

📍 **Prestonfield House**, Priestfield Road, 0131 225 7800, prestonfield.com

Classic occasions

LUXURY AFTERNOON TEA AT THE DOME

Enjoy this quintessential tea tradition in the opulent splendour of The Georgian Tea Room at The Dome with its plush decor, crystal chandeliers, crisp white linen, black and gold wall panelling and cushioned ebony chairs. Head Chef Sue Snider oversees the sumptuous menu that is designed to complement six varieties of loose leaf teas, served in beautiful bespoke fine bone china and Gainsborough Sheffield silver tea service. The Dome also has a new dairy free, gluten free and vegan option, so that everyone can enjoy the menu, no matter their requirements.

📍 **The Dome**, Edinburgh, 14 George Street, 0131 624 8624, thedomeedinburgh.com



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CITY WITH A HEALTHY APPETITE

The coconut oil and kale revolution looks like it’s here to stay, as glossy bloggers and celebrity devotees continue to spread the gospel about clean eating and superfoods. As more temples to healthy living open in Edinburgh, we ask: What’s next on the menu?



my diet, as she had a similar health issue which she had addressed through diet.”

Amanda found that within six weeks she had cut out the need for painkillers, which she had been relying on to help her get up in the morning.

For Emma Conroy, from Edinburgh Nutrition, like any specific diet, there is no ‘one-size-fits-all’ solution as humans are incredibly diverse. Certain vitamins such as A, B12, K2, D3 and haem iron occur only in animal foods. However, she says combining veganism with new food innovations could help achieve a balance.

Emma says: “From an individual health perspective, I usually encourage people to include plenty of plant foods in their diet, but I don’t recommend very large amounts, or just raw. It’s good to have both cooked and raw plant foods, and sprouting beans and grains, soaked nuts or seeds and fermented products like sauerkraut or kimchi.”

With Pumpkin Brown having signed up to Deliveroo – indicating a demand for clean food delivery – and with cakes from Grams being sold by more cafes across Edinburgh, it looks like this food revolution is here to stay.



So what superfoods will be coming next? “Caffeine-free drinks are popular and we cook with matcha and have it in lattes,” says Amanda. “We are also playing around with turmeric, which is so good for you. Blended drinks are really nice too, and it’s something we are seeing more and more in magazines.

“There’s also a new place in London called Rawligion which focuses on everything raw – experimenting with cold press and different stones, infused mineral water – which is something I’m really interested in.”

ONE of today’s biggest food trends is clean eating, which tries to make our diet as natural and unprocessed as possible, shifting towards veganism, sipping green juices instead of sugary fruit drinks and choosing desserts free from animal products.

The trend has become huge over the last couple of years, particularly amid concerns for both the environment and the over-consumption of sugar as one of the chief causes of weight gain.

It has also been accompanied by a rise in fashionable and photogenic wellness bloggers, all glossy hair and clear skin, doing yoga on the beach or drinking a glass of green juice in the sunshine – and showcased via inspirational Instagram photos.

There’s Ella Woodward, and her *Deliciously Ella* blog and book (the fastest selling debut cook book of all time), Madeleine Shaw with her *Get the Glow* book, and the Hemsley Sisters – all no doubt inspired by Gwyneth Paltrow, who launched her lifestyle website Goop in 2008 with a mix of health-conscious, detoxifying diets, sparking a fascination with kale, coconut oil and the concept of ‘clean foods.’

It’s always a sign that a fad food has crossed over into the mainstream when they appear in chain sandwich shops such as Pret A Manger. And as kale and other superfoods become everyday ingredients, there is now a desire to discover even



more obscure fare with the promise of extra health benefits. Even Nigella, with her midnight chocolate cake fridge raids, developed recipes that used healthier, cleaner ingredients such as chia seeds or matcha, a green tea powder that can be used to make coconut milk lattes, or as an ingredient in cake and ice cream.

Grams in Haymarket is a new cafe that offers an array of raw cakes, aiming to create food that is healthy, vegan and clean, and free from dairy, gluten and refined sugar. Only whole foods “in their most natural state” are used at Grams, whose signature dairy-free cheesecake is formed from ground nuts, nut milks and

raw cacao, and sweetened with brown rice syrup or maple syrup. The owner, Lewis Gill, began his business at Stockbridge Markets, where his products, also sold at Real Foods, gained a loyal following.

Henderson’s, a vegetarian institution in Edinburgh since the 1960s, has also recently opened a vegan cafe on Holyrood Road, as well as shifting many of its recipes to vegan, with a greater emphasis on clean eating.

Another new hangout in Edinburgh is Pumpkin Brown, which bills itself as clean, raw, delicious, vegan and organic. Amanda Brown opened the eaterie in the Grassmarket earlier this year in response to the lack of places that would help with an elimination diet she follows for health reasons.

“I have a muscle condition called hypermobility syndrome, which leaves me in chronic pain,” says Amanda. “It took years to get a diagnosis and I was told I could do nothing except control it with painkillers, but that diet could help. I was diagnosed at the same time as Ella Woodward’s book came out, which is about two years ago. After reading it, I changed

As kale and other superfoods become everyday ingredients, there is now a desire to discover even more obscure fare with the promise of extra health benefits



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THE FEELGOOD FACTOR

There's no doubt that pounding the pavement and hitting the tennis court keeps you feeling and looking good, but sometimes a more holistic approach can leave you glowing inside and out



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One Spa, 8 Conference Square, 0131 221 7777, onespa.com

BE FIT AT HOME

To complement its range of aspirational sports clothing, Sweaty Betty, the fitness and sportswear company, has 'Get fit for free' exercise tutorials on its website where



you can try a ballet bootcamp, aerobics and different yoga tutorials. So buy a yoga mat, light a Diptych candle and dim the lights for a relaxing workout in your living room.

Sweaty Betty, 67 George Street, 0131 226 1400, sweatybetty.com

STYLE AND SUBSTANCE

Not only can you buy a huge variety of stylish luxury sportswear and yoga mats so you can look the part, but Lulu Lemon offer

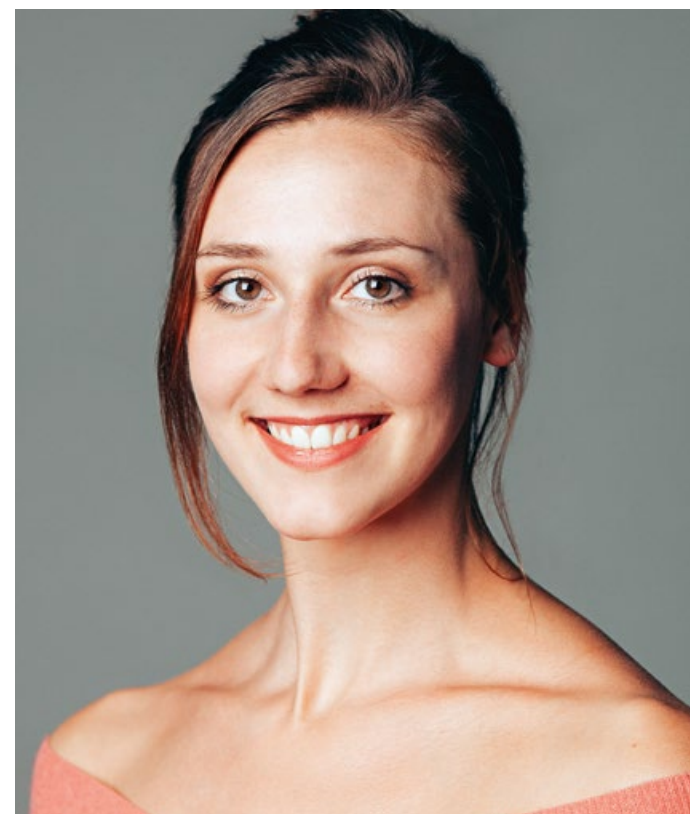
regular sessions in their George Street store. Kick-start your Sunday morning with their 'hair of the downward dog' class at 9.30am every week, open to all levels and where they provide mats. There is also a Thursday night running club taking you on a three to five km jog through the scenic cityscape.

Lulu Lemon, 57 George Street, 0131 225 1151, lululemon.co.uk

BE ON THE BARRE

One of the new workout trends is barre, which combines ballet, pilates and yoga, and you can try it at Tribe Yoga in the New Town, one of the hottest new workout spaces. It has two studios and shower room as a luxury alternative to the gym, with hot yoga, flow yoga and pilates also on offer. Barre is a class done barefoot and where moves are carried out by the wooden barre, with pulsing, repetitive movements that work the muscles like ballet training, and it also incorporates weights and pilates balls for a complete toning workout.

Tribe Yoga, 71-75 Northumberland Street, 0131 202 6022, tribe.yoga



~SCOTTISH BALLET~ MARGE HENDRICK

The Paris-born dancer tells us about her journey from schoolgirl to soloist, and reveals the hours of hard work that are needed to keep her on her toes

When did you know that you wanted to do ballet professionally?

I started to take it seriously when I was about 11, but it seemed more like a dream. When I was 16, I realised being on stage was what I wanted to do. In Paris, I went to school in the morning and did ballet training in the afternoon. The public school I went to had an arrangement with the ballet school where we could do training for half the day.

What does it take to succeed as a ballet dancer?

There certainly needs to be enjoyment for the dancer, but it takes a lot of hard work to put something beautiful but safe on stage. So we have to make it seem effortless too.

How much training is involved?

When we're rehearsing, we train from 10am to 6.30pm in our Glasgow studio. Warm-up is normally an hour-and-a-half, then we have rehearsal from 11.30am

to 1.30pm, an hour for lunch, and then we train after lunch until 6.30pm.

Do you worry about injury when you are training?

There's always the fear of being injured, so we just have to take care of our bodies and ourselves out of work. We make sure we eat well and stretch and have fun... but not too much!

Do you do other forms of exercise aside from ballet?

Some dancers do yoga – it's good for breathing and to feel the inner body and is more relaxing than ballet. Some people also run to keep the stamina up, but I like swimming as it's a less intense way to exercise.

What about diet?

As a dancer, it's important to keep a nice figure, but we exercise so much that it's a matter of eating well. During the show period we have very odd hours. We have

a huge breakfast in the morning, but our second proper meal isn't until 5pm as there isn't too much time for food. It's good to be light before a performance, but you don't want low blood sugar so we have a little high-energy food. I usually eat after the show to build up energy for the next day.

What's the most gruelling aspect of being a ballet dancer?

I'd say the repetition. When doing the group rehearsals, if someone doesn't get the right movement and the right point in the music, we have to do it all over again. When doing a solo, it's more about interpretation and acting, particularly when I play the witch in *Hansel & Gretel*, as I have to be more ugly and wicked.

Is it worth doing ballet just as a hobby?

Yes! It's really good – just don't be too self-conscious. If you haven't trained, you're not going to look like the dancers on stage, but at Scottish Ballet we have beginners' classes and an education team who do events. **PL**

CAN SCOTLAND WEATHER BREXIT UNCERTAINTY?

ESPC business analyst Maria Botha-Lopez examines the effect of Brexit on the property market north of the border

THE RESULT of the EU referendum in June seemed to take everyone by surprise, and as the pound plummeted on the back of the outcome, there were worries about how it would affect the property market.

At ESPC, we conducted a survey with our solicitor estate agents to find out their views on the market after the referendum. They indicated that there has been little change in the post-Brexit landscape, with sales continuing to go through. Some did tell us that Brexit had been used as a renegotiation point for some buyers hoping to get a discount on their property purchase. However, on these few occasions, it did not prove successful as most properties are going to a closing date and receiving multiple offers.

What we have seen throughout the year so far is that we are very much in a seller's market, with a shortage of properties being put up for sale, particularly in the higher end of the market. This shortage is now likely to put pressure on prices as buyers compete for fewer available properties, and they

sell at a faster rate. Some 83.7 per cent of properties listed between May and July 2016 were marketed as 'offers over', compared with 70.9 per cent in 2015, while the median time to sell is now 21 days. This in turn pushes up the average selling prices, with a 7 per cent increase across east central Scotland.

The changes to Land and Building Transaction Tax (LBTT) in April 2015 have also affected the property market over the last year-and-a-half, as those who were planning to sell their homes in the top end of the market did so before the reforms came into place.

Some areas with a larger proportion of high-end properties, such as Trinity and Cramond, have seen a decrease in average selling prices, which indicates that the high-end market is stabilising after the LBTT spike last year. This means that when we compare sales volumes, the overly-inflated numbers from last year will naturally show a decrease year-on-year. The supplementary tax on second homes, introduced on 1 April

2016, has also impacted on the market. In Trinity, for example, one, two, and three-bedroom flats have sold the most this year, while last year the biggest sellers were three-bedroom homes, which would naturally result in the average selling prices decreasing.

We don't know yet what the effect of Brexit could be on the property market, as we often can't gauge the impact of political change until we compare the year-on-year figures. However, we do know that the property market in east central Scotland is particularly robust, and as long as mortgage availability and supply remain stable, then Scotland can weather the Brexit storm.



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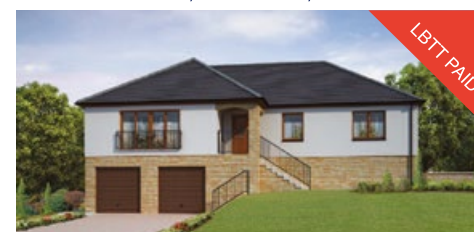
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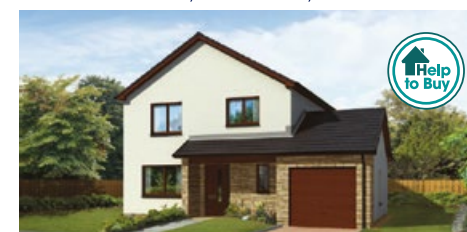
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THERE'S MORE TO MEXICO

Explore miles of Mayan ruins, snorkel among tropical fish, enjoy quadbiking in the desert or just relax on the white sandy beaches. This is a destination that truly has something for everyone

MEXICO is one of those dreamy destinations where you can swap the UK for a week of total relaxation in the popular resorts of Cancun on the Yucatan peninsula. But it's also a hugely diverse country that spreads out over desert, rainforest, mountains and coastline, with the architecture of ancient civilisations, vibrant and colourful towns to explore and some of the most delicious food and drink to try. So shake up those margaritas, buy a mango or papaya from a vendor to eat on the beach, or drink straight from a coconut, and listen to the sounds of merengue or salsa carrying on the sea breeze.

PLACES
Cabo San Lucas (above), at the tip of the Baja Peninsula, is most famous for its dramatic limestone arch (El Archo)

at Land's End which is engulfed by the sea at high tide. This natural wonder, combined with its sea lions and pelicans, is what originally drew in visitors to Cabo, which has now become the destination of celebrities. If you like luxury hotels and plenty of activity such as wind-surfing, horse riding on the beach, quadbiking in the desert or golfing, snorkelling and diving, then this could be the place to be.

San Miguel de Allende, a Unesco World Heritage site, has been an artist's retreat since the 1930s. A perfectly preserved town with cobbled streets, bright colourful walls in oranges and blues, palm trees, ivy and bougainvillea. Its colonial Spanish architecture and narrow streets create a sense of magic, particularly when the town is lit up at night and with the smell of roasting sweetcorn from El Jardin, the main

town square. The town regularly holds festivals and parades, and dozens of art galleries host work from Mexican artists.

Guanajuato City is considered the most beautiful city in Mexico. Located in a deep valley, tunnels that have been carved into the rock lead you up into the old town, while steep streets wind up the hillsides. The town itself features palm-lined plazas, old Colonial buildings with impressive domes, and colourful homes built up on the hillside. One of the more unusual things to do here is visit Museo de las Momias, particularly if you are visiting for the Day of the Dead.

Tulum is great if you want to enjoy the clear blue Caribbean waters and white sand beaches, but Cancun is too built up for you. Mayan ruins lie on the rocky

coastline looking out over the sea, providing a dramatic backdrop to the thatched roofs of cabanas on the beaches below. You could find your own private palm tree to relax under, visit a rainforest cenote, which is a deep sink hole that has filled with water, or snorkel among the bright, tropical fishes.

Palenque is a place where you can explore miles of Mayan ruins which have been claimed by the rainforest and which date back to the seventh century. These are some of the best-preserved Mayan architecture in Mexico, and archaeologists are continuing to make more discoveries, including an underground water tunnel for the ruler to be led to the underworld. There are also impressive waterfalls to explore in the jungle if you tire of ruins.



The quiet coastline at Tulum



Street in San Miguel de Allende



Waterfalls near Palenque

Luxury hotels

L'OTEL, SAN MIGUEL DE ALLENDE

This stylish boutique hotel features elegant, light and floral interiors, with displays of local art and antique furniture. The terracotta-tiled rooftop oasis has a mosaic pool and views over the Unesco town, where you can enjoy huevos rancheros and coffee each morning looking out over the dome of the cathedral. There are four suites which showcase unique art and have their own fireplace, while the owner's suite has its own private balcony and Moroccan-inspired bathroom.



CORAL TULUM HOTEL BOUTIQUE

Each one of the 20 luxury rooms in this resort on the beach has thatched ceilings, four-poster beds and light and airy interiors with touches of turquoise and lavender. If you take one of the ocean front suites you will find the wooden sliding doors open right onto a sliver of golden sand, with your own plunge pool and a sunbathing deck to enjoy the relaxing views. The hotel has a luxurious spa with Mayan-massages and treatments involving rich Mexican minerals, and after you have enjoyed some time there, you can kick back at the bar on the beach with a mango daiquiri.



LAS VENTANAS AL PARAISO, CABO SAN LUCAS

This Rosewood resort is the epitome of luxury and has recently been named by Condé Nast as the best international resort in the world. With an AAA Five-Diamond Award, it features desert gardens, pools and water features; guests are appointed a personal assistant, and there is a wide range of accommodation – from luxury suites to private villas with views over the Sea of Cortez.





Luxury living inspired by Mexico

Mexico is a country that makes you think of colour – lizards crawling up deep blue walls, burnt desert landscapes, vibrant fuchsia plants and terracotta tiles, and adopting it in your interiors can be a real change from the Scandinavian greys and creams to create a new dynamic. “It’s not the type of interior that has to be overwhelming,” says designer Fiona Drennan from Jeffreys Interiors. “You can choose to go for deeper colours, or add bursts of vibrancy with a bright chair, a striped rug or vivid velvet curtains.” Try the **Manaos Peroquet from Christian Lacroix (£1195)**.¹

Over the last year, rainforest palm fronds, pineapples and tropical motifs have been very popular as wallpaper, fabric design and objects d’art, as has the trend for bohemian, vintage-inspired pieces. This all comes into play if you have been inspired by Mexican interiors and want to achieve a softer version in your home. The look is ‘shabby chic’, with bold colours on the walls and touches of Caribbean influence which could be carried through to your garden or into your kitchen with colourful chairs for the breakfast table.

Geometric prints have been on everything from cushion covers to upholstery, and the vibrant details of Mexican Aztec design really fits in with this trend. Aztec patterns tend to be in contrasting, brilliant colours in abstract, zigzag design, which reflect the art of the ancient civilisation. Symmetry in design is evident in the complex Aztec pyramids constructed through central Mexico as well as within the complex mythology around the sun and stars. This **chair from Anthropologie**² carries this vibrant Aztec print.

One furniture classic inspired by the glamour of Mexico’s beach resorts is the



Acapulco chair. Coming in a variety of hues, it was originally designed for poolside piña coladas and 1950s Hollywood stars who flocked to the west coast resort when it became the must-visit spot for the jet set. It’s the type of chair seen in *Mad Men*, and it adds a nice touch to garden areas as a stylish spot for lounging.

Take inspiration from Frida Kahlo’s house in Mexico City when it comes to putting your own mark on your interiors. The

artist’s home is an extraordinary place, with cobalt-blue walls and yellow and green interiors. Known as *La Casa Azul*, it was built in 1904 in the colonial style and it was where she was born, lived and died. Her garden is filled with exotic plants while her home used cobalt and greens for the walls, forming an inspiration through her life’s work. For a slightly more muted Frida look, try **Mariana blue from Fired Earth**³, £53 for 2.5L

MEXICAN INTERIORS

These rooms combine colours and patterns in versatile ways – from light bohemian to more vibrant, and share the ethos of Mexican interiors

EASTER GLASSLIE HOUSE, LESLIE, FIFE KY6 3HQ

Offers over £650,000

This architect-designed home is a unique, innovative property surrounded by the rolling countryside of the Lomond Hills. The home has a hacienda feel to it with the timber and stone on the façade, the white archway that leads to the back of the house and the folding French doors that open out onto a courtyard; an ideal space for entertaining. The deep, glass-surround living space with mezzanine is brought to life with vibrant pieces of art, while the wood-burning stove keeps this space cosy year round. Bold feature walls demonstrate how you can use strong colours without them being too overwhelming. The property offers brilliant views to the Bass Rock, The Forth Bridge, and even to the fireworks at Edinburgh Castle. It also comes with an equestrian centre of four stables, two tack rooms and 6.5 acres of land.

➡ **Contact solicitor estate agent: Andrew K Price on 01592 332 098, or visit espc.com with reference 369117. EPC rating: C**



ABBEBANK, 32 BROOMIEKNOWE, LASSWADE EH18 1LN

Offers over £800,000

This sprawling Georgian villa in the conservation area of Broomieknowe has been beautifully preserved and upgraded and is in move-in condition. The living spaces incorporate bursts of bright colour on cushions and rugs with different textures and natural tones, to create a vibrant yet subtle décor. The kitchen has a country farmhouse effect with terracotta floor and exposed stone wall, with a sunny outlook onto the garden. There’s a lovely courtyard area which would be perfect for outdoor lunches and the surrounding grounds have stone walls, mature trees and paved patios, creating a Mediterranean feel.

➡ **Contact solicitor estate agent: Neilsons on 0131 253 2858, or visit espc.com with reference 366270. EPC rating: D**

1/3 FORRES STREET, NEW TOWN, EDINBURGH EH3 6BJ

Offers over £655,000

This four bedroom third-floor flat is on a prestigious corner of the New Town, and the living room is a fantastic example of how you can create a light, airy space with exotic splashes of colour and texture. The ornamental balconies, high ceilings, cornicing and stripped floorboards are complimented with muted colours in the walls, sofas and curtains, while the ceiling light and side lights with their wood touches are reminiscent of the Caribbean. The rest of the apartment is as impressive – carrying through the theme of pale walls, gilt, and furniture and ornaments that appear as if they have been collected on world travels.

➡ **Contact solicitor estate agent: Simpson and Marwick on 0131 253 2171, or visit espc.com with reference 369153. EPC rating: E**





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Carberry Mains Farmhouse, Musselburgh EH21 8PX. Offers over £780,000.
For more information, contact Lindsays on 0131 253 2327
or visit espc.com, and search for this property with reference 366719. EPC rating: F



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~ MY EDINBURGH ~ GENO WASHINGTON

Geno Washington & the Ram Jam Band were regular visitors to the capital in the 1960s. Here, the singer reveals how festivals and fish and chips have brought him back ever since



What are your impressions of Edinburgh?

I've been to Edinburgh many, many times. It's one of my favourite cities and every time I go there, I visit the castle. I like that castle, you see (laughs). I've done a couple of shows up at the Edinburgh Festival and that was nice. I've been going there for years. I go to see the castle and Princes Street, where you see all the buskers from all over the world. It's a great festival. But I've always loved the city.

When was the first time you visited?

It was back in the Sixties! It was cool, man. Most of the time I played at Edinburgh University – you see, the university was an 'in' place. They would have groups play there before they got famous. There was a university circuit back then, you could

play all over doing universities. It was like an 'in' place and the students were hip too. They knew how to put on a dance.

Did you visit any other places in Scotland?

We were in Glasgow all the time. The one I can remember in Glasgow that was very popular was The Maryland. Then we moved on to Edinburgh and then up to Aberdeen, I remember going there, it was cool. It was always good to come to Scotland.

Do you have a favourite Scottish food?

When I'm in Scotland I eat a lot of fish and chips, and also haggis. I mean, it just seems that Scotland does the best fish and chips, you know what I mean? It just seems to me, and a lot of people I ask, that Scotland has the best fish and chips

you can get. I always make sure I'm going to get it. With a portion of haggis!

What about a dram of whisky?

Oh yeah, you know that. When I've been on my best behaviour (leading up to a gig), I'm going to have some whisky.

How do you find the crowd in Scotland?

For me, they go crazy. I play the type of music they seem to like. I was up in Edinburgh last year at one of the big festivals there, and it was jumping. The crowd went crazy. Soul music is exciting anyway – you can't have a party and beat soul music. It's so right, so many different styles of soul music. If you enjoy a party and getting down, you've got to come and see our gig. We serve it up different from other bands. **PL**



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