

COUNTRY LIFE

EVERY WEEK

FEBRUARY 22, 2023

Fine
arts
issue



Painting ugly, John Piper and Johnny van Haften
Frog princes, cutting gardens and School Life



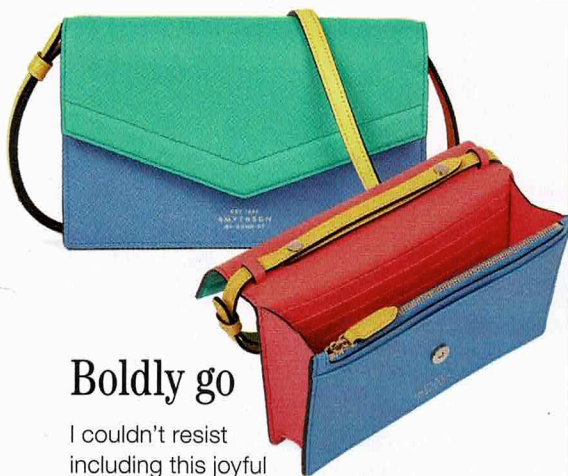
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Face the truth

As a newcomer to facials, I was nervous that I would be castigated for my skincare regime (basic) and encouraged to buy various expensive unguents, but nothing could have been further from the reality at Ocean Wood Aesthetics in Petworth, West Sussex. At the elegant townhouse, I was photographed by Observ, a skin-analysis device, before leading facial reconstructive surgeon Simon Watts talked me through the results, with engaging diversions into sailing and his time as a flying doctor in South Africa. He can devise any number of treatments, from LED light therapy to peels, Profhilo hydration to more surgical operations, but, for me, the Ocean Wood Ritual Facial by aesthetician Amber Heathcote (*pictured*) was just the ticket to soothe and boost my skin. After a deep cleanse, massage,



Oxygen Enzyme peel and, finally, ice therapy, I was astonished and delighted by how fresh and smooth my skin looked, and I felt deliciously relaxed too, all scepticism banished. £110 for a 75-minute Ritual Facial (www.oceanwoodaesthetics.co.uk). OP



Boldly go

I couldn't resist including this joyful bag from Smythson's new collection. The mix of block colours means it'll work hard for your spring wardrobe and, being a pocket obsessive, I love that this has zip, slip and card pockets galore. Envelope colour block purse crossbody in Panama, £475 (0808 164 1801; www.smythson.com).

The little luxury (under £25)

I DIDN'T do dry January, but, having discovered the glories of kombucha (fermented tea), I could (possibly) consider it next year. Momo's is particularly good, and brewed properly, which helps, with an excellent fizz and a balanced, tangy taste (the sugar is broken down in the fermentation process leaving only healthy bacteria, and it contains acetic acid, which reportedly helps lower blood sugar, too). I particularly like the lemon-and-ginger and elderflower flavours. £3.99 per bottle (www.momo-kombucha.com).



A piece of Lebanon

Nada Ghazal designs jewellery inspired by memories and sensations, with the shapes and colours of her new Muse collection taken from her home city of Beirut, Lebanon. The designer moved to London after the 2020 explosion in the capital made it impossible to stay. There is a lovely volume and tactility to her pieces, and these bangles (*below*), inspired by the quirky backstreets of Beirut, include colourful diamonds representing the city's spring blossoms, which sparkle in the hand-brushed gold. I love this baby Malak ring (*above*), named after her daughter, which the jeweller was sporting on her little finger when we met. Ring, £5,795; bangle, £6,360, Nada Ghazal (www.nada-ghazal.com; www.libertylondon.com).



High Five

Sneakers

Put a spring in your step

▼ **Men's 'Vertex' trail-running sneakers**, £380, CQP (www.c-qp.com)



▲ **V-10 leather in Orchid Black**, £150, Veja x Marni (www.veja-store.com)



▲ **Men's Semando calf-suede low-cut sneakers**, £525, Manolo Blahnik (020-3831 7832; www.manoloblahnik.com)



▲ **Raven**, £95, Gola (www.gola.co.uk)



▲ **Nama embroidered suede and recycled-mesh sneakers**, £595, Chloé (www.net-a-porter.com)