



# MY LONDON

## Charlotte Colwell

Having lived in north London for five years, organic facialist Charlotte has recently made Kentish Town home

### How long have you lived in north London?

I moved to Oval Road, Camden almost five years ago – I started my organic beauty business there, treating clients from my spare room. I then moved to Belsize Park and Hampstead, before buying my new flat in Kentish Town.

### Why did you decide to buy here?

It's diverse, edgy and becoming super-cool. As the area is 'up and coming', there's lots of re-development work going on.

### What do you like most about the area?

You literally have everything you need within a five minute radius. And I love how close it is to my practice in Primrose Hill.

### Describe the area.

Creative, chaotic, weird, wonderful and, in parts, Zen.

### What are your favourite local eateries?

The list is endless; I've made some great discoveries recently. The Fields Beneath opened not long ago near Kentish Town West Station. The owner, Gav, makes a superb flat white (with organic milk), and the delicious cakes are baked by his mum. Another favourite is The Arancini Factory Café; their vegan rice balls are so addictive. I also love their courgette and chocolate muffins.

For authentic fusion food at an affordable price, Bintang is a god-send, I enjoy their tofu bites and tempura veg. And, of course, I'm delighted Pizza East has opened nearby.

### Where do you go for an after-work drink?

I don't drink very often, instead I prefer a Gong Meditation class at Alchemy in Camden Stables; it's an incredible way to relax after a

busy day. Having said that, I can never turn down a Lychee Martini at XO in Belsize Park!

### Where do you like to shop locally?

I try to eat organic where possible, so I shop in Earth, and for superfoods, House of Mistry.

### Describe your perfect day.

I'd start the day with a yoga class at triyoga, followed by eggs and avocado at Greenberry Café, then I'd walk over Hampstead Heath with our dog (a Westie/Bichon cross called Pops).

If it's hot I can't resist a trip to the Ladies' Pond for a dip, it's so magical to swim in natural water. After that I'd go for tea and cake at Burgh House and then stroll down the hill to watch a film at the Everyman cinema, followed by dinner at Hazara, an Indian restaurant in Belsize Park, before heading home to snuggle up on the sofa with a mint tea.

### What did you look for in a property?

In an ideal world I'd live in period house overlooking Primrose Hill. But realistically I look for flats that need refurbishment, so that I can put my own creativity into the space. Ideally they should be close to a Tube and a local park.



Lost In Beauty

I adore the interesting features in a period property, but love über-modern as well.

### Have you done much work on your home?

We're currently in the process of totally gutting and refurbishing our new flat, and I must admit that it's been one of the most challenging experiences of my life. It's a two-bed garden flat within a Victorian house, and was in a dreadful state when we bought it, so we knew we'd taken on a big job.

I love a blend of old and new: vintage style with a modern twist. We visited a reclamation yard and picked up five Victorian doors, which look amazing against the limestone floor and light blue Farrow & Ball walls. After months of dust, cement and tears, it's finally taking shape.

### If you hadn't chosen here, where else might you have looked?

I really have no idea. If I hadn't built my beauty business here in north London, I'd probably have emigrated to Australia!

### Finally, what's new for you?

I've recently moved my practice to Lost in Beauty, where I offer age-defying facial treatments using advanced technologies, facial reflexology and organic skincare. It's so lovely treating clients and feeling like I'm part of the community here.

The Fields Beneath, 52 Prince Of Wales Road, NW5 (07912 435754); Arancini Factory Café, 115 Kentish Town Road, NW1 (020 3648 7941; www.arancinibrothers.com); Bintang Restaurant, 93 Kentish Town Road, NW1 (020 7267 2197; www.bintangrestaurant.co.uk); Pizza East Kentish Town, 79 Highgate Road, NW5 (020 3310 2000; www.pizzaeastkentishtown.com); Alchemy the Centre, Unit 101, Horse Stables Market, Chalk Farm Road, NW1 (020 7267 6188; www.alchemythecentre.co.uk); XO, 9 Belsize Lane, NW3 (020 7433 0888; www.rickerrestaurants.com); Earth Natural Foods, 200-202 Kentish Town Road, NW5 (020 7482 2211; www.earthnaturalfoods.co.uk); The House of Mistry Ltd, 15-17 South End Road, NW3 (020 7794 0848; www.houseofmistry.com); triyoga, 6 Erskine Road, NW3 (020 7483 3344; www.triyoga.co.uk); Greenberry Café, 101 Regents Park Road, NW1 (020 7483 3765; www.greenberrycafe.co.uk); Burgh House, New End Square, NW3 (020 7794 2905; www.burghhouse.org.uk); Everyman Cinema, 203 Haverstock Hill, NW3 (0871 906 9060; www.everymancinema.com); Hazara, 44 Belsize Lane, NW3 (020 7433 1147; www.hazararestaurant.com); Lost in Beauty, 117 Regent's Park Road, NW1 (020 7586 4411; www.lostinbeauty.com)