

STYLISH / INSPIRATIONAL / CLEVER

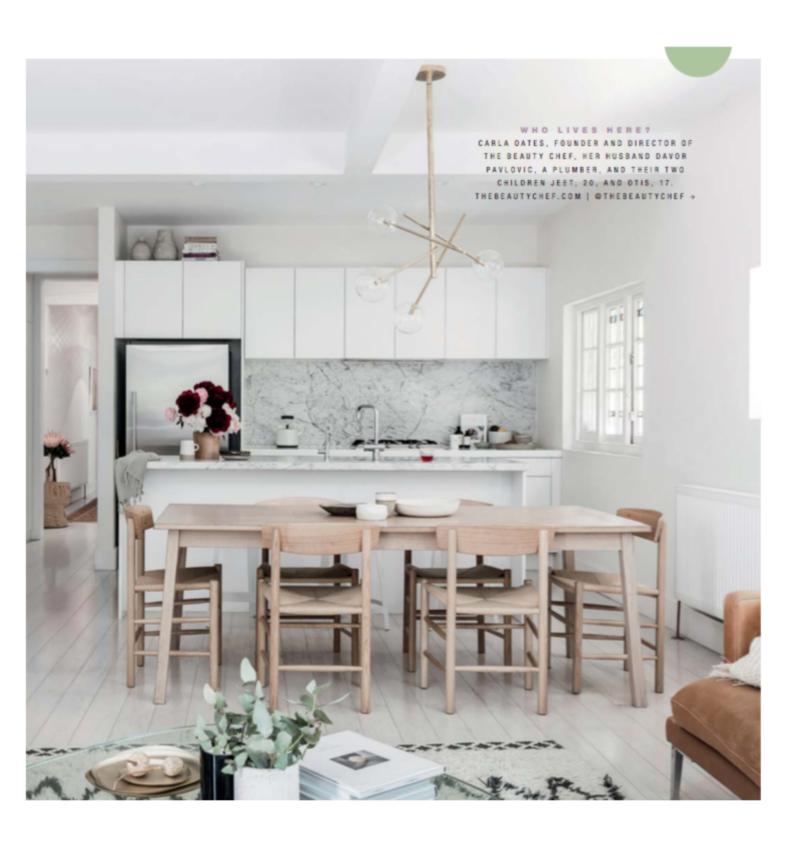


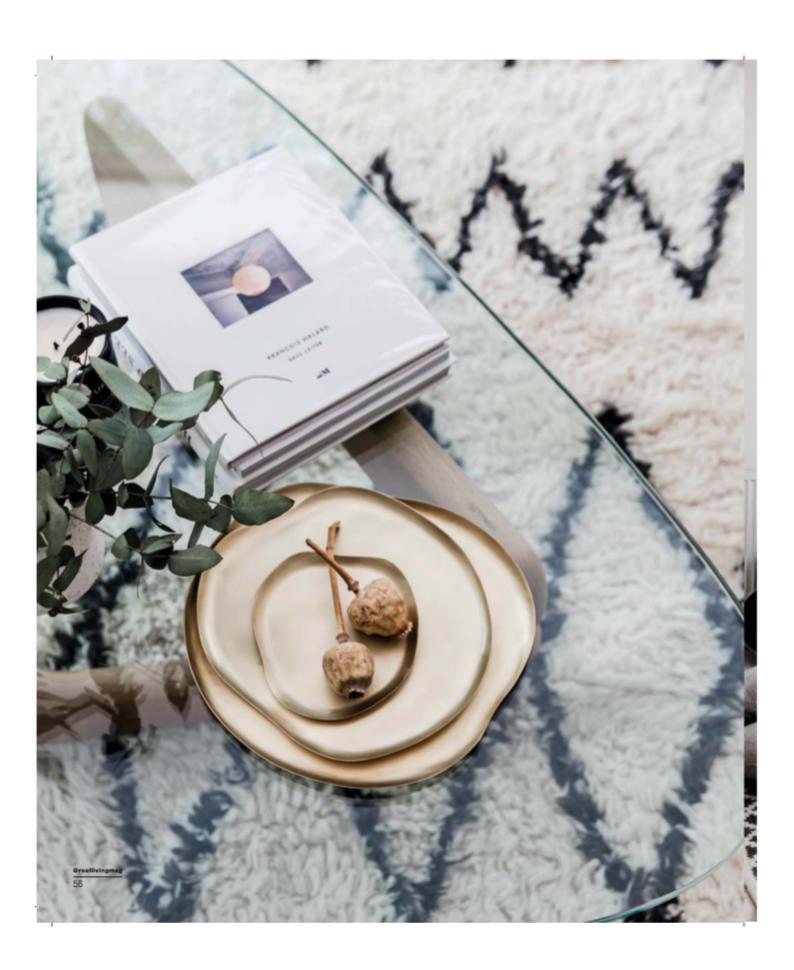


lot of beauty – step inside the light-filled sanctuary that belongs to one of Australia's brightest wellness stars, Carla Oates

WITH A BUSINESS ETHOS OF "beauty begins in the belly", it's no surprise that Carla Oates, founder of The Beauty Chef, designed her home based on gut instinct, too. "The way I choose things is very visceral and instinctual," she says. "There are pieces I've been drawn to along the way and it's been serendipitous that they all work together." WINNING FORMULA That's not all that's worked for Carla. In 2009, the ex-beauty editor created a product called Glow Inner Beauty Powder, a daily beauty drink containing 24 fermented superfoods and probiotics. Having seen her young daughter suffer skin allergies, Carla began researching the connection between the gut and skin health, and while tinkering in her kitchen, The Beauty Chef was born. EPIC TRANSFORMATION Today, Carla's kitchen looks very different. She and her husband Davor bought their 1940s Bondi apartment 13 years ago, undertaking the mother of all DIY renovations in 2013. The couple transformed the dark and rundown 85-square-metre apartment into a bright and airy 130 square metres, complete with two outdoor spaces, an extra bedroom and teenage retreat. "We feel so proud because we did it on such a shoestring budget (\$40,000), but I would never do it again", Carla says. "When we finished, our neighbours actually gave us a round of applause. It must've been like watching The Block." COMFORT FACTOR Carla's home is filled with beautifully designed, purposeful pieces and natural textures. Greenery is also ever-present, bringing wellbeing and positivity into the house. But above all else, Carla's home is nurturing. "I love chairs you can sink into with a good book, lounges where the whole family can cuddle up or have a conversation. No matter where anyone sits, it has to feel comfortable and warm." •

Set in stone The kitchen's Carrara marble splashback and benchtop were non-negotiables for Carla. "The geological history is mapped in the stone and it has a lot of depth and beauty," she says. Many of the other items in the room were sourced inexpensively – the cabinets came from her brother-in-law's house, the dining table from likea's bargain comer and the chairs were bought second-hand from an auction house.





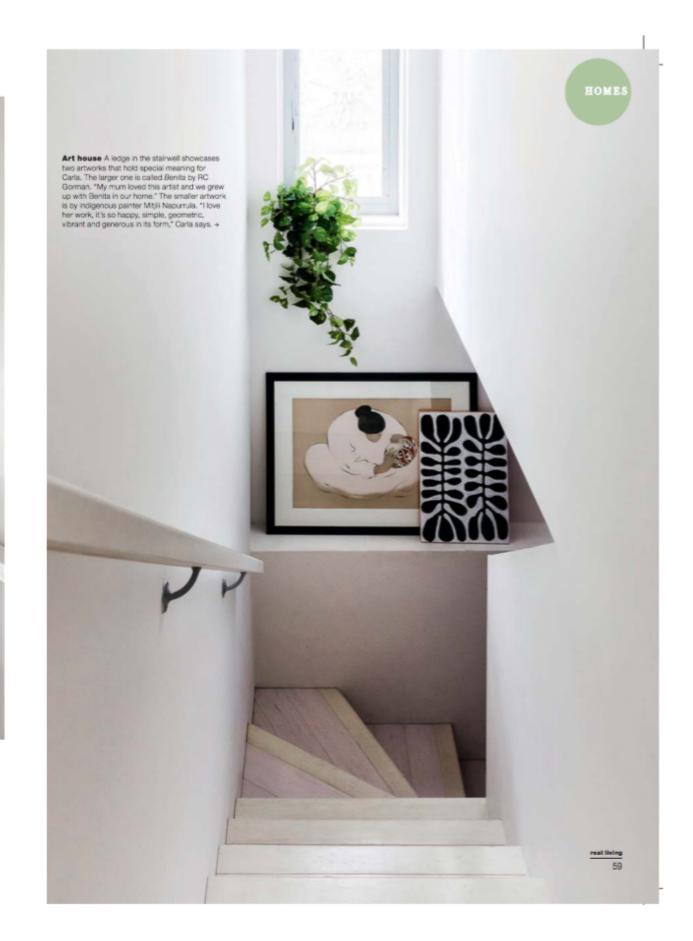








Wellness corner Carla's The Beauty Chef cookbook and Collagen Inner Beauty Boost sit alongside a Gidon Bing citrus squeezer from InBed in her kitchen. Make a splash The bathroom is a stylish sanctuary with an artprint by Georgia Martin sitting at the foot of the bath, along with a pumice stone from InBed and Atolya towel. Ultimate multitasker Carla has a few stools around her home — this one in the hallway is by Mark Tuckey. "I find them very practical and soulptural," she says. "They make great side tables, foot stools and seats." The rug is from Cadrys — "It's very pretty and earthy at the same time," she adds.













SHOP IT / COMFORT AND BEAUTY GO HAND IN HAND IN THIS CREATIVE HOME



1 Malawi single-seater cane chair, \$590, MCM House. 2 Rug Culture "Casas" oriental runner rug (3m x 80cm), \$113.95, Zanul. 3 Collage Composition No 1 art print by Samantha Totty Studio (50cm x 50cm), \$145 (frame not included), Life Interiors. 4 Medium resin "Liquid" vase in White Marble, \$145, Dinosaur Designs. 5 Large resin "Pebble" vase in Light Horn, \$300, Dinosaur Designs. 6 Eggcup stool, \$550, Mark Tuckey. 7 Seed vase in Topaz, \$140, Jardan. 8 Ikea PS cabinet in White, \$199. 9 Muuto "Silent" vase in Rose, \$65 for small, Surrounding. 10 Horne Republic "Belgian Vintage" washed linen cushion in Seal Grey, \$69.99, Adairs. 11 Home Republic "Axel" cushion in Natural, \$59.99, Adairs. 12 Boston 3-seat sofa in Charme Mocha, \$2999, Lounge Lovers. 13 Pinstripe sheet set, \$420 for queen, Deij Studios. 14 Magnola ii print by Laura Goodall, \$160 for A3, MyFlowerMan, in Adler A3 poster frame in Natural, \$69.95, Country Road.
15 Sarah Ellison "Somer" side table, \$895, Clickon Furniture. 16 Tom Dixon Brass Orbit tray set in Gold, \$220 for small, Amara.



Colours and finishes

FROM LEFT Marbie benchtop in White Attica, from \$900 a sq m installed,
Caesarstone. Verdura bamboo flooring in White Wash, \$62 a sq m, Floorboards
Online. Kaboodle 400mm Modern cabinet door in Gloss White, \$46.89, Bunnings.