



**Healthy outlook**

The light-filled home of The Beauty Chef founder Carla Oates has been designed to foster creativity and wellbeing.

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# HOMES

STYLISH / INSPIRATIONAL / CLEVER



**Pretty little things** Prized possessions are displayed in every room of wellness advocate Carla's home. This Ikea side table holds an artwork by John Olsen, a photo of Carla's daughter taken by Luke Schuettrumpf, a Country Road vase and a woven bag "bought from a street market on a recent trip to Bali".

**Creative cove** "Having a kitchen that's a pleasure to work in was a must because that's where I create and find inspiration for new products," Carla says. The multi-arm pendant light from Beacon Lighting (opposite) is the perfect statement piece. →



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

# beauty within



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 Ikea's bargain corner and the chairs were bought second-hand from an auction house.





WHO LIVES HERE?

CARLA OATES, FOUNDER AND DIRECTOR OF  
THE BEAUTY CHEF, HER HUSBAND DAVOR  
PAVLOVIC, A PLUMBER, AND THEIR TWO  
CHILDREN JEET, 20, AND OTIS, 17.  
[THEBEAUTYCHEF.COM](http://THEBEAUTYCHEF.COM) | [@THEBEAUTYCHEF](https://www.instagram.com/thebeautychef) »







**Light the way** Caria's sunlit living area brings her instant joy. "It makes me feel happy, and also, I'm a visual person and light makes everything look more beautiful," she says. The Lennon lounge is by Staple & Co, the coffee table is by Isamu Noguchi, the bamboo stool came from Orson & Blake and the rug is from West Elm. **Table wares** A Midas seven-tray set from Z'porah Lifestyle and books from Kinokuniya sit on the glass coffee table (opposite). »







**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 sculptural," 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.

**Art house** A ledge in the stairwell showcases two artworks that hold special meaning for Carla. The larger one is called *Benita* by RC Gorman. "My mum loved this artist and we grew up with Benita in our home." The smaller artwork is by indigenous painter Mitjli Napurrula. "I love her work, it's so happy, simple, geometric, vibrant and generous in its form," Carla says. →





**On display** The Hannah Nowlan artwork called *Solar Sleeping Sun* is a recent purchase. "I love the materials used, the warmth and the Bauhaus feeling," Carla says. An assortment of vases and ceramics from Atolya, Country Road, Smithmade, Dinosaur Designs and Kimberly Cruz sit alongside a bust made by Carla's daughter, Jeet, in high school. **Sheet spot** Carla's bed (opposite) is dressed with a quilt cover from InBed, linen throw from Adairs and wool-embroidered cushion cover from Città. The side table is by Sarah Ellison for Clickon Furniture and the alarm clock is also InBed. "The beautiful Tasmanian seascape was taken by my friend Justine Kerrigan," she adds.





## IN HER SHOES

A day in the life  
of Carla Oates.

### 5.30am

Wake up and head to Bondi beach for a walk and swim.

### 6am

Come home and drink a glass of Glow Inner Beauty Powder in water with Collagen Inner Beauty Boost. Shower, water my plants, sit down and drink tea for 20 minutes, think about the day ahead.

### 8.30am

My days are varied, but generally involve overseeing all departments of the company as well as working on branding, product development, research, social media and content. I always make sure I eat well and have lots of organic, nourishing meals and snacks throughout the day to sustain me. I sometimes wear joggers to work as that gives me the motivation to go for a walk at some point during the day.

### 6pm

I generally finish work around this time (occasionally later). In the evening we like to sit together for a meal as a family.

### 9pm

I aim to get to bed as early as possible, with a cup of warm coconut milk mixed with Sleep Inner Beauty Powder and a good book. »







**Green state** "We built our deck around the trees. It's quite tropical and we feel like we're in this little sanctuary of wildlife and plants, even though we're two minutes from the hustle and bustle of Bondi," Carla says. The Bistro chairs are from Kmart, the wicker chair is from MCM House and the table belonged to Carla's mum.



## 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, Jordan. 8 Ikea PS **cabinet** in White, \$199. 9 Muuto "Silent" **vase** in Rose, \$65 for small, Surrounding. 10 Home 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 Charmie Mocha, \$2999, Lounge Lovers. 13 Pinstripe **sheet set**, \$420 for queen, Deijj Studios. 14 Magnolia 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 Marble **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.