

# SOPHIE CONRAN'S *secrets of stylish living*

Only daughter of the Conran dynasty and a woman of many passions, in the past five years she's launched a tableware range with Portmeirion, a wallpaper range with B&Q, written cookery books and launched a food range. We asked Sophie to share her expert advice...

**1 No matter how ropey your bed, a mattress topper will make it more comfortable** I have one on every bed in the house. I bought the most basic bed for the guest room and everyone who sleeps there says they had the best night's sleep. We use them summer and winter alike.

**2 Wallpaper can transform a lifeless room** It makes a statement and gives even the smallest space personality.

**3 Mirrors opposite windows in dark spaces will increase the available light** I always use this device – it makes a room look twice as big.

**4 I have to have a bright colour in the kitchen** It's the first place you see in the morning and if it's a cheerful colour you start the day with a smile. (Sophie's kitchen is bright pink.)

**5 Gloss paint on woodwork and corning really works** I usually paint mine a shade of white, grey or stone. It distinguishes the detail and gives it a certain grandeur.

**6 I need a clock in every room, even in the bathroom...** or I'd end up spending all day in the bath. I like to know what time it is so I can say, 'I've got 20 minutes before I...'

**7 Books should be stacked by size** When you think of a book you want to refer to, you always remember its size. Also, this trick makes the shelves look so much nicer. Someone told me they'd stacked their books



Make a statement with wallpaper\* or bright paint, below



according to size and colour and I'm deeply envious!

**8 Good smells in the house are so warm and inviting** Lighting a scented candle in the hall before guests arrive is a lovely way to begin the evening.

**9 I always line my curtains with a colour** My bedroom curtains are white linen

with a yellow cotton lining. In the morning, as soon as it's light, the room seems to be filled with the look of sunshine, even on a grey old day.

**10 Soft furnishings are essential, especially in a loud and clattery room** The trend towards minimalism has increased noise levels. Soft furnishings are the ideal remedy.



Style is in the genes for Sophie Conran

MAIN AND KITCHEN PHOTOGRAPH: SIMON BROWN; \*SOPHIE CONRAN FLEUR WALLPAPER: £24.98 FOR A 10 METRE ROLL; B&Q (0845 850 0175; WWW.DIY.COM)