



**BEAUTY  
FROM AFAR**

Handmade by nomadic people in the Tien Shan mountains of Central Asia, these are investment pieces – skilfully crafted works of art that are remarkably hard-wearing □

Rugs (from left), 0.8m x 3m, £875, and 1.65m x 3.15m, £1,925; cushions, £120 each or £200 a pair, all Felt (020 8772 0358; [www.feltrugs.co.uk](http://www.feltrugs.co.uk))



124

Floor show:  
carpets for living



137

A month's worth  
of inspiring meals



74

Black, white  
and fabulous



**ON THE COVER**

Photograph: John Swannell  
Hair and make-up: Chrissie Baker  
Styling: Elizabeth Cocozza  
Top: Anoushka G  
Earrings: Pebble  
Balloons courtesy of Balloon Power

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**GOOD HOUSEKEEPING PROMISES**

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- Every product test bearing the GHI logo is carried out to the strict standards laid down by the Good Housekeeping Institute, our leading research centre.
- Recommendations on our editorial pages are based on the impartial advice of our editors and expert contributors.
- All health articles are checked for accuracy by the GH HealthWatch team of health professionals.
- All prices are correct at time of going to press.

We aim to correct significant inaccuracies in the next available issue. If you would like to get in touch, please email us at [goodh.mail@natmags.co.uk](mailto:goodh.mail@natmags.co.uk).



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