

# IMAGE

IMAGE.IE

SUMMER 2022

LYRA FIND YOUR COLOUR POSITIVE PESSIMISM SANDALS VINTAGE DENIM THE MOTHERHOOD DILEMMA ZOË JORDAN IN PALMA

## hello summer

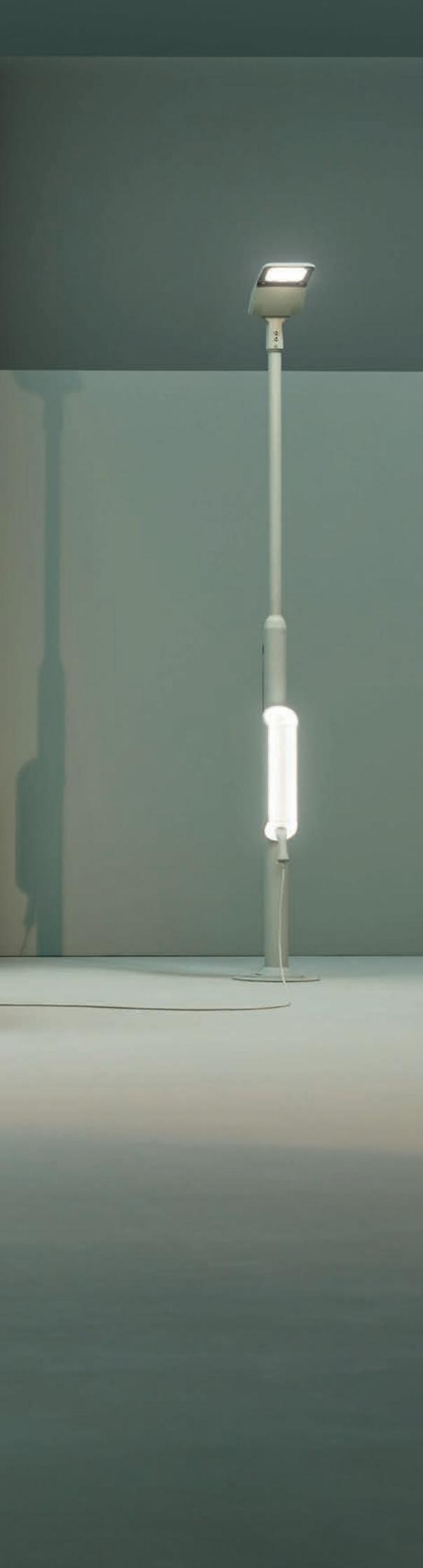
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1798

A FAMILY STORY

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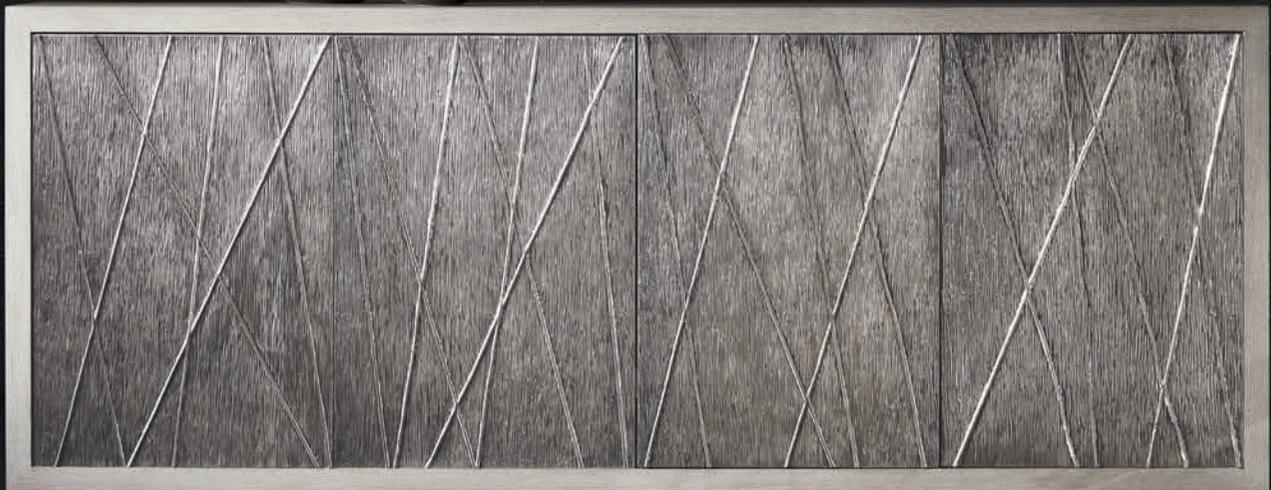


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## Editor's letter

I was sitting having coffee with my work pal Katie in a café on Baggot Street the other day. The doors to the street were open and we could see groups of people sitting at tables out front. It was only Tuesday lunchtime, but there was a definite buzz about the place. “Oh, I can feel the summer butterflies,” she said, with a grin sweeping across her face. Looking out to the pavement beyond, I knew exactly what she meant. That scene of people leaning in towards each other, the sun glinting off their sunglasses, as they soaked up the fine weather and the simple

buzz of eating outdoors on a sunny day.

The kind of Irish summer day when you stroll out at lunchtime and know you can make a plan for later with the promise of a long summer evening stretching ahead. Isn't that summer distilled? That little warm water current of anticipation, whether it's the major spoil of a much-anticipated holiday or just the simple enjoyment of feeling the sun on your face.

Our columnist Esther O'Moore Donohoe sums it up so well, on page 160, when she talks about “fizzing with delight” at the thought of her first holiday abroad in two years, where she plans to do nothing but loll by the pool in Fuerteventura and “conveyor-belt ready salted crisps, aka Holiday Crisps, into [her] mouth for approximately 12 hours a day.”

While our cover model, Cat Frean, sums up that face-to-the-sun feeling to perfection on page 51, where she lies back on the sand of a Wexford beach – as beautiful as any South of France inlet – and you can almost feel the warmth of the amber-hued light on her eyelids through the page.

Just recently, I travelled with my brother to the Greek island of Spetses for my cousin's wedding. It had been Covid-postponed twice, so to say anticipation levels were high would be an understatement. The journey was long, having begun at 3am, but when we finally dropped our bags in a little café in the port, and ordered a cold beer, it was suddenly so perfectly, unequivocally worth it. As we sat there with Irish weather layers peeled back to a T-shirt, taking in the azure water and bobbing boats, all the lists and logistics for childminding, dog-sitting and pre-out-of-office prep were forgotten. There is just nothing quite like that particular sudden flood of endorphins when you realise you've arrived – the holiday starts here, and you can finally flip that stress switch to “off”.

But whether it's the Canaries or Greece, Wexford or West Cork, plans to escape and explore this summer can come in all forms. For Sarah Macken, on page 36, it's about experimenting and embracing a new

summer colour palette, for Jennifer McShane, on page 72, it's discovering the perfect poolside read, for Melanie Morris, on page 118, it's about nailing the perfect humidity-proof hairstyle. While we all revel in the sun-dappled chic of fashion designer Zoë Jordan's home in Palma on page 134, and soak up the casual cool of stylist Ciana March's ode to vintage denim, shot along the dreamy setting of the West Clare coast, on page 40.

Whatever your summer escape of choice, we hope you'll find inspiration here and get to make the most of the mood-lifting light and bright days ahead.

Lizzie Gore-Grimes *Editor-in-chief*



Want to get in touch? We'd love to hear from you – [editorial@image.ie](mailto:editorial@image.ie)

# IMAGE

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STYLE



Channel sun-kissed style with this season's playful mood. Easy-to-wear, light, bright pieces is where it's at this season. Flip to page 23 for all your summer fashion inspo.

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AGENDA



From perfect poolside reads to al fresco festivals and art galore. Plus an interview with one of Ireland's most impactful up-and-coming female singers... we're all set for a culture-rich summer.

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SELF



Turn to page 128 to meet Nikki Bradley, above, and read her incredible cancer survival story. Plus, soak up all the best beach-ready beauty tips from the pros.

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LIVING



From a floral and foodie-inspired venue to visit in Wicklow to fashion designer Zoë Jordan's sun-drenched Palma home, get ready to escape the ordinary with us this summer.

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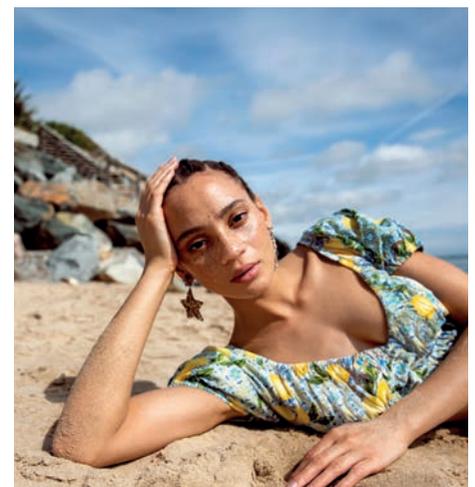
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ON THE COVER Model Cat Frean styled by Sinéad Keenan and photographed by Eilish McCormick, shot on location in Wexford. Turn to page 50 to see the full "Summer Dreaming" story.





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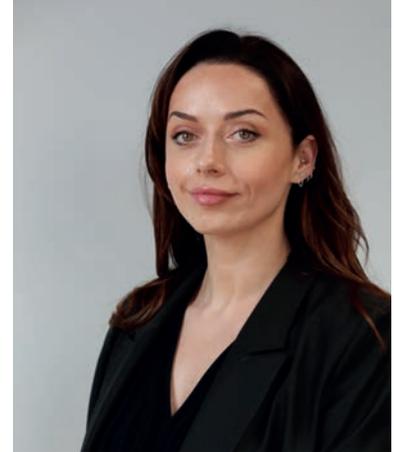
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**EVAN DOHERTY** Photographer Evan had picked up a camera by the age of 14, documenting the urban landscape and growing graffiti scene in Ireland in the late 1990s. His subject has changed since then, but the purpose stays the same. "I get to tell a story through my images. Whether it's a fashion story or documenting social issues, there is always a chance to learn as I photograph people and hear their stories." He photographed Cork singer Lyra for this issue. "She has great style, presence and personality, which always makes my job easy." Turn to page 74 to see the shoot.



**KATIE BYRNE** Writer and editor Katie loves "asking people nosy questions", and on page 90 she delves into the rarely talked about, and often complicated, relationship we have with money. "I've always been fascinated by people's financial personalities – how two people can earn the same amount of money, yet one lives paycheque to paycheque, while the other builds a tidy nest egg. We used to put this disparity down to a simple matter of poor spending habits, but the field of financial psychology suggests that it goes much deeper."



PORTRAIT BY BRÍD O'DONOVAN

**AINGEALA FLANNERY** A career in journalism means she may have always written as part of her job, but the move to "writer" is a recent one for Aingeala, as she explores on page 87. Aingeala thinks it all started with compositions in primary school. "Our teacher, Sister Agnes, was very encouraging. I embellished my compositions with imaginary pets and friends to impress her. My mother read them and told me to stop telling lies, which was ironic because she's never been one to let the truth get in the way of a good story." The move from non-fiction to fiction feels freeing to her. "There's a sweet spot you hit when you get under the skin of a character or a story, and that's what I'm chasing all the time. I've worked as a journalist for over 20 years, yet it feels like the most truthful things I've written have been fiction."



PORTRAIT BY DOREEN KILFEATHER

**CIANA MARCH** Ciana's journey to styling started as a student in UCD, when her and best friend Becky Wallace started a blog called *Concrete Collar*, exploring the connections between fashion and architecture. "We were styling shoots using young graduates' collections in places of architectural interest." One of the things she loves most about her job is working directly with designers. "I learn about their collections and what drives them and translate this into a direction for the season." Turn to page 40 to see the shoot she styled with her father's impressive vintage denim collection, using friends and local West Clare creatives as models. "Working with supportive, like-minded people makes all the difference. I'm so grateful to everyone who gave their time so generously."

**JAY DOHERTY** Jay loves the way photography allows him to both document and create something new. "It's an escape to a new world, a source of pure joy." Based in Donegal, he makes the most of the local landscape, "surfing, swimming, rambling the hills and cruising in our wee Bedford Bambi campervan". On page 128, he captures cancer survivor and amputee Nikki Bradley, and found himself "in awe of her resolve and perseverance".



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Floral cotton belted dress, Ulia Johnson, €495 at Samui, Cork. Oversized woven bag, Exquisite J, €329; raffia earrings, Olivia Dar, €125; both at Emporium Kalu, Naas. Black sandals, €15 at Penneys.

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# STYLE

BARELY-THERE SANDALS

VINTAGE DENIM

THE SWIMSUIT SEARCH



## SUNRISE TO SUNSET

We have your summer wardrobe covered, from colourful accessories to dresses that'll take you long into the evening, like this Ulloa maxi, €295, from A Kind of Guise; see overleaf for our other seasonal picks. Sarah Macken is getting dressed with a whole new mindset thanks to a colour consultation over on page 36, and turn to page 50 for our fashion shoot full of bold, beachy looks.

# soak it up

Now that summer's finally here, we'll be making the most of it with colourful accessories and pieces fit for the beach.

compiled by Megan Burns

**LIMELIGHT** Citrusy shades are always hot for summer, but zingy lime is catching our eye at the moment. Wear with crisp whites to lend grown-up glamour – think of it as a margarita for your wardrobe: fresh but with a party vibe. Medium-waist denim shorts, €39.99 at Mango.



FROM LEFT Silk-trimmed sequinned stretch-tulle tank, Tom Ford, €980 at net-a-porter.com. Cabrera tie-dye Cabaña knit, €217 at zoe-jordan.com. Georgina jean, €425 at marahoffman.com.



**SAND, SEA, SUN** A beautiful woven bag is a must for any summer trip, and will add that breezy, seasonal vibe to your look. Classic rattan styles are always a great option, but we're seeing plenty of colourful styles pop up that are equally tempting.

**CLOCKWISE FROM TOP LEFT** Ayia bag, €70 at sahara.ie. Woven tote bag, €19.95 at Zara. Large straw shopper, €27.99 at H&M. Fala bag, Soeur, €50 at Costume, Dublin.

**FANCY FEET** If ever there was a season to throw practicality to the wind and embrace designs that make you smile, it has to be summer. We'd positively sashay down the street in these Greekaba espadrilles from Christian Louboutin, christianlouboutin.com.

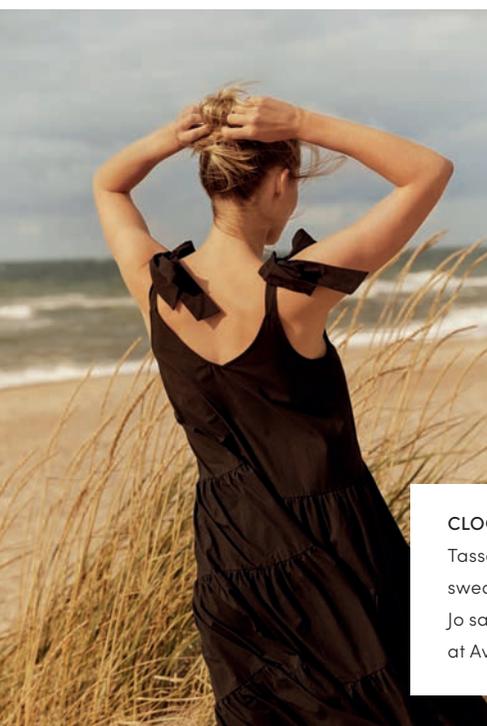




## EVERYDAY ELEGANCE

We're seeing Irish designers lean into feminine styles, but these pretty pieces are not to be kept just for special occasions. **Aoife McNamara's** latest collection was inspired by the idea of wild beauty, and is all made in Ireland. Her *I Dream of a Future* dress is made from Irish linen in a soft shade of pink with puffed sleeves and ribbon detail at the back. While textile designer **Hannah Whelan** has been making her mark in New York with her stylish bag brand **Mála Studio**, and is making the move to London in July. Each of her handmade designs plays with waves and curves, and we love her nod to Irish confections in the bag names, including *Wibbly Wobbly Wonder* totes and the *Mini Mikado* bag. Derry-born **Caoimhe Grant's August Night** bags are made in Dublin, and she's added sorbet shades to her collection for summer 2022, sitting alongside her classic pastel tones. Their distinctive satin bows pair perfectly with evening wear, but can also uplift the everyday.

CLOCKWISE FROM TOP LEFT | *I Dream of a Future* Dress, €420 at [aoifemcnamara.com](http://aoifemcnamara.com). *Baby Sílin* Bag, \$145 at [studiomala.com](http://studiomala.com). *Large Bow Sac* in blush satin, €325 at [augustnight.ie](http://augustnight.ie).



## BACK TO BLACK

Summer often sees us shun our black basics in favour of bright shades, but there's an unmistakably chic edge to a monochrome warm-weather look. Always a classic, the palette will also look fresh for many seasons to come: ground your wardrobe with staples from timeless brands such as **The White Company** or Danish brand **Part Two**, now at **Avoca**.

CLOCKWISE FROM LEFT *Povla* dress, **Part Two**, €119.95 at **Avoca**. Tassel hem jumper, €149 at **The White Company**. Cropped cotton sweatshirt, €29.99; and tie bikini bottom, €15.99; both at **Mango**. *Jo* satin kaftan dress, €185 at [kdk.ie](http://kdk.ie). *Petry* T-shirt, **Part Two**, €54.95 at **Avoca**. *Cashmere Trandana*, €75 at [stableofireland.com](http://stableofireland.com).



**FASHION FORWARD** If you want your purchases to make a social impact, there are plenty of brands doing just that. London-based **Asime** sends some of its profits back to the community-powered NGO in the Ghanaian village where their clothes are made. Irish brand **Handmade From Tanzania** employs skilled craftspeople as well as providing training to new recruits, while **We Make Good** offers a wide range that supports those facing social challenges, [asimeclothing.com](http://asimeclothing.com); [handmadefromtanzania.org](http://handmadefromtanzania.org); [wemakegood.ie](http://wemakegood.ie).

**BELOW** Black tie-dye wrap top, €90.95; repurposed denim frill skirt, €132.95; both at [asimeclothing.com](http://asimeclothing.com).



**SUN-SOAKED**

We're manifesting a long, hot summer with a palette of buttery yellows – at the very least, they'll brighten up days when the sun refuses to.

**CLOCKWISE FROM TOP LEFT**

Midi dress, Sister Jane, €114; Santorini raffia basket bag, DeMellier, €295; both at Arnotts. Sea Dive swimsuit, Seafolly, €94 at Brown Thomas. 19-69 Capri Eau de Parfum, €165 at [nineteen-sixtynine.com](http://nineteen-sixtynine.com). 09 sunglasses, Chimi, €110 at [chimiyewear.com](http://chimiyewear.com). Philine dress, Part Two, €149.95 at Avoca. Huila dress, A Kind of Guise, €340 at [akindofguise.com](http://akindofguise.com).



**SUMMER STRIPES** This simple pattern is a classic for a reason, and we can't get enough of stripes in all their forms. From bright and breezy to pared-back monochrome, they'll take you through outdoor gatherings, days out and beach trips all summer long.

**FROM LEFT** Tommy chair, Business & Pleasure Co, €255 at [smallable.com](http://smallable.com). Packable sun hat, €69 at [ralphlauren.ie](http://ralphlauren.ie). Cream stripe halter-neck midi dress, Boden, €154 at Next. Aoife striped cashmere boat-neck top, €359 at [laura-chambers.com](http://laura-chambers.com).



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Woven flat lace-up sandals, €39.95 at Zara



Multiple strap sandals, €19.99 at Mango



Padded leather sandals, €89 at & Other Stories



Leather strap sandals, €135 at Arket



Eleftheria braided sandals, Ancient Greek Sandals, €165 at net-a-porter.com

# BARELY THERE

Step into summer in this season's low-key sandals – they give everything from floaty dresses to jeans a minimalist edge.

compiled by Megan Burns

Sandals, €42 at M&S



Flat leather sandals, €59.95 at Zara



Hadley bow sandals, Loeffler Randall, €364 at farfetch.com



Leather sandals, Porte & Paire, €250 at net-a-porter.com



Knot flat mules, €35 at M&S



Nole platform sandals, €300 at atpatelier.com



Slides, €14.99 at H&M



Laurie sandals, Emme Parsons, €322 at smallable.com



Leather flip flops, €79 at Cos





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Cotton crochet top, €29.99 at Mango



Lolla phone pouch, €1,250 at chloe.com



Mules, €27.99 at H&M



NO 21



ROTATE BIRGER CHRISTENSEN



CELINE



Crochet knit top, €25 at Weekday



ACNE STUDIOS



Crochet fringe midi dress, €89 at & Other Stories

Straight trousers, €49.99 at H&M

## crochet chic

Craft-inspired pieces add texture and a laid-back summer vibe to your look. Stick to earthy tones for a modern take on this seventies staple.

compiled by Megan Burns



Crochet bucket hat, €39.99 at Mango



Raffia-crochet bucket bag, Loewe Paula's Ibiza, €1,369 at matchesfashion.com



Dress, €2,650 at jilsander.com

Catwalk images by Stefan Knauer

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Faux leather belt, €25.99 at Mango



Poplin patch pocket shirt, €180 at toast.eu



Fedora bandana hat, Rag & Bone, €215 at zalando.ie



BEVZA



Anagram cutout shoulder bag, Loewe Paula's Ibiza, €690 at net-a-porter.com



ELIE SAAB



ALTUZARRA



Moss earrings, €80 at sheenaghevelyngreen.com

A-line skirt, Materiel, €540 at zalando.ie



CIVIDINI

Catwalk images by Stefan Krauer

Relaxed linen shirt dress, €89 at Cos



# white hot

Greet the heat with crisp whites in relaxed shapes, which have the added bonus of keeping you feeling as breezy as you look.

compiled by Megan Burns

Vince tie-front crop wide pant, €384 at Juju, Greystones

Cropped tunic, Materiel, €572 at zalando.ie



Flat leather sandals, €99.95 at Massimo Dutti



Oval sunglasses, €25 at & Other Stories

*“Perfect”*

*Clementine and Jamie  
Wedding 11th of November 2021*



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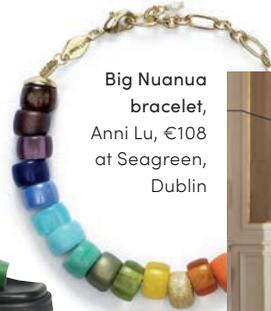
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alanui.it



Shell earrings,  
Marni, €222 at  
matchesfashion.com



Big Nuanua  
bracelet,  
Anni Lu, €108  
at Seagreen,  
Dublin



Toe-loop sandals, €140 at anthropologie.com



ANNA SUI

Ismeyleaf print jumpsuit,  
Ted Baker, €255 at Arnotts



Floaty Folk flower  
shirt, €175 at  
sandro-paris.com



STELLA MCCARTNEY



Slow flowers  
bikini top,  
€25 at  
arket.com



Slow flowers bikini  
bottom, €19 at arket.com



VALENTINO

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compiled by Megan Burns

Tropicana patchwork  
shorts, Zimmermann,  
€380 at Brown Thomas



Tropicalia basket bag, Marni,  
€875 at matchesfashion.com



Cool Leopards maxi dress, Farm  
Rio, €329 at Rococo, Dublin



Acetate frame sunglasses,  
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# a COLOUR story

After a bespoke colour consultation, **Sarah Macken** embraces the softer side of summer brights.

Bold! Brave! Bright! The recession may have spurred the lipstick index but the post-pandemic world is all about the colour statement. Indeed, the last two years demonstrate that clicking buy on a colourful piece is more than a fashion choice, it's a power move; a definitive flipping-of-the-bird to the drudgery of pandemic life. The louder the look, the sweeter the taste of freedom.

Post-lockdown, we're living in a state of technicolour. We watch as Hailey Bieber accessorises an iced latte with a lime blazer. When Harry Styles (that crazy kid) delights us with another rainbow outfit at Coachella, we obsequiously gush. As I scroll Instagram, Stand Studio's Charleen jacket pops up – a glossy, cropped affair in what I am dubbing a bright shade of Kermit.

Suffice to say, the rush of "dopamine dressing" that flooded our feeds in the midst of the pandemic has yet to flatline. According to Net-a-Porter, the current demand for colour is across the board. The luxury online retailer recorded a 96 per cent lift in sales of green items; hot on its heels was the colour orange, which lifted by 93 per cent, followed by pink at 65 per cent.

"My prescription is similarly pastel – think periwinkle blues, pale yellows and lavenders. The key is that every colour should be soft, soft, soft. And you can forget white – or black."

As the catwalks nod to Y2K dressing, I haven't seen such an unapologetic use of colour since the year 2003. It was around then when I co-ordinated fuchsia corduroys with a fluorescent school bag during my after-school missions to George's Street Arcade. The real showpiece was a matching Hav-A-Hank scarf. (Sadly, bad outfits quite frequently happened to clueless noughties teens.)

Today's pieces are elevated by premium branding – and tantamount Instagram buzz – but the shades are just as searing. Of course, the fashion goths will snarl at colour, just as the minimalists will bawk: meanwhile, I am in search of an education. If colour is here to stay, shouldn't we learn to wear it correctly?

I, for one, am not: that's what I discovered when I had a colour consultation. Yes, just as the fashion world embraces AI and the burgeoning metaverse, institutions like Colour Me Beautiful are having a renaissance. Albeit, a millennial one.

According to Isabel Gleeson, a Dublin-based virtual stylist, knowing how to wear colour has never been so pertinent.

This is, largely, thanks to the copy and paste attitude we have to shopping that's been induced by Instagram culture. "We live in an age where people no longer shop with their complexion in mind," Gleeson says. "Instead, they see something on someone like Pippa O'Connor and go, 'That looks amazing on her, I'll buy it.'"

At the recent launch of the Personal Shopping Suites at Kildare Village, Clara Halpin, deputy director of personal and private shopping, elaborates: "There's a tendency to wear a certain colour because we've seen a friend wear it, or been inspired by an Instagram post, when in fact that colour may be completely wrong for us." Often, the result falls short of the mark. "The wrong colour can make you look drawn or washed out," Halpin says.

I meet Gleeson over Zoom for a colour consultation – a service that, considering it's only ever needed once, is reasonably priced at €30. Gleeson carries out most of her styling via Zoom, or WhatsApp; the fee includes a PDF with a personalised colour report and shopping recommendations.

Five minutes in, and we're down to brass tacks. Can you warm up pale skin with colour? The answer is no. It's the opposite, as Gleeson explains, who says that being a pale and fair-haired "summer" palette, I should avoid ultra-bright or stark colours. Contrary to belief, a summer is not loud and vibrant, but delicate and feminine.

"The cardinal rule is that the colour worn closest to your face will accentuate similar pigments in your skin tone," Gleeson says. "Yellow tones will draw out a yellow pigment in the skin, blues will make blue eyes appear brighter, and pinks will enhance the pink in your complexion: something worth bearing in mind if there's a particular colour you don't want to embrace."

Your seasonal recommendation surpasses colour to fabric choices. Gleeson informs me to look for "soft textures like wool, cotton knits and crepes". I'm advised that yellow is my new best friend. As are sequins; in fact, anything iridescent will bring brightness to a pale complexion. (Something I didn't realise, but makes sense.) Gleeson is straight-talking about what I should avoid (bright red, at all costs) and what I should try (steely shades of blue).

Interestingly, the colour that suits everyone – complexions are grouped into cool palettes, summer and winter, as well as warm palettes, spring and autumn – is purple. However, Gleeson's





experience as a fashion buyer at Ted Baker proves it's a colour people shy away from. They shouldn't. "A medium, lavender purple flatters warm and cool palettes," she says. (See Pantone's colour of the year, Very Peri – a "courageous" purple that inspires creativity.)

It's little wonder we're drawn to colour right now, says Ros Duke. The Irish designer, who creates luxurious knitwear pieces from an annex in her back garden in Killiney, has a hard and fast rule when it comes to choosing colours: if it's natural, it works. "For me, it always comes back to the colours of the earth," Duke says. Non-artificial shades – indigos, denim, lavender and rust work best – often inspired by local flora and fauna.

The hero of Duke's new collection is a zinging turmeric yellow, something to lift Irish skin tones after a long winter. Her use of colour is instinct-based. "I try not to obsess too much over which colours are received best. But I've noticed that soft pinks always do well with my customers."

My prescription is similarly pastel – think periwinkle blues, pale yellows and lavenders. The key is that every colour should be soft, soft, soft. And you can forget white – or black.

Yves Saint Laurent once said, "A woman in a black dress is a pencil stroke." Should I bid adieu to a colour purely because it's not my season? I've a feeling not everyone would be that compliant.

As I learn, however, there's no need to panic-buy a new wardrobe. The point of a consultation isn't to be prescriptive, but to know what colours are your allies. There are shortcuts, too. As Gleeson says, "You can cheat by wearing a scarf in your colour or by a pop of silver jewellery [it suits summer skin tones]."

Some of my results were intuitive. For instance, I know blue is good on me as I tend to get compliments when I wear it. Equally, I've noticed that a buttermilk yellow gives pale skin a definite glow. (Something, as an extremely white person, you cherish.)

I break Gleeson's suggestions into two categories: the familiar, and the unknown.

The first is a palette I already own a lot of: warm pinks, dusty lilacs, mint greens and powder blues. The second is uncharted territory: namely plums, aqua blues, teals and taupes (as a pale person, I always assumed the latter would wash me out).

On a midweek day, I road-test the first category for an appointment while working from home. I've ticked three

of the summer boxes: denim blue jeans, a lilac cardigan and a dusty pink jacket. Underneath, I layer a long-sleeved white T-shirt (old habits die hard). I feel feminine but not saccharine, and I get a compliment for looking "very summer-y": not too shabby.

My second mission is a little more exploratory. I finger the lush fabrics hanging at my favourite department store, abandoning my comfort zone of serene pastels. Instead, I opt for a Sandro suit in plum, one of the colours prescribed by Gleeson for special occasions. I slip into the two-piece and surprise myself by thinking I have a bit of colour (similar to putting on a layer of a light fake tan moisturiser) although I can't fight the fact that purple tailoring makes me feel like The Joker.

"Do you think this colour suits me?" I ask the sales assistant, with trepidation. "It doesn't look terrible on you," she says, sensing my unease. She adds: "The colour suits your skin tone." My happy medium is something I already own: a mid-length dress in denim blue by Rixo. I chose well, according to one expert. "The colour blue represents calmness and communication," Halpin says.

In a sustainable vein, knowing your colours can cut down on consumption. "Take a winter coat that you might wear 200 days out of the year – it makes sense to buy just one in a colour that makes you look your healthiest, your brightest, rather than having multiple colours, none of which feel right," Gleeson says.

If the experts are right, modern dressing calls for a dialling up of what flatters, rather than what falls into tiny squares on a social media feed. According to Halpin, the benefits of wearing the right colour are underrated. "The energy that colour transmits and radiates is infectious and uplifting," she says.

A quote from Belgian designer Ann Demeulemeester strikes me: "Black is not sad. Bright colours are what depresses me. They're so... empty. Black is poetic. How do you imagine a poet? In a bright yellow jacket? Probably not." I may be giving up black for now, but I'll maintain some of this swagger, please and thank you.

The 40-minute Perfect Palette colour analysis at Kildare Village costs €100, email [personalshopping@kildarevillage.com](mailto:personalshopping@kildarevillage.com) to book.

A virtual Colour Consultation with Isabel Gleeson costs €30, see Instagram [@styledbyisabel\\_](https://www.instagram.com/styledbyisabel_) for further details.

## SOFTLY, SOFTLY

Sarah's prescribed palette sticks to pale tones.



FROM LEFT Lilac floral print neckerchief, €3 at Penneys. Kapity bag, Sans Arcidet, €231 at smallable.com. Linen blazer, Claudie Pierlot, €365 at Brown Thomas. Leather mixed trainers, €49.99 at Mango. Linen shorts, €19.99 at H&M. Sadi embroidered maxi dress, Olivia Rubin, €396 at Arnotts.



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# double denim

It's official: double denim is back, and who better to show us how to rock it than vintage denim aficionado and founder of Blue Collar Denim, Ben March and his stylist daughter Ciana.

words Michelle Hanley styling Ciana March photography Doreen Kilfeather

Growing up in Cambridge, England as a teenager in the 1970s and '80s, Ben March would spend his weekends rummaging through jumble sales. "I was hugely into street fashion and pop culture and began to build a collection of denim from the '60s – particularly Levi's, which I saw as the epitome of cool."

Then about ten years ago, with the boom in online marketplaces such as eBay and Etsy, Ben's passion was rekindled, and his collection – and encyclopaedic knowledge – really began to grow.

"When I travel, I seek out every vintage shop and flea market I can find. I also scour countless online shops. It's the obscure details, of stitching and labelling, that I am looking for. They help me authenticate and accurately date a piece."

Labels, lapels, buttons, pockets – each detail holds a clue to the garment's backstory. Ben's collection today centres around the

American Big Three (Levi's, Lee and Wrangler) but he has a few niche brands he covets also, including Native Denims in Dublin and Japanese brands like TCB, Denime and Momotaro.

"I am particularly drawn to pieces that show their age in fading, fraying and mends," continues Ben, who uses the Japanese techniques of Boro (patching) and Sashiko (decorative stitching) to breathe new life into vintage pieces.

"Wearing vintage, practising creative mending techniques and generally celebrating the stories behind the objects we use in daily life is all part of my personal philosophy," says Ben. "Life feels so much richer because of these things. It's also encouraging to think of the positive environmental impact; each item of clothing saved and re-worn means less consumption and waste in the long run."

Follow Blue Collar Denim at @bluecollardenim or go to bluecollardenim.com.

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**Ben March** wears a 1970s Levi's white tab, broken twill denim jacket, a US train driver's cap and Levi's embroidered chambray shirt, both from the 1950s, as well as 1947 reproduction Levi's 501s with Sashiko and upholstery fabric repairs. Ben's grandson, **Paddy Óg O'Dwyer** wears a 1970s Levi's orange tab jacket and Wrangler 13MWZ jeans. "I collected my first tiny denim jacket in my teens, so my grandson will never be short of one!" **ABOVE RIGHT** A 1960s Levi's trucker jacket with Japanese indigo-dyed kimono fabric scrap repair.



**Charo Egan**, former co-owner of Egan's, Liscannor wears a 1960s Levi's white tab denim shirt and sleeveless trucker jacket, and white Levi's 501 jeans from the 1990s. "The jacket and shirt have Levi's pocket tabs written all in capital letters, which changed to a capital L with the other letters in lowercase in 1971. It's details like this which allow me to accurately date historical pieces."



**Ciana March** wears Levi's: a 1960s white tab jacket, 1970s orange tab shirt, and 1917 reproduction 501s. **Ben** wears a 1970s Panatela cotton jacket and corduroy 527s, both Levi's, as well as a Bronson denim 1940s reproduction Daisy Mae bucket hat. **Paddy Óg** wears an indigo-dyed, padded, Noragi-style jacket from NOR Studios, and Wrangler jeans.



Musician **Aindrias de Staic** wears a reversible vest, orange tab shirt and leather 517 trousers, all Levi's from the 1960s. "It's my understanding that these vests were produced in San Francisco in the late 1960s by an African American collective under licence from Levi's."

**OPPOSITE PAGE, BOTTOM LEFT** Producer **Sarah Mulcahy** is wearing a Levi's multicoloured 1960s white tab houndstooth trucker jacket and orange tab jeans from the '70s. "This jacket is a rare example of a type once popular with mod and skinhead girls in the 1960s." **TOP RIGHT** **Richie Matthey**, bodyboarder, is wearing a nylon carpentry themed shirt from the 1970s and deadstock condition western cut jeans. "This shirt is a great example of so-called disco shirts from the 1970s, although dancing all night in nylon must have been a sweaty affair! 'Deadstock' is clothing that has never been worn. These jeans were found in an old closed-down shop in Kilrush." **BOTTOM RIGHT** Student **Elsa Murray** wears a Wrangler jacket and Levi's white tab shirt from the 1970s, as well as Levi's corduroy 517s from the 1960s. "This jacket is made from the 'broken twill' denim developed by Wrangler in the 1960s to help prevent fabric twisting. It has a distinctive zig-zag weave most obvious on the reverse side."





CLOCKWISE FROM BOTTOM LEFT Copywriter Aoibhin O'Sullivan wears a 1970s Levi's orange tab shirt with Sashiko repairs, a Wrangler 1950s reproduction pleated 11MWZ jacket, and Levi's vintage clothing 1917 reproduction 501 jeans. "Both Wrangler and Levi's are now doing accurate reproductions of period pieces from their own output over the years to feed a keen market for historic denim. The early jackets were often pleated at the front to allow for ease of movement." Ben and Paddy Óg, as before. Myriam O'Sullivan, a visual artist, is wearing a 1960s Miss Levi's jacket and cheesecloth shirt and 1970s orange tab Levi's jeans. "Levi's shifted focus from workwear to fashion wear after, legend has it, an executive visited the famous Woodstock festival in 1969 and realised that the counterculture was already largely clad in denim!" Elsa Murray, as before. A pair of 1970s Kestrel jeans, made in Ireland. Ben wears a 1980s Levi's sweatshirt, holding 1980s Levi's 501s with Sashiko mending.





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# How I found The One

No more bikini “ready” than anyone, but a looming girls’ trip forced **Suzie Coen** out of her basic togs into a world of high cuts, low backs, thongs and tricky dangling ties in search of a swimsuit she’d look forward to wearing.

illustration Chrissy Curtin

I spend a lot of time in a swimsuit. At least twice a week, I’m in my togs due to the nature of my midlife crisis, which involves flinging myself into cold lakes and choppy seas with like-minded open-water pals, because swimming outside does wonders for my mental health (really, it does!). In days gone by, I stuck to black swimsuits in as flattering a shape as I could find. I was not, as they say now, body confident. I dreaded trying on costumes in the harsh light of changing rooms and made safe choices, worried about being judged and judging myself. Anyway, all this swimming means I have finally come to a place where I don’t care what I look like in a swimsuit (ish). Trying them on doesn’t bother me anymore, because their value to me nowadays is practical, not aesthetic. I don’t worry whether they make me look slim or not. I don’t care if they don’t hide my wobbly bits or whether or not they make me look even paler than I already am. And yet, and yet... Liberating and all as that is, I was still unnerved when it came to the task of buying a “holiday” swimsuit for a girls’ weekend away in Spain to celebrate a big birthday.

I know it’s because I subconsciously buy into the old-fashioned narrative that I should look a certain way in a “resort” bikini. As if the holiday masses’ eyes are going to be scalded by the sight of a few tummy rolls, soft jiggly hips and thighs and normal coloured skin. It’s all too easy to say “love the body you’re in”, but sometimes we just don’t. We all have things we’re not happy with. All of us see things that others don’t; we blow our faults and imperfections out of proportion. The trick is to try and act the magician and practise misdirection and distraction – throw attention and light on what you do like and in my case decide to commit to a killer beachwear “look”.

The holiday WhatsApp pings with chat about exclusive beach club brunches and a day on a yacht (I know...) so perhaps appropriately, I settle on the more-is-more party swimwear muse that was Goldie Hawn in *Overboard*. Nothing was too excessive for Joanna Stayton, the snobby seafaring heiress who delivered extravagant swimwear looks and colour-co-ordinated cover-ups, amped up with crystal cat-eye sunglasses and blingy bracelets and anklets. I go mad online on every high street and high-end site and over a week, 27 different swimsuits are delivered. I’m on next level friendliness with cheerful Charlie from DPD who’s now as eager as I am to find The One, if only to break the running streak of his now daily delivery stop. It’ll be a surprise to nobody

that the boyfriend refused to get sucked into giving any opinion on me wearing what is effectively only several triangles of Lycra.

Early elimination was given to a lot of the skimpier options that were really only for those with a keen Reformer Pilates habit and/or channelling a Christine from *Selling Sunset* vibe. Bikini tops with Hello Boys padding and *Love Island* complicated halter-top ties made me tense and are immediately discounted. Cut-outs, diamanté bits and little metal things hanging off swimsuits made my soul sink, while the sunny prints and tropic-inspired patterns were all a bit Ibiza raver who now has a vintage stall in the Blackrock Market.

I learned a few things in this process. Firstly, you can’t be in competition with a girl who is 18 (the usual age of an online swimsuit model). You have to be the best in your category. Secondly, if you want swimwear that gives you the illusion of a shape you’re happier with, go for it but don’t get stuck on the suck in/secret panelling plain togs. It actually singles you out as a person of age faster than long scarlet nails and a stiff blow-dry. I do wonder what mockery 70-year-old me will say when I look back at pictures of me trussed up in a Spanx-like swimsuit on a beach. In the melting heat. For who? Finally, bottom line style wise – I still craved a minimalist aesthetic. I wanted something quite sporty and simple but fashionable.

So bloody hurrah for Hunza G! First launched in 1984, the brand’s signature crinkle stretch fabric is instantly recognisable. The label was made famous by its feature in *Pretty Woman* when Julia Roberts wore Hunza’s cut-out dress in the Rodeo Drive scene. Not a big mistake on Hunza’s part... Their minimal one-pieces and bikinis, without adornments, under-wiring or padding, in a stretchable, one-size-fits-all crinkle fabric is correctly loved for its super-soft touch and acid colours (all skin flattering) and worn by everyone from ’80s supermodels to, well, me. My classic square one-piece comes in the most delicious soft bubble gum neon pink. And the feel? OMG, it’s like wearing a hug. The material moulds itself to your body, meaning it fits women like me who are different sizes on top and bottom. And as the material is good and thick, you feel contained – my bits aren’t going to lurch anywhere. I feel sexy but in a me way. I mean, let’s be clear, it’s not a magic suit. It doesn’t get rid of cellulite and it doesn’t have a lining so I’m pretty sure there’s going to be some transparency issues. But who cares? I found The One. And it’s a divine feeling.





Yellow satin dress, Roisin Linnane, €525 at Olori Boutique, Cork. Raffia hoop earrings, Olivia Dar, €125; oversized woven bag, Hartford, €95; both at Emporium Kalu, Naas. Lemon print scarf (tied on bag), €4 at Penneys.

OPPOSITE PAGE Lemon print cropped top, €11 at Penneys. Beaded star earrings, Deepa Gurnani, €119 at Gallery 9, Naas.

A woman with her eyes closed is lying on her back on a sandy beach. She is wearing a short-sleeved, ruffled dress with a vibrant pattern of yellow lemons and blue flowers on a white background. She is also wearing large, sparkling star-shaped earrings. Her right hand is resting on the sand near her head. In the background, there is a rocky coastline with a wooden staircase leading up a hillside under a blue sky with scattered clouds. The ocean is visible in the distance.

# summer dreaming

Channel sun-kissed style with this season's playful mood. Add a nonchalance to vibrant prints and colour bursts with beach-ready woven textures. See you by the sea...

photography Eilish McCormick styling Sinéad Keenan



Knitted bikini, Ganni, €145 at Brown Thomas.  
Blue cotton printed peplum skirt, Ulla Johnson,  
€645 at Havana, Dublin. Gold hoop earrings,  
€4 at Penneys. Daisy bowl, €73; Hampton clear  
glass jug, €39; natural glass votive, €10; blue  
and white mini jug, €16; all at Hedgeroe Home,  
Dublin. Vea basket, €45 at Sahara, Dublin.

**OPPOSITE PAGE** Orange knitted top, Etro,  
€690; green knit pleated trousers, Etro, €995;  
lime and blue woven bag, JW Anderson, €315;  
all at Brown Thomas. Beaded star earrings,  
Deepa Gurnani, €119 at Gallery 9, Naas.  
Beaded bracelets, Mon Précieux Gem,  
€95 each at Costume, Dublin.



A woman with dark hair pulled back is sitting on a large, grey, textured rock on a sandy beach. She is wearing a vibrant neon pink coat over a surf suit with a bold geometric pattern in black, white, yellow, and green. She is also wearing a multi-colored beaded necklace and matching beaded bracelets. Her right arm is resting on the rock, and her left hand is tucked into the pocket of her coat. The background shows the ocean under a clear blue sky with a few wispy clouds. The lighting is bright, suggesting a sunny day.

Neon pink coat, Dries Van Noten, €770; geometric print surf suit, Sweaty Betty, €135; both at Brown Thomas. Beaded necklaces, €165 each; beaded bracelets, €95 each; both Mon Précieux Gem at Costume, Dublin. Orange nylon drawstring bag, Natan, €349 at Emporium Kalu, Naas.

**OPPOSITE PAGE** Coral draped crepe gown with handmade 3D orchid neckpiece, €1,450 at Helen Cody. Green raffia woven earrings, Alexandrine, €75 at Costume, Dublin.



Pink floral bralet, €14.99; pink floral trousers, €27.99; both at H&M. Striped knit, Stine Goya, €250 at Gallery 9, Naas. Pink bandana print sandals, Arizona Love, €139 at Seagreen, Dublin. Beaded necklaces, €165 each; beaded bracelets, €95 each; both Mion Précieux Gem at Costume, Dublin. Gold hoop earrings, €4 at Penneys.

**OPPOSITE PAGE** Orange ombré bikini top (under dress), €95; bikini brief, €95; both at WeWoreWhat. Knitted ombré backless dress, The Attico, €590, orange towelling slides, Bottega Veneta, €450; both at Brown Thomas. Printed bucket hat, Dries Van Noten, €360 at Samui, Cork. Gold hoop earrings, €4 at Penneys.







geometric neon print dress, Devotion Twins,  
€259; grey ridged flatform sandals, Puro,  
€410; both at Gallery 9, Naas. Beaded  
necklaces, €165 each; beaded bracelets,  
€95 each; both Mon Précieux Gem at  
Costume, Dublin. Silk Zen square cushion  
(far left), €124 at Hedgeroe Home, Dublin.

**OPPOSITE PAGE** Floral cropped top, €189;  
floral maxi skirt, €429; both Cami NYC at  
Magreen, Dublin. Raffia hoop earrings,  
Livia Dar, €125; woven straw sash,  
Exquisite J, €139; woven raffia cross-body  
bag, Exquisite J, €309; all at Emporium  
Ilu, Naas. Black sandals, €15 at Penneys.



Turquoise cotton dress, Kalita, €585 at Havana, Dublin. Paisley bikini, Melissa O'dabash, €299; bandana print cotton sandals, Arizona Love, €139; both at Seagreen, Dublin. Beaded necklaces, Mon Précieux Gem, €165 each at Costume, Dublin. Gold hoop earrings, €4 at Penneys.

Photography EILISH McCORMICK.  
Styling SINEAD KEENAN,  
assisted by GRACE WALSH.  
Make-up MARY ELLEN DARBY  
using Charlotte Tilbury.  
Model: CAT at Next models.



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## In the driver's seat

As the first Irish winner in LPGA Tour history, golfer Leona Maguire is among a powerhouse of Irish sportswomen blazing a trail on the world stage. Here, she talks about her momentous year, her well-grounded upbringing and her partnership with BMW.

words Katie Byrne   photography Morgan Treacy

From Rachael Blackmore becoming the first-ever woman to win the Grand National to Kellie Harrington taking Olympic gold in Tokyo 2020, Irish women in sport have been achieving incredible things.

Yet while the praise has come thick and fast for Irish female athletes making a name for themselves on the world stage, golfer Leona Maguire doesn't exactly enjoy being at the centre of it. Characteristically modest and more than a touch pragmatic, Leona, who recently became the first Irish winner in LPGA Tour history, prefers to keep her head down and focused on the next putt.

Indeed, chatting to IMAGE by phone from The K Club in Co Kildare, where she's test-driving the new BMW i4, the Cavan-born golfer and BMW partner seems more at ease praising her female counterparts than she is dwelling on her own success. "It's almost like we're more happy for each other than for ourselves," agrees Leona, who counts many of Ireland's female sporting trailblazers as friends.

"I was at Kellie's [Harrington] gold-medal fight in Tokyo and I was more happy for her that day than I was for myself. And when you see champions like Rachael [Blackmore] and Katie [Taylor], and you know how humble and hardworking they are, you want to see them do well... You know what goes on behind the scenes, the effort and the dedication that they put into it."

As for her tendency to avoid self-praise, Leona says it ultimately boils down to a fear of complacency. "You win something and there's

already another goal, there's something that has to be achieved so you're on to the next one, and the next one... Whereas, if someone else does it, you're the first one to congratulate them and tell them how great they are. But you'd never look at yourself the same way..."

A lifelong sports lover, Leona's golf career started at the age of nine when she gave up a promising swimming career to focus on the fairways. She and her twin sister Lisa began to practise in their local golf course in Ballyconnell, Co Cavan, where they soon got to grips with bogeys and birdies.

Back then, Leona and her sister Lisa had just three clubs each, but as their game progressed, their dad, Declan Maguire, became their de facto coach. Reading golf books to educate himself, he taught his daughters as much as he could about swing technique and movement awareness.

Leona says she and her sister played "anything with a ball and stick" before they narrowed their focus and concentrated on golf. "I'm really glad my dad was really into all kinds of sports," she says. "And golf is a very individual sport so I'm glad I had the experience of playing on team sports as well... It can only help."

By the age of 12, it became clear that the sisters had enormous potential. They started training under coach Shane O'Grady, and while Lisa has since retired from the game, Leona has worked with him ever since.

Long drive: The BMW i4 is the first all-electric Gran Coupé from BMW.

Golfer Leona Maguire, the first Irish winner in LPGA Tour history, photographed with the BMW i4 all-electric Gran Coupé, at The K Club in Co Kildare





Leona and Lisa were tipped for greatness long before they became the youngest ever members of a British and Irish Curtis Cup team at the tender age of 15. Indeed, in the earlier parts of their careers, they were often described as golfing “prodigies”. How did it feel to have such a label bestowed on them?

“I think Mam and Dad did a pretty good job of shielding us from that,” says Leona. “I don’t think we were really aware of labels like that. We were just going out and playing golf and doing as well as we possibly could.

“And I think because I had Lisa as well, I was trying to beat her and she was trying to beat me so we weren’t really conscious of anybody else and we didn’t really know how good we were, compared to anyone else. It was just, ‘Am I better than Lisa?’ And she wanted to know if she was better than me. And that was it, really.”

Their upbringing also helped to keep them grounded. Their school-teacher parents believed in the value of effort over achievement and encouraged their children to “do their best”, rather than “be the best”.

“The big thing with them all the way up, and it still is, is that you just do your best, whether it’s schoolwork or golf... The plan was never to be a world-champion golfer or swimmer, or whatever it was. So long as you were enjoying what you were doing and giving it your best, that was it.”

The sisters inspired one another, adds Leona, but they were equally inspired by sporting role models such as Katie Taylor and Venus and Serena Williams. “The tennis aspect didn’t really matter,” she says.

“It was the fact that they were two sisters achieving things on a world stage. It didn’t really matter what the sport was... dedication, hard work and passion transcends any individual sport.”

Today, Leona is continuing to rise up through the professional ranks, with the support of a team who, she says, have been critical to her success. Her coach, nutritionist, physiotherapist and strength and conditioning coach work largely behind the scenes, while her caddy Dermot Byrne helps her stay calm and focused during tournaments.

Finding a caddy who is on the same wavelength is “massive”, she says. “It’s a very unique relationship and you don’t really have it in any other sport. Obviously, there are certain skills to being a good caddy, like reading the wind and doing the averages, but knowing what to say, and when to say it, can sometimes be the biggest thing.”

Also in her corner is mum, Breda Maguire, who stays up until the early hours to watch her daughter’s matches when she’s playing abroad, and younger brother Odhrán. “He used to trek around all the tournaments with us when we were younger,” she says. “He never gets a mention but he’s been a big part of the whole journey.”

Equally, she has the support of partner BMW, who celebrate and champion women at every level of sport. “For them to trust in you, and see potential in what you’re doing, is obviously a massive confidence-booster,” she says.

“They are an iconic brand and they’ve been heavily involved in golf for a long time. It’s a brand I’ve admired and looked up to for a long time... and it’s pretty cool to be driving around in one of their cars as well!”



## HOME

# COMFORTS

The **new i4** is BMW's first **all-electric Gran Coupé** that combines next-level performance with all the modern comforts you could desire. It delivers a truly outstanding driving experience and offers **up to 589kms\*** in range.

Making **responsible use of resources** throughout the entire value chain underpin how the i4 was conceived. For example, only hydroelectric power is used in the vehicle's production plant in Munich.

**Convenient charging** At DC high-power charging stations (ESB and Ionity), a range of up to 165kms can be delivered within 10 minutes. Models in Ireland are supplied complete with a BMW Charging Card and a charging cable for use at public charging stations. The car can also be charged on an external three-pin socket and 100kms can be achieved in up to 7 hours.

**Tactile touches** There are two trims and models in the range: the i4 eDrive40 and i4 M50 in Sport and M Sport trim. Inside, the i4 is one of the first models to feature BMW's innovative curved display with BMW's iDrive Operating System 8.

**Sound and vision** A selection of electronic sounds for the BMW i4 have been created in collaboration with world-leading composer Hans Zimmer.

**Pack more in** The BMW i4 is a five-seater car, with generous headroom and space for up to three in the rear, plus 470 litres of boot space (including golf clubs).

Prices start from €63,565.

\*All values were calculated based on the new WLTP test cycle. WLTP (Worldwide Harmonised Light Vehicle Test Procedure) values are taken as the basis for determining vehicle-related taxes or other duties based (at least inter alia) on CO2 emissions as well as eligibility for any applicable vehicle-specific subsidies. Further information on the WLTP and NEDC measurement procedures can also be found at [www.bmw.ie](http://www.bmw.ie)



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# AGENDA

LIFE WITH LYRA

RETHINKING PESSIMISM

MONEY PSYCHOLOGY



## SUMMER DREAMSCAPE

Daisy Edgar-Jones in *Where the Crawdads Sing*, above, the film adaptation of Delia Owens's spectacular novel, hits the big screen on July 22 and is set to be the cinematic highlight of the summer, turn to page 69 to read more. On page 81, Sarah Macken examines why so many of her generation are hesitating to become parents, and turn to page 96 to meet our IMAGE PwC Businesswoman of the Year, Eva Pau.



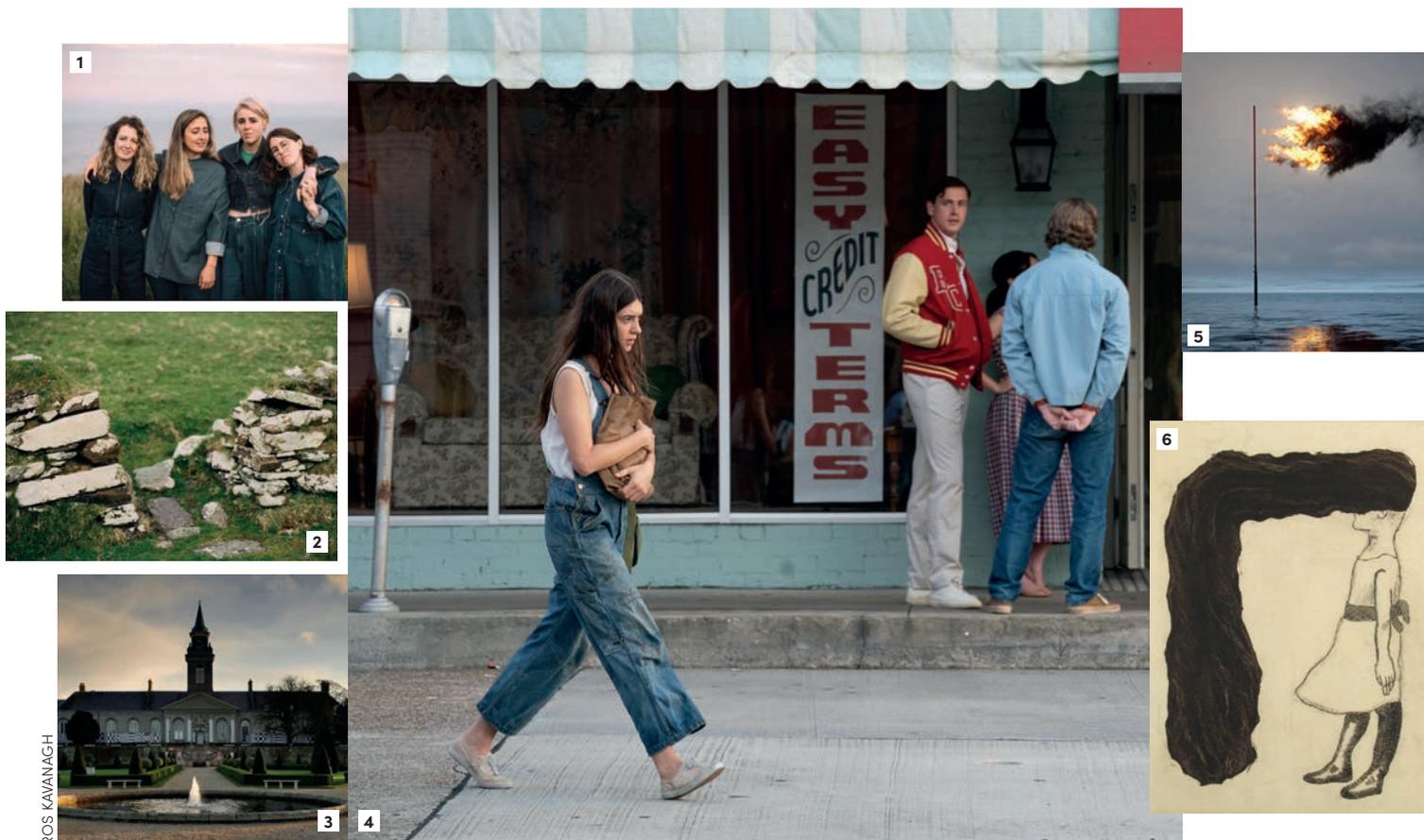
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# summer of love

The arts are back in full swing for summer 2022, and we're loving the line-up. Meg Walker highlights the festivals, exhibitions and even a few indoor pursuits for when you need a break from the sunshine.

It's finally summertime and while the living may be easy, we're actually rather thrilled to be getting out and about this season (we are making up for lost time, after all). Whether it's a festival, art exhibition or just a good film you're after, we've got a round-up of exciting arts happenings to fill up your summer calendar. Get ready... **1** *Body & Soul* is back with a bang and if you were lucky enough to bag tickets for the festival at Ballinlough Castle, Co Westmeath June 17-19, you're in for a real treat. Headliners include the Pillow Queens (pictured), Róisín Murphy, Lisa O'Neill and Sinéad O'Brien. But of course, there's so much more to Body & Soul than the music. This year, there's a firm focus on the art and décor to offer festival-goers a 360° cultural experience. The Woodlands will host a specially commissioned, site-specific art gallery with large-scale immersive environments fusing sculpture, video, performance and sound. Just a few cool things to expect include an immersive land art piece by

Maser; a large-scale installation by artist Aoife Dunne; and a cubed LED lighting installation by Shantanu Starick, featuring Sean Nós dancer Edwina Guckian and fiddle player John Carty. **2** *Into the Island*, at MoLI from July 7, looks at the extraordinary work of masterful storyteller Peig Sayers and the Blasket storytelling tradition. With text by writer and folklorist Éilís Ní Dhuibhne, this exhibition tells the amazing story of how a cluster of remote islands off the coast of Kerry became a beacon of literary culture, moli.ie. **3** There's a *lot* happening at IMMA this summer, and we're here for it. First up, the Summer Party returns July 15-16 – Continuous Patterns is a celebration of music, art and atmosphere in the grounds of the Royal Hospital Kilmainham. IMMA Outdoors 2022 presents a vibrant artistic programme that turns the museum inside out and activates the 48 acres of the site through artist commissions (including Navine G Khan-Dossos's painted mural in the Courtyard from July), performances, music, talks, workshops, and tours. The programme culminates with Earth Rising, a weekend celebration of people, place and planet in September. IMMA Nights then presents a host of events including talks, workshops, dance, performances, film screenings,

It's finally summertime and while the living may be easy, we're actually rather thrilled to be getting out and about this season (we are making up for lost time, after all).



PORTRAIT BY CLARE KEOGH

book launches, DJs and live music on Thursday and Friday evenings. Lastly, IMMA's new exhibition, *The Otolith Group: Xenogenesis*, July 7 to February 12, brings together a selection of works by this London-based artist collective founded by Anjalika Sagar and Kodwo Eshun, [imma.ie](http://imma.ie). **4** *Where the Crawdads Sing*, the film adaptation of Delia Owens's spectacular novel, hits the big screen on July 22. If you've yet to read the book, we urge you to get cracking. Directed by Olivia Newman and starring Daisy Edgar-Jones as a young woman who raised herself in the marshlands of North Carolina and becomes a suspect in the murder of a man she was involved with, this is set to be the cinematic highlight of the summer. **5** This year's **Galway International Arts Festival**, July 11-24, is set to be a cracking one, with a host of extraordinary theatre, opera, live music and art exhibitions. Highlights include a performance by Orla Gartland, Sam Shepard's *True West*; *Home* by Geoff Sobelle, and works by Druid, Landmark Productions and the Irish National Opera, the Gate Theatre and Theatre Lovett, plus a powerful new exhibition by Brazilian artist Ana Maria Pacheco and a new site-specific installation from Irish artist John Gerrard (pictured: "Flare (Oceana)"), [giaf.ie](http://giaf.ie). **6** *Bones in the Attic*, August 11 to October 30 at the Hugh Lane, is a group exhibition exploring being female in Ireland today, with works by artists including Alice Maher (pictured: "Talking to My Hair", 1994), Dorothy Cross, Kathy Prendergast, Amanda Doran, Sarah Jayne Booth, Jesse Jones, Ruby Wallis, and collective Na Cailleacha, [hughlane.ie](http://hughlane.ie). **7** Book lovers, take note: the **West Cork Literary Festival** returns to Bantry with a weeklong celebration of writing and reading from July 8-15. Authors include Louise O'Neill, Niamh Campbell, Danny Denton (pictured), Sara Baume, Colm Tóibín, and Zadie Smith, [westcorkliteraryfestival.ie](http://westcorkliteraryfestival.ie).



8

**8** Looking to ignite a young person's creativity? The Ark's free exhibition, *Rock, Paper, Scissors*, July 9 to August 20, features works by three artists who have very different material fascinations – Helen MacMahon (light), Jonathan Nangle (sound) and Róisín de Buitléar (glass), and includes a response area where children can create their own works, [ark.ie](http://ark.ie).

## Being vocal

Irish soprano Sinéad Campbell Wallace on her love of opera and returning to the stage.

Having begun her career as a light-lyric soprano, Sinéad Campbell Wallace took time away from the stage to teach and be near her family. But a return to performing in 2018 came with the discovery that her voice had changed, so she went with the flow and moved into fuller dramatic repertoire, taking on challenging roles. This summer, she takes to the Bord Gáis Energy Theatre stage with the Irish National Opera (INO) to tackle Puccini's *Tosca*, and she couldn't be more thrilled.

**Tosca is one of the most well-known operas, so the expectation is quite high.** It's an intensely dramatic role, so it demands a lot of energy from the performers, particularly the role of Tosca. You have to have a lot of mettle and stamina. This is the second INO role I've taken on – the first was in November 2021, when I sang the role of Leonore in Beethoven's *Fidelio*.

**I took time out from the stage** for a few years when I had my two children and took a teaching job at the DIT Conservatory of Music (now TU Dublin). Then in 2018, I decided to try and renew my career as an opera singer. It was a challenge to get that back up and running after such a long break. I got in touch with my old contacts in Ireland and the UK and went back to basics in terms of vocal coaching. I found my voice had really changed from before I had the children. So I was looking into different roles, different repertoire. It was like starting again. Things started to develop and gain momentum pretty quickly, but of course, Covid followed not long after and everything just stopped. It was quite a blow. There was that sense of being on the cusp of something, and then for it all to just suddenly stop... It was disappointing at the time, but luckily, things are getting back on track.

**Being back on stage after so long feels incredible.** I did a couple of things over lockdown, such as the INO's *20 Shots of Opera* – a video collaboration with 20 new short works by Irish composers, which was amazing, but nothing compares to actually being on stage and singing for a live audience, and it was amazing to feel how much I'd missed it. We all did, both audience members and performers. There was a huge energy and warmth from those initial audiences when we started performing again – just everybody's gratitude that we were back in the theatre... It was an extraordinary feeling.

**Growing up in Wexford, I attended the annual opera festival from a young age.** That was my introduction to the artform – I'd get tickets to the dress rehearsal at the Theatre Royal. I was about 10 or 11 when I went to see my first opera there. I can't remember what it was, but it was a very dramatic Italian opera. I remember watching the soprano playing the

lead role, and I was transfixed. I had no background in classical music or opera at that point, but soon after that, I started getting singing lessons. I'd never seen anything like it. Even at that age, I was moved. I felt really emotional watching this woman use her voice in such an expressive way. It really made its mark on me. And that was the start of it. I think it's so important to give children exposure to the arts. People might have the impression of opera as being conservative or slightly elitist or too serious, but nowadays, opera has become so much more accessible. It's much more relaxed. And I think over the next few years, with our new opera company here, opera will continue to become more and more a part of our culture.



PORTRAIT BY FRANCES MARSHALL

The Irish National Opera production of Puccini's *Tosca* runs at the Bord Gáis Energy Theatre on July 11, 13, 14, 16 and 17.

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# Summer, Dreamin'

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HOTEL & SPA

# LANGUID READS

Holiday season is here at last. **Jennifer McShane** recommends the engrossing books worth fitting in your tote.

Dreaming of a summer trip to a foreign place? Through *Paris: Capital of Guerlain* (Flammarion, approx €75, out now), journalist and fashion writer **Laurence Benaïm** will tempt you to the City of Light in search of the scent of, in this case, iconic perfume. In this beautiful tome, you'll discover the history of the quintessential Parisian perfumer Guerlain, as it influenced and was influenced by Parisian life, savoir-faire and culture.

The house of Guerlain is iconic; an institution of Parisian life. Its clientele has included royalty, empresses, celebrities, writers and artists, and it has been featured in novels, song lyrics and artistic creations, all while exemplifying Parisian luxury. Its headquarters on the Rue de Rivoli in the heart of Paris features a new scent laboratory and rose garden, connecting the famous house to the city it so perfectly captures in each fragrance flacon.

Travelling across the history of Guerlain over two centuries, this book highlights the links between the house and the city of Paris, how Guerlain changed Parisian life with its cosmetics and scents and showcasing how it really could have existed nowhere but Paris. Guerlain's creations, in particular its perfumes, are seen through time in the cultural context of the city through a combination of interviews, images and portraits of people and products – all which played a part in the house's history.

This is the perfect book for lovers of fashion, of Parisian life and those who are on a quest for a timeless bottle of perfume – but anyone should love this true celebration of Guerlain, the quintessential Parisian perfumer.



**Bernie McGill's *This Train is For*** (No Alibis Press, approx €15, out now) is one of the most engrossing collections of short stories I've read in a very long time. McGill takes her characters on journeys. They travel back to the places and people they once knew, ready for the memories, change and loss. Some are nearing the end, others attending funerals, while one sits in a café and wonders if her brother will ever be found. Sensitive and insightful.



In these ten beautifully written stories, friendships strain, families break apart, and love fades, warps and endures. Moving between Ireland and London, new Irish talent **Niamh Mulvey** explores in *Hearts & Bones: Love Songs for Late Youth* (Picador, approx €15.99, out June 23) what it truly means to love in all its forms. From a tense mother-daughter reunion to unwanted attention from an older man and the bond between brother and sister, this is a striking, page-turning debut.



*I'm Sorry You Feel That Way* by **Rebecca Wait** (Riverrun, approx €16.99, out July 8) follows the lives of Celia and her three children – Michael, and twins Hanna and Alice (both are saint and sinner). Their mother has her favourites, the older brother is not to be reckoned with when he disapproves, and their father is never quite there. And then there is the catastrophe that is never spoken of, but has shaped everything. A dark, witty take on family dysfunction.

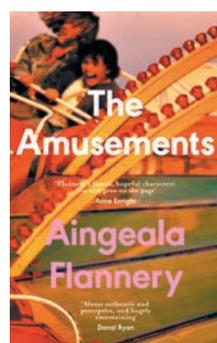
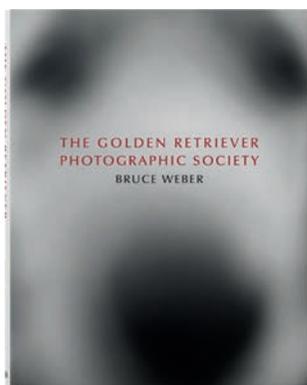


Part memoir, part tale of rediscovery, *Negative Space* by **Cristin Leach** (Merrion Press, approx €14.95, out now) is a deft series of layered essays by the Irish art critic as her world is turned upside down by an affair. Her writing (something that both causes panic and is her anchor) is the tool she uses to help piece herself back together. If she is okay with the words, perhaps the world will be okay again too. A wonderfully compelling and original tome.

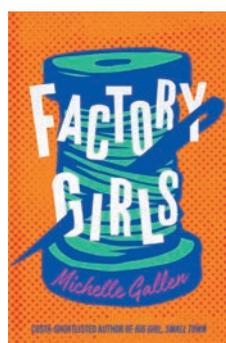
Bruce Weber has shown his appreciation for man's best friend in a glorious book highlighting the best of his photographs of the dogs always by his side. A photographer and filmmaker, Weber is associated with a wide array of imagery: humanist portraits of artists, actors and athletes; fashion spreads of irreverence and nostalgia; lyrical tributes to eroticism; and an arcadian vision of the American landscape. There's all these things – and Golden Retrievers, too.

In *Bruce Weber: The Golden Retriever Photographic Society* (Taschen, approx €150, out now) by Jane Goodall, we meet his friends for life through this volume of glorious, dog-friendly images. Since the very beginning, Weber has been accompanied on his travels by a pack of these canines, who have populated his photographs for fashion campaigns, prominent magazines, and the pages of his personal scrapbooks in equal measure.

*The Golden Retriever Photographic Society* is Weber's first career-spanning collection of these photographs, one he describes as his most personal. "People sometimes say to me, 'In my next life, I want to come back as one of your dogs,'" he says in the book's introduction. For five decades, these Golden Retrievers have been part of Weber's imagination and storybook characters in the life he has created with wife Nan Bush. This book celebrates the human-animal bond, and how the connection to our pets can fuel creativity, provide companionship, and foster much joy. As Weber writes, "Working on this book has been a very moving experience, looking back over 50-some years of photographing dogs and thinking about what that's meant to my life."



In the seaside town of Tramore, Co Waterford, visitors flock to enjoy the summer. Teenager Helen Grant doesn't see the appeal and dreams of escaping to art college to take on the world with her glamorous friend, Stella Swaine. All they know will be left behind – just the way Helen wants it. But leaving Tramore won't be that easy, with family life having other plans. **Aingeala Flannery's *The Amusements*** (Sandycove, approx €15.99, out June 23) is a glorious summer debut. Read Aingeala's take on imposter syndrome on page 87.



In a small town on the Irish border in 1994, Maeve and her friends have just secured summer jobs in the local shirt factory. She's always felt like an outsider and makes plans to get out for a new start. However, soon when the marching season begins, tensions in the factory start to rise between the Catholic and Protestant workforce and Maeve's chance of escape seems far away. **Factory Girls** by Michelle Gallen (John Murray, approx €14.99, out June 23) is an important read.



Kit de Waal grew up in a household of opposites and extremes, her family life erratic. There's her haphazard mother who believed the world would end in 1975. Her father, who cooked elaborate meals on a whim and splurged money they didn't have. In 1960s Birmingham, Kit and her siblings braved hunger and hellfire until they could escape. **Without Warning & Only Sometimes** by Kit de Waal (Tinder Press, approx €16.99, out August 18) is a vivid memoir of an extraordinary childhood.



In **Tish Delaney's *The Saint of Lost Things*** (Hutchinson Heinemann, approx €16.99, out June 30), Lindy Morris lives on the outskirts of Granda Morris's farmland in Ballyglen, Ireland. He wanted sons but instead got two daughters: Auntie Bell and Lindy's mother, who disappeared long ago. There was a time when Lindy managed to escape, when she was training to be a nurse in London. But she ended up back in Ballyglen, and decades later, buried secrets get unearthed. An engrossing read.

Cork-born singer-songwriter Lyra knows she's destined for greatness,  
and is not afraid to put the hard work in to get there. She tells **Tony Clayton-Lea** about  
her dramatic style, and why her family will always come first.

photography Evan Doherty styling Lyra

# LYRA



Frenchy tiered gown, Rachel Gilbert, €2,195 at Brown Thomas.

It goes without saying that we are very impressed by Lyra's purple, pointy-nailed, long-arm gloves, which look for all the world as if they belong in Cruella de Vil's wardrobe. It's a relief, however, to know that the wearer of said gloves isn't anywhere near as menacing. In fact, Lyra is what you might safely call a down-to-earth sweetheart. We know this because she is halfway through her IMAGE photo shoot and has deliberately divested herself of an extravagant designer configuration and slipped into a less restrictive sports top and sweatpants. For someone on the cusp of much bigger things, you might imagine a few airs and graces floating above her head, but the Cork woman (in the small town of Bandon, she is known by many as Laura McNamara) is fully aware that the only place fit for ego to shine is on stage.

While we're on the subject of shining, Lyra has been tiptoeing around the spotlight for several

years, but it is only in the past few that her obvious talents as a singer and performer have been noticed. She released her debut single in 2016, and since then has embedded herself in the Irish music landscape as well as undertaking strategic endeavours internationally. Now, after two years of you-know-what, Lyra is back with as much flair as her gloves. New songs are lined up, gigs are scheduled, and downtime has flipped to no time. For Lyra, it is presently all systems go, and you can sense that even sitting down between photography sessions can be viewed by her as taking a breather.

"I'm not very good at the breathing bit," she admits. "I like to be busy all of the time and I feel guilty if I'm not doing something that's going to further my career, so I try and do extra." She looks around her, pointing to casually discarded designer outfits that she will later wear like a prom queen.

BELOW Fringe dress and feathered trousers, Lyra's own. Frenchy tiered gown, Rachel Gilbert, €2,195 at Brown Thomas. Pink latex leotard, at elissapoppy.com. Pink Lia layered skirt, €280; red silk Lia bolero blouse, €1,000; both at liacowan.com.



“Today, I could have been happy enough with four looks for the shoot, but no, I had to bring along 17!”

That’s the thing about Lyra – when it comes to stage wear, there is no understating. Where, we ask, did her fashion sense emerge from? Some performers dress down, but she tends to do the exact opposite. “Oh, we’re very fashionable down in Bandon, you know – me and Graham Norton, classy dressers, like peas in a pod!”

When she was growing up, she remembers, she always wore matching hats and gloves with her dresses. She loved being extra creative, and “being a bit out there. As an artist, I think if I can’t push the boundaries a little, then what’s the point? I’m performing when I’m on stage, and I want to feel that I’m performing. The outfits I wear make me feel like I’m having an amazing out-of-body experience. I love that – it gives me confidence and represents me as a person. Sometimes you listen to the songs, the music, but you don’t get to meet the person behind them. If I bring my fashion sensibility into the frame, then I feel they’re getting more of the real me, more of who I really am.”

Fashion, she notes with some authority, is an endless cycle of creativity, design and personal statement. “I love fashion so much. I spend a lot of my time scrolling through the likes of *Vogue Runway*, checking out which designers around the world are emerging. It’s definitely art on the body, and it opens my mind to how fashion can go so much further.” She pauses for breath and lowers her eyes. “Says I, sitting here with fingernails stuck to my gloves!”

The impression one receives from Lyra and her passion for fashion is that she would trade many things in her life for the Holy Grail of modelling: complimentary designer clothes (or at the very least, temporary loans). Pragmatism kicks in at this stage in her career, she says, because it has to.

“I’m not so well known at the moment,” she reasons, “and some designers won’t loan out their designs to me for certain things, so if I really want a piece, I’ll save up for weeks and weeks and buy it. Some designers, however, especially up-and-coming ones, gladly loan pieces to me. That’s just the way it goes, and my approach is that if I can’t get some



designers to work with me now, then when I'm a bigger name I'll get back to them. When I'm bigger, they'll be throwing stuff at me – bring it on, I say, and save me some money!" The irony isn't lost on her. "I have to save and save to buy pieces from great designers, yet when you're much better known and actually have money, designers give you clothes for free. How does that work?"

That's a tricky question to answer, but Lyra has the patience to wait until designers start to form an orderly queue. She is on top of her game right now and, as 2022 progresses, looks set to further consolidate her position not only as Ireland's most hotly tipped singer but also as a loyal and loving friend and family member.

"As much as I can't be home as often as I'd like, and the fact that I miss a lot of my friends, my family,

and the big moments in their lives, I will always try and make it up to them in some shape or form. Why? Because I feel they are my priorities. If I suddenly get famous, I won't begin to hang out with celebrities."

Lyra flaunts her fancy fingernails and shakes her head. "They won't be my new best friends, that's just not going to happen."

LYRA PERFORMS AT THE FOLLOWING OPEN-AIR FESTIVALS IN IRELAND THIS SUMMER:

Kaleidoscope Festival, Russborough House, Co Wicklow, June 24-26.

Indiependence, Mitchelstown, Co Cork, July 29-31.

Electric Picnic, Stradbally, Co Laois, September 2-4.

Lyra's new single, "Edge of Seventeen", with John Gibbons, is currently on release and is available on the usual streaming platforms.

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Lyra photographed by Evan Doherty in May 2022, in Dublin, for IMAGE.

Photography EVAN DOHERTY. Styling LYRA. Hair KATRINA KELLY. Make-up SANDRA GILLEN. Shot on location at THE CHOCOLATE FACTORY, Dublin.



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## left in limbo

As older millennials reach peak child-bearing age, it's to a backdrop of a pandemic, war, climate anxiety and a skyrocketing cost of living. Is it little wonder that more and more of us are on the fence about parenthood, asks **Sarah Macken**.

digital illustration Marlene Wessels

What do Katharine Hepburn, Tracee Ellis Ross and Gloria Steinem have in common? Apart from enjoying an enviable sense of personal style, all three have been vocal about how parenthood isn't for them.

Personally, one of the most refreshingly honest arguments I've read against motherhood comes via the acerbic Hepburn: "I would have been a terrible mother, because I'm basically a very selfish human being." Preach! But what if the decision to have children isn't quite so easy?

Just as there are women praying for the safe delivery of an unborn baby or living in hope of the next IVF cycle, there are others who wake up every day consumed by the most life-altering decision we as human beings can make: should I have a child?

Society has divided women into two teams – the breeders and the child-free (by choice and by consequence) but what about that unspoken grey area, that intersectional overlap in the Venn diagram of reproductive autonomy, the motley crew that is The Undecided? You don't hear from them so often.

Trapped in a 50:50 stalemate, these are the women (and, oftentimes, men) suspended in a chasm that is the great parenting in between. Frozen? Not quite. Ruminating might be a better word. And we're a growing cohort, apparently.

For some, it's an ephemeral but daily soul search. A carousel of – potentially unrelinquished – future family moments that flits through your head while driving down the N11. For others, it simply boils down to the fact that the future chance of possibly regretting it isn't a compelling enough decision to go through with it... they think.

"It can be as mercurial as wanting kids on a Monday and changing my mind by Tuesday," says Sandra, a 33-year-old secondary school teacher from Louth. "I keep setting a date in my head to have made the decision by, then the date will come and go."

Millennials certainly aren't the first generation to doubt parenthood, but lately, it feels as if the odds are a little stacked against us. Think about it: as older millennials – that is, those aged between 33 and 40 – arrive at the peak parenting window, they do so in the shadow of the economic downturn. Fresh out of a pandemic. To a soundtrack of student loans, stagnant wages and a rising cost of living. In the midst of a mental health crisis. No wonder we're on the fence.

In fact, about a quarter of older millennials are delaying parenthood thanks to the pandemic, according to a recent

study carried out by The Harris Poll for CNBC. Some are avoiding having children altogether.

Indeed, of the 19 per cent who say they want children less since the pandemic, the most common reason is that they don't want to bring a child into the world right now, followed by uncertainty about the economy.

It would be a very millennial trait to think we are the first generation to have any doubts. (Really, we're not – but at least let us think we are special. We need that.) Perhaps, though, we are the first ones to do it consciously. Personally, I've always thought children would never be my thing; though the pandemic challenged that and now, at 34 years of age, I find myself poised somewhere in the middle.

What I'm experiencing is, according to psychologist and couples therapist Anna Nauka (SilverLiningTherapy.co), a response to our changing society. One that thinks of parenting as less of a natural step, and more of a conscious choice.

“The model of womanhood has changed and the model of motherhood as fulfilment has changed. It's spurring conscious decision making and a conscious choice.”

“The model of womanhood has changed and the model of motherhood as fulfilment has changed,” she says. “It's spurring conscious decision making and a conscious choice.”

The collective experience of millennials is one of choice. You could say it's part of our DNA and sometimes, even, our downfall. Perhaps the singularity of parenthood challenges us so tremendously because it's the one decision we can't make à la carte.

Then why do I feel so alone?

According to Ann Davidman, a parent clarity therapist, it's because society has a rather black and white opinion about parenting – an unhealthy one, at that.

Let's face it: we live in a society that praises surety. The flipside of that is that doubt is often viewed as a weakness. Taking some time to figure out what's right for you is never as sexy a soundbite, nor as appealing a proposition as someone who is steadfast in their opinion – and unafraid to share it. It's why we hero-worship rock stars, politicians, cult leaders, celebrities who compose pithy Tweets.

Being undecided on parenthood, Davidman says, challenges a society geared towards pronatalism. “While the burgeoning child-free movement rejects this notion, as it should, the loudest voices from that group tend to articulate an assured decision to be child-free,” Davidman says. “For many people, it's hard to know what they really want. This can add another layer of shame because it can often seem like everyone else came to their decision with ease.”

Then there's recent events. War, a pandemic, climate change, overpopulation:

the decision to bring a child into the world shouldn't come down to moral semantics, but the last few years make the two indelibly intertwined.

Especially if having one fewer child will save 58.6 tonnes of CO2-equivalent per year, as a new study published in *Environmental Research Letters* revealed. This is a lynchpin of the #childfreebychoice movement, which believes bringing another human into an incredibly flawed and overpopulated world is irresponsible.

It is, as democratic representative Alexandria Ocasio-Cortez said in 2019, down to “the scientific consensus that the lives of children are going to be very difficult”. In other words, if we're living on a vastly overpopulated planet that's hurtling towards climate meltdown, should the privilege of parenting be reserved just for those who really want it, who are really sure? Is procreating when you're on the fence more than selfish – hell, is it reckless?

“There's never a right time to have a baby,” my wise – and child-free – friend tells me. When I think of myself and my two older siblings, each of us born on the threshold of every major recession in the last 50 years, that sentiment certainly rings true. Perhaps, like many things, in order to procreate you need tunnel vision to avoid utter overwhelm.

That there's an expiration date on a woman's fertility doesn't help the collective anxiety. “For me, it feels like the egg timer is on and it's going to consume me until I make this decision,” Sandra says. In spite of a male partner's proclivity to be involved, from what Nauka has observed in heteronormative couples in a counselling setting, women are doing the soul-searching.

As women are known for doing the guts of the emotional heavy-lifting in a relationship and family setting, this is a red flag. Is this a new layer of emotional labour for women? Nauka thinks so. “Very often, I think it's a moment where women who are already doing emotional labour in the relationship are being landed with another key piece to do,” she says.

From another perspective, having doubts doesn't mean you won't go on to have a baby. Doubt is completely normal – even after you've made your choice.

Of all the things that struck me about my conversation with Nauka, it's this: we need to normalise doubt. It's not good or bad, it's healthy and doesn't mean, as Nauka puts it, “that you won't be a good mother or that you shouldn't be a mother”.

“We need to normalise decision making as a process,” Nauka says. “The one thing to come out of the last few years is that people are far more realistic about their desires and emotions.”

No matter where we land – selfish? A generation of childless snowflakes? Or a cohort with a considered approach to parenting? – if it's an emotionally truer place, then that can only be a positive. And, if being a snowflake means taking my time to consider what's right for me rather than what's expected (while I have the bodily autonomy to do so), I'll gladly take up that mantle.



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THE SURPRISING

# POWER OF PESSIMISM



Rather than berating herself for not being able to look on the bright side, **Nathalie Marquez Courtney** discovers the surprising benefits of seeing the glass half empty.

My lessons in pessimism came from the most unexpected of places: my happy-go-lucky three-and-a-half-year-old son. The kid who gets excited about a lap around the block on his scooter, who squeals with glee at an orange juice ice pop and who giggles at fake farts has also made me deal with some uncomfortable personal truths about how I think the world works.

In general, I like to look on the bright side and had long believed in the importance of a positive outlook. My sunny disposition fell apart quicker than my kiddo's tear-soaked tissues, though, when I realised that it wasn't always that helpful to act as if everything was going to work out each time, every time.

Like many a parent before me, I caught myself trying to temper his excitement at every turn. Yes, we do hope your friend is in class today – but maybe she won't be. For sure, we want to go look for hermit crabs at the beach at the weekend – but it might rain. Yep, we can go outside to see if there are kids playing – but perhaps there'll be no one there.

**THE POWER OF PESSIMISM** In my quest to figure out why I was quickly transforming from a Positive Pollyanna to a Negative Nancy, I turned to stoic philosopher Seneca (What? Like you don't consult first century philosophers for all your parenting conundrums?). In truth, I came across Seneca's work

through the teachings of a more contemporaneous philosopher, *The School of Life's* Alain de Botton. In a 2013 speech – which has racked up well over a million views on YouTube – he argues that we should aim to start anything with the assumption that things won't turn out well, and that the right type of pessimism can in fact offer us a gentler and kinder way to move through the world.

"It's our expectations that define what will anger us," de Botton says (anyone who has had to carry a crying, crestfallen toddler away from a closed-up ice cream van will know all too well how true that is). de Botton talks about the wisdom and beauty in thinking of life "as a deeply troubled and compromised affair."

"A society that tells people that they can achieve anything will also be a society that very swiftly develops a problem with self-esteem."

"Pessimism is a feature of life," Alain de Botton asserts. "It's a feature of life we often try to run away from. By running away from it too quickly, we cut ourselves off from the opportunity to embrace this darkness and to embrace the lessons that it often brings."

This got me thinking.

**EXPECTATION MANAGEMENT** I realised that I wasn't, in fact, unwittingly creating a culture of negativity in my son's life but instead, trying to walk the ever-so-delicate expectation management high wire. It is becoming evident that having unrealistically high expectations can be dangerously toxic. "A society that tells people that they can achieve anything will also be a society that very swiftly develops a problem with self-esteem. If everybody expects to achieve everything, you're going to get an awful lot of people who are feeling that something's gone dramatically wrong with their lives," says de Botton.

Here is where unbridled optimism can get you in trouble, and leave you in dire need of an expectations vs reality check. A study in the *Journal of Personality and Social Psychology* found that married couples who were extremely optimistic about their relationship's future were more likely to experience relationship deterioration, while another, in the *Journal of Experimental Social Psychology* showed that positive fantasies about idealised futures actually sapped energy, and became a predictor of poor achievement.

**QUITTING THE GLAD GAME** So how can you tell if you need to take on a more glass-half-empty approach? "The first step to knowing whether lowering your expectations is a wise move is to take a good look at where your expectations are currently residing," says writer, events planner, and certified life coach Aoife McElwain. "For me, being a people-pleasing perfectionist meant that, for years, my expectations were outlandish. I had to be The Best daughter, The Best sister, The Best wife, The Best friend, The Best blah blah blah. It was utterly exhausting and ultimately led to me being blisteringly burnt out by the age of 30. I've spent the last decade, through therapy and self-care, trying to unlearn the behaviours that keep me in the toxic cycle of unrealistic expectations."

"I think lowering our expectations is very different from pessimism and, in fact, can help us lead more positive lives," she continues. "If you are working with yourself instead of against yourself in the tasks you set for yourself in a day, a week, a year, and make decisions based on the information your head, heart and gut are giving you, these factors can hopefully lead to more and more positive experiences in your life, which I believe

builds confidence and can help us step into a more real and true version of ourselves and therefore our lives."

**HURRAH FOR THE NAYSAYERS** Stepping into the "real and true" versions of ourselves is key to authentic parenting, and that often means taking the bad with the good. For Montessori teacher Simone Davies, author of the bestselling *The Montessori Toddler*

"Being a people-pleasing perfectionist was utterly exhausting and ultimately led to me being blisteringly burnt out by the age of 30."

(Workman Publishing, around €13), many parents struggle with simply sitting with negative emotions. "There is this definite resistance as caregivers to want to not say the thing that is bad, not say, "You are unhappy about this," and that's something parents have to work on themselves to try and grapple with before they can teach it to a young child."

de Botton also argued that remaining stubbornly positive when the reality is far from it can lead to cutting ourselves off from the "deepest kind of relationships which we can have with other human beings, relationships based around a confession of suffering" and this too is something Davies has found to be true in both parenting and life.

"I can't even remember what had gone wrong, but I was walking my dog in the neighbourhood and I saw one of my dog-walking friends," she recalls. I'm usually very positive, but when she said, "How are you?" I replied, "I don't know. I've just had a really hard day." And she just gave me this big bear hug, and it really was the right thing at the right time."

"We have this idea that kids are meant to always be happy," she continues. "But we want them to learn about dealing with everything that life throws at you – sometimes you're happy and sometimes you're sad. But we're here to hold space for you no matter what you're going through."

And with that, I'm off to break the news that we're out of jam for this morning's toast serving. Wish me luck...



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## Panic at the desk job

Having come to the realisation that certain aspects of her role as a journalist no longer fit, **Aingeala Flannery** decided it was time to hang up her headset and become a full-time writer. With her debut novel just out, she's pretty confident she's made the right choice.

portrait by Bríd O'Donovan

The first time I heard the expression “imposter syndrome” I was in a therapist’s room looking for a cure. I’d been having what my doctor described as “panic attacks”; sudden episodes of acute anxiety that made my heart race and my hands shake and sweat. There’s no good time to be immobilised by panic, but my attacks were happening at the most inopportune time: when I sat down to read the news live on national radio. “It simply will not do,” I told my GP. She nodded sagely and referred me to a cognitive behaviour therapist, who worked with people in “the creative industries”.

The therapist’s room was between the Gate and the Abbey theatres. He was a nice man who was in the business of helping people overcome performance anxiety. I’m a journalist, not a performer, I told him. But you are performing, he said. This was true. I was delivering a script to an audience, something I’d been doing for years, something I loved – or used to love. There was no rational reason to panic – I wrote my own scripts, I was an experienced broadcaster... a journalism lecturer, for heaven’s sake. I trained new recruits to the radio station. I just couldn’t do it myself anymore.

I took up Bikram yoga. I ate properly. I drank less. None of it worked. Fear uncoiled like a snake inside me, it slithered up my spine and wrapped itself around my throat every time I walked into a news reading booth. In my dreams, computer screens went blank and paper scripts burst into flames when the studio light came on. Once, I dreamt I had to read the news in French. Afterwards, my boss told me to sit my Leaving Cert again.

When I told the therapist, he said one of the characteristics of imposter syndrome is the fear of being exposed as a fraud. How do you get on with your boss? Great, I said. She saw me as “presenter material” and wanted me on-air more. The therapist seemed to think this was a vote of confidence. They’re under pressure to have more female voices on-air, I said. There was an organisation called Women On Air giving out about “manels” – panels of men opining and being expert as if women had nothing to say about the matter. They were right – most radio presenters were men, most contributors were men.

On the other hand, when you called a woman and asked her to go on-air, she’d say she couldn’t come into

studio because she'd to pick up her kids, or she'd have to check that she had "cover". When women did join panels, men had a tendency to talk over them – they'd to raise their voices to be heard. Women who elbowed their way in were described as "shrill". The female voice was too "high-pitched" or "lacked authority". There was some leeway with entertainment shows if the woman sounded young and fun, or with music shows if the woman sounded "husky". But when it came to current affairs, the industry wisdom from the top of the management totem down was: "men don't like listening to women".

In my dreams, computer screens went blank and paper scripts burst into flames when the studio light came on.

Lucky me. I'd managed to get a seat at the table: broadcaster, restaurant critic, sports columnist, lecturer. Some of the questions I was asked by men: "Are you a trained chef?", "Do you play any actual sports?", "Have you done your PhD?". Often, I was invited to contribute to radio pieces about parenting, childcare, and diet (I am not a dietitian). A man I was seeing at the time told me there was no point in attending an awards ceremony I was shortlisted for because such-and-such, a male journalist, was also shortlisted. I stayed at home, and won the award.

The part of journalism I enjoyed most was the writing. I'd always wanted to be a writer. Ha! A writer! That was a good one. Who did I think I was? Where was I going to get the time? Who was going to pay the mortgage, the bills, the childcare – oh my god, the childcare bill alone was eye-watering. And now I was paying for therapy on top of it. I was tired, so tired. Something had to give, so I pulled back from journalism. I started reading again and did a creative writing course, during which I was told (by a man) that being a journalist for almost 20 years wasn't "real writing". Eejit.

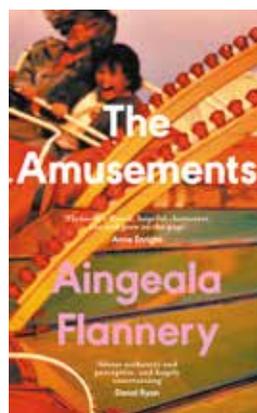
Less work meant less stress over childcare – and more time to write. The panic attacks stopped. I didn't need the nice therapist anymore. Eventually, I drifted into a job in the arts and was not one bit surprised to find the same battlelines being fought there by the Waking the Feminists movement. The Abbey Theatre was not programming work by women. And why were there no women on the Famous Irish Writers poster? Someone designed an Irish Women Writers tea towel as a wry alternative. I bought one but could never bring myself to dry the frying pan with Nuala O'Faolain's face.

Casting a cold eye across the literary landscape, the writer Anne Enright

summed it up: "If a man writes 'The cat sat on the mat', we admire the economy of his prose; if a woman does so, we find it banal." She analysed the amount of space given over to women writers in the Irish media and found a clear bias. Not only were there fewer reviews and features about women writers, male reviewers were strongly disinclined to review books by women. I felt a shudder of recognition when Enright spoke of being asked to go on a panel "because they had no women" because "they needed a woman" because "they would love to hear a female voice". It was the same codology I'd witnessed in broadcasting: Women are shrill. Women whinge. Would they ever just shut up, shut up, shut up.

I did shut up. I retreated to the boxroom with my laptop and I wrote stories. Some of them won prizes, most of them did not. I wrote a novel that was not good enough to be published, so I went back inside and wrote a better one. The British crime novelist PD James (note the gender neutral initials) once said, "All fiction is largely autobiographical", before adding slyly, "and much autobiography is, of course, fiction." My novel, *The Amusements*, is not autobiographical, nor is it a book about women being silenced. But inevitably, you write from experience; things you've observed and things you've been told. And women are repeatedly silenced in my book. One by one, their wings are clipped, and it's not always men that do the clipping. Early on, the book's heroine, Helen Grant, recites a list of unwritten rules for girls, saying, "You were cautioned many times, there was no good cribbing about the consequences." What she means by consequences is the silent treatment, rumours, ostracization, and "From that day on you'd keep your head down."

By the time I came out of the boxroom with my completed manuscript of *The Amusements*, something had changed. Men were fuming on Joe Duffy's *Liveline* about the filth in Sally Rooney's *Normal People*. Some male writers, alarmed by the flash mob of women that had descended onto the landscape, grumbled about a female bias in publishing. People were calling it "the Rooney effect". This new crop of Irish writers: Megan Nolan, Naoise Dolan, Niamh Campbell and Louise Kennedy (a trained chef!) were not asking for permission to write, they were just doing it. It's a tough business full of failure, rejection, low pay. You need to be gracious in defeat and modest in victory. I've been in training for this role all of my life. I don't know what I'm doing when I sit down at my desk to work. Yet somehow, I've never felt like less of an imposter.



*The Amusements* by Aingeala Flannery is published by Penguin Sandycove on June 23.



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## Beat your money blocks

We all know we need it, and some of us just want more of it, but how do you actually *feel* about money? **Katie Byrne** digs deep into the complex emotional, and too often dysfunctional, relationship many women have with their finances.

illustration Anne O'Hara

Eight years ago, in the midst of a self-improvement journey, Kate O'Dwyer decided to delve deeper into her complicated relationship with money. After years of being “completely money avoidant”, she wanted to face up to her financial future. As family members and friends secured their nest eggs, she wanted to understand why financial stability seemed to be eluding her.

More than a simple financial assessment, the then-TV casting producer set out to unravel her underlying beliefs about money, and the uncomfortable feelings it often brought up. So she took out a pen and paper and wrote Money a letter.

“I wrote to money as if it was a person, and what I discovered was that I had no relationship with her,” she remembers. “She was flaky and she was never around. She was inconsistent and I just didn't trust her. What I ultimately discovered was that me and money weren't in a healthy relationship.”

After months of reading, research and self-enquiry, Kate fundamentally shifted her unconscious money beliefs and, today, the

subject elicits very different emotions. She no longer avoids looking at her bank balance, her overall financial situation is much more secure, and she's working in an entirely new field.

Now a visibility coach and mentor, Kate helps women to boost their visibility in the workplace and raise their profiles online. And whether it's salaries, hourly rates or savings, money always comes up as part of the conversation.

“There is nothing as emotionally charged, deeply personal or culturally complex as money... What comes up when we're talking about it? Is it shame? Is it confusion? Is it envy or anger?”

### UNEARTHING YOUR MONEY STORY

“There is nothing as emotionally charged, deeply personal or culturally complex as money,” says Kate. “There can often be a lot of complicated feelings and emotions when we bring up money, and that’s what I want to zone in on with my clients. What comes up when we’re talking about it? Is it shame? Is it confusion? Is it anger? Some of these feelings we don’t want to own, especially jealousy or envy.

“It’s not always what you’re doing about money,” she adds, “but it’s who you are being in relationship to it that reveals our inner money stories.”

There was a time, not so long ago, when the financial-advice industry followed a fairly predictable formula. Income and expenditure was tallied and shortcomings were attributed to a simple matter of under-earning or overspending.

Nowadays, a new wave of financial psychologists, therapists and coaches are digging deeper to help people understand why they don’t have the financial stability they crave. Focusing on the idea that money is emotional, and harnessing the latest research in positive psychology, they help their clients identify unconscious beliefs that might be blocking their financial goals, or past financial traumas that could be holding them back.

### INTRODUCING THE FOUR BASIC MONEY SCRIPTS

While the field is still in its infancy, new ideas about money management are slowly gaining ground. Father-and-son financial psychologists Ted and Brad Klontz introduced us to “money scripts” in an academic financial study carried out in 2011. “Typically unconscious, trans-generational beliefs about money, [money scripts] are developed in childhood and drive adult financial behaviours,” they wrote, before

outlining the four basic money scripts: Money Avoidance, Money Worship, Money Status and Money Vigilance.

A few years later, Kate Northrup, author of *Money, A Love Story*, explored the link between our relationship with money and our relationship with ourselves. “If you can’t see your value,” she wrote, “the world doesn’t give value back”.

Financial psychology presents a new, more holistic way of approaching financial health, but it doesn’t have to be one or the other, notes Dublin-based money coach Anne-Marie Macken. A qualified financial advisor and accountant, Anne-Marie prefers to straddle both worlds when working with clients, and is as much an advocate for self-awareness as she is for standing order-savings accounts.

“There are practical steps you can take to address your financial situation, but it’s also important to ask what’s driving the impulse to spend,” she says. “Is it status, is it filling a void, is it loneliness? It’s about bringing awareness to the moment, just by pausing and asking, ‘What’s really going on here?’”

Anne-Marie saw a need for money coaching after her experience working in debt management following the housing crash in 2008. Many of her property developer-clients were severely impacted by the downturn, she says, yet some of them

were able to bounce back. “The people who were able to get out of it were in some way able to retain a sense of optimism and find solutions,” she notes, “whereas others were almost paralysed by it – they couldn’t find any solutions...”

Those who prevailed didn’t derive their identities from their bank balance, she adds, whereas others saw it as a personal failure and an almost catastrophic setback.

The experience proved to Anne-Marie the role of mindset in money management and today, as a money coach, she helps people uncover their core financial beliefs and shift their money mindsets.

### LOOKING AT OUR UPBRINGING

Anne-Marie says our upbringing ultimately shapes our relationship with money into the future. “If people grow up in a precarious financial situation, or with parents who were keenly aware of the shortage of money, that fear tends to stay with them when they grow up as adults.”

But fear can manifest in different ways. “Some people who grow up like that will watch every penny, yet others will almost rebel against it and overspend... A typical belief might be ‘there is never enough money’, and that might be the evidence. But if you’re continuously thinking that, how does that make you feel, and how does that then translate into what you do?”

Core money beliefs vary from person to person, she adds. For some, the issue stems from a lack of self-worth. “They might unconsciously think, ‘I don’t deserve to have money or nice things.’” Others may have an underlying belief that money corrupts, which they then struggle to reconcile with wealth accumulation. “I’ve worked with people who are really aware of social justice and poverty issues, and it’s almost like, ‘If I benefit from the system, am I losing my identity?’”



Nowadays, a new wave of financial psychologists, therapists and coaches are digging deeper to help people understand why they don't have the financial stability they crave.

### FINANCIAL TRAUMA

In cases where a potential client hasn't dealt with a severe financial trauma, Anne-Marie recommends therapy ahead of coaching. "I'm talking about traumas with a capital T, for example the loss of the family home or suicide of a family member because of money issues – pretty hard-hitting stuff. If that trauma has been dealt with through therapy, then money coaching, which is more future-oriented, can work really well for that person even if their therapy is ongoing. If the trauma has not been addressed, then therapy to come to terms with the past may be required first before money coaching would prove suitable or ultimately effective."

### COUPLES FINANCIAL COACHING

While some untangle their relationship with money, others are examining the role that money plays in their relationships. Enter financial coaching for couples, another burgeoning field that takes a more holistic approach to money management. "Everyone has financial baggage and everyone has their own financial personality when they go into a relationship," explains Dublin-based couples financial coach Morgan O'Connell of Arrow Coaching. "They've learned stuff

from their parents, from their jobs, from managing their own money or getting burnt by the stock market... whatever it is, they come into a relationship with all of these layers underneath, and the other person might not necessarily know."

Morgan helps couples negotiate the Venn diagram of their money personalities and identify financial flashpoints, such as Christmastime, birthdays and "large-expenditure events like buying cars and going on holidays".

Sessions tend to last for an hour at a time, during which he asks couples two key questions: "Do you think your financial situation with your partner is fair?" and "What do you expect from one another?"

"Some people might expect the other person to shoulder the finances 50/50. Some people might expect their partner to pay the mortgage because they are earning more money. Or you might have a person who owns a house already and another moves in – how do they negotiate who pays for what? Expectations need to be laid out from the outset," he says.

Truly balanced 50/50 splits are almost impossible to achieve, adds Morgan, but perceptions of fairness should at least be discussed. "I recently sent a questionnaire to

30 couples about money, and the overriding theme was that they don't think the other person was treating them fairly, and that's something that can get under your skin. You may not voice it, but if you feel someone is doing you an injustice, that can build up and cause resentment, and that's very damaging."

In other words, financial conversations are crucial, but that isn't to say they're easy. Being honest about money – whether it's with yourself or a loved one – can be uncomfortable. And as much as we might like to overhaul our finances, mindset shifts don't happen overnight.

"It's a constant process," says Anne-Marie. "People might do the work but then something goes wrong in the business and the old fears come back. But even just being aware of your underlying beliefs around money is a massive first step."



## WHAT'S YOUR MONEY SCRIPT?

**MONEY AVOIDANCE** Caught in a state of denial, anxiety and shame, Money Avoiders refuse to face their financial fears and often sabotage their own financial success. They struggle to manage a budget and tend to ignore financial statements, mounting debts and pension advice. According to Drs Brad and Ted Klontz's research, Money Avoiders tend to be wealthier and more highly educated individuals who may fundamentally believe that they don't deserve to have money.

**MONEY VIGILANCE** Frugal and cautious, the Money Vigilant are laser-focused on their financial goals and spend only what they can afford. They set aside a certain amount each month for savings and they check their bank account daily. While they have smart spending habits in place, the Money Vigilant can derive a false sense of security from money and veer towards excessive budgeting. In the extreme, they can become penny-pinchers who struggle to enjoy their wealth.

**MONEY WORSHIP** Money Worshipers believe that more money will ultimately lead to more happiness. However, thanks to the "hedonic treadmill" theory, their pursuit of money never quite satisfies them. According to the Klontz's' research, Money Worshipers are prone to buying things in an attempt to achieve happiness and are more likely to put work ahead of family. They are also more likely to give or loan money to others, even though they can't afford to do so.

**MONEY STATUS** Equating self-worth with net worth, Money Status seekers spend money to achieve a sense of social superiority. They signal their wealth through conspicuous consumption and luxury status symbols, which can put them at risk of overspending. The Klontz's' research found that people in the Money Status category are more likely to come from lower socio-economic environments and households that traditionally gave a higher social standing to people with more money.

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# LEADING THE WAY

As a child, Eva Pau, commercial director of Ireland's Asia Market, bemoaned that she had to go to school seven days a week, but her enterprising parents argued that they also worked seven days a week, so fair is fair. Today, as the winner of the IMAGE PwC Businesswoman of the Year 2022, Eva pays homage to the heritage of hard work she inherited.

words Amy Lynch portrait Melanie Mullan

It's been a whirlwind for Eva Pau since she won the IMAGE PwC Businesswoman of the Year Award. "It was really huge and such an honour to be recognised by all the team at IMAGE, the judges and nominees. The response has been phenomenal."

Asia Market started as a modest family business and grew over 40 years to include the original Drury Street store, a large outlet in Ballymount, a thriving online store, and restaurant Duck. With a turnover of €56 million, Asia Market is Ireland's largest Asian food importer, distributor and retailer, with over 160 multinational employees.

Eva Pau recalls her early years, sitting under the counter and chatting to customers in the Asia Market, as her parents Helen and Howard Pau worked. "At the time, on Sundays, nothing opened here, but we would still open. I would be playing hopscotch and with cardboard boxes on Drury Street."

The value of hard work was instilled in Eva from a young age. When she asked her parents why she went to school seven days a week, learning Chinese at the weekends, her dad replied, "Well, we're working seven days a week."

Eva attributes her work ethic to her parents, who are still working in the family business. "My parents are very humble and have taught me to be humble. After the shock of winning the award, I think back to what I've done over the last ten years. Winning the award has made me reflect on the journey, to see the steps that we've taken."

Eva describes her mum as "a real inspiration. So fast and efficient. She's always there, still so hard working, really encouraging me in all the new projects I'm embracing."

Eva's dad loves travelling to visit "suppliers, their factories, to source new products, and brings the information back to us. I sometimes accompany him on a few trips per year. There's so much to learn."

Eva's Chinese heritage has always been important to her. "Dad has always been quite patriotic. He would bring me back to Hong Kong and China at a young age. I would know that my heritage is Chinese." Eva recalls how her dad "opened her eyes" during these exciting trips. "I was in love with the skyline of Hong Kong."

Today, Eva is a board member of Dublin Town, on the Advisory Council of the Trinity Centre for Asian Studies, vice chair of the Chinese Society of Ireland, and an honorary member of the Chinese Trinity Alumni Committee.

Growing up, Eva spoke Cantonese at home and English at school. She has fond memories of Irish dancing lessons

and the surprised look from the *bean an tí* when as a teenager she spoke Irish in the Galway and Donegal Gaeltacht.

Eva then gained her master of arts in information and communications technology at Trinity College Dublin and her master of science in information technology management and organisational change at Lancaster University. She then worked for international financial institutions in Hong Kong. Joining her parents on a visit to a supplier in Malaysia reignited her interest in the family business, so she returned to Dublin.

Since then, Eva has been at the helm, developing a brand, diversifying the products, reorganising the layout to make it more appealing and accessible, expanding to a second location in Dublin 12, and modernising the shopping experience with an e-commerce platform. Eva also opened the restaurant Duck on Fade Street, because she wanted to offer authentic Hong Kong-style barbecue meats and encourage people to try foods outside their comfort zone.

Speaking at the awards, Eva said: "I really am in shock – there are so many amazing women who have been nominated in this category, and it really means so much to me. From day one, when my parents started from a really small store on Drury Street, I saw how hard-working and dedicated they are. Their work ethic has really inspired me to be like them and to carry on the business."

With Irish food shoppers developing an adventurous palate, Eva sees the increase in demand for Asian food products. "A lot more people are travelling to Asia. I meet people instore who have been to Thailand, and they would look for raw ingredients for making their own curry paste. It's amazing to see the change in the Irish people's palate for Asian food. You see so many trends, what people like to buy."

Judge Bobby Kerr commented on Eva's "drive, ambition, and tenacity" while judge Laura George recognised Eva's "hard work, quiet determination, and above all, laser focus." Eva explains that her commitment comes from enjoying the work. "My drive comes from passion for the industry.

This drives and motivates me a lot. I love what I do."

Eva's already thinking of new goals for Asia Market. "We still have a lot more development to do, more spaces to create, new food ideas to bring to Ireland. Pre-Covid, I was travelling a lot, and I'm look forward to more now. There are lots of food ideas in my mind." Eva also plans on growing and diversifying the homeware range, offering a piece of Asia in Ireland.





EVA PAU'S MAKE-UP BY JUDY WONG



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# Drumroll please ...

Meet the other winners of the IMAGE PwC Businesswoman of the Year Awards 2022.

photography MDA Productions

## LIFETIME ACHIEVEMENT AWARD

**Fiona Dawson, CBE**  
Trinity College graduate Fiona rose through Mars Incorporated leadership roles to reach the trailblazing height of global president of Mars food, multisales and global customers. Fiona has excelled in the areas of sustainability, health and wellbeing, women's entrepreneurship, and human rights. Fiona was awarded an honorary CBE for services to women and the UK economy.

## ENTREPRENEUR OF THE YEAR

**Dr Lisa Creaven and Dr Vanessa Creaven, CEOs, directors and co-founders, Spotlight Oral Care**  
Sisters Dr Lisa and Dr Vanessa Creaven are dentists who founded Spotlight Oral Care in 2016, an internationally successful oral healthcare brand of clinically proven, earth-kind oral care products. Despite the challenging business climate of the pandemic, they recently achieved a major expansion into the US market.

## CEO OF THE YEAR

**Julie Ennis, CEO of corporate services, Sodexo UK & Ireland**  
Julie started out as a ballet teacher before reaching senior levels in the corporate world. She joined Sodexo in 2019 as managing director of Sodexo's corporate services segment in Ireland and was soon promoted to CEO of corporate services for Sodexo's UK and Ireland region, becoming the first Irish woman to land this very senior role in Sodexo's global organisation.

## MANAGEMENT PROFESSIONAL OF THE YEAR

**Debbie Byrne, MD, An Post Retail**  
Since Debbie joined An Post in 2018 as managing director, An Post Retail, she's led the growth, strategy and transformation of Ireland's largest retail network of post offices, PostPoint outlets, staff, and contractors, serving 1.3 million customers weekly. She also negotiated a historic union agreement and developed an ambitious financial services strategy with An Post Money.

## CREATIVE BUSINESSWOMAN OF THE YEAR

**Roisin Keown, owner, The Brill Building**  
As a celebrated advertising creative, Roisin relocated her young family from Dublin to the West of Ireland and set up her own creative agency, The Brill Building. Her team's full rebrand of Breakthrough Cancer gave the Cork-based charity a national profile for the first time, and the work was recognised nationally and internationally and awarded best in class.

## YOUNG BUSINESSWOMAN OF THE YEAR

**Aimee Connolly, founder and CEO, Sculpted by Aimee**  
This Dublin-born make-up artist has been working since the age of 16 and gained experience in department store make-up counters before setting up her own brand. Sculpted by Aimee is 100 per cent self-funded and owned by Aimee, and her products are now available in 350 stockists in Ireland and the UK.



**DIGITAL & TECHNOLOGY BUSINESSWOMAN OF THE YEAR**

**Angela Bergin, senior vice president, Global Payments**  
 Angela is a senior leader in a global blue chip organisation, with a wide range of responsibilities within technology, including strategy setting and business planning, managing a multi-million-euro budget, and building high-performing teams from the ground up. Angela mentors other young women to help them to reach their potential and increase their visibility.

**START-UP OF THE YEAR**  
**Denise Kenny Byrne, CEO and co-founder, The Head Plan**

Denise was inspired to launch wellness and personal development brand The Head Plan to help herself and others when her husband was diagnosed with acute myeloid leukemia (AML) in 2018. Since then, The Head Plan has demonstrated significant success and potential for growth, is a number-one ranking app, and has a thriving online community of 30,000 members.

**SOCIAL ENTREPRENEUR OF THE YEAR**  
**Caoimhe de Barra, CEO, Trócaire**

As Trócaire's first female CEO, Caoimhe has shown extraordinary leadership in challenging times, growing public income to record levels, and operating globally in some of the most difficult global regions while maintaining the core values, culture and mission of Trócaire. She led Trócaire in responding to the crisis in Ukraine, pivoting to support local partners on the ground.

**SOCIAL ENTREPRENEUR OF THE YEAR**  
**Dr Suzanne McClean, psychologist and founder of Rosabel's Rooms**

Dr Suzanne McClean turned the tragedy of losing her 16-month-old daughter Rosabel into a means of supporting others. She created the unique service Rosabel's Rooms to provide compassionate support to grieving parents who suffer the loss of a child regardless of the cause. This legacy of love was founded in collaboration with the Irish Hospice Foundation.

**SUSTAINABILITY CHAMPION OF THE YEAR**  
**Iseult Ward, CEO, FoodCloud**

Iseult co-founded FoodCloud in 2013 to tackle the problem of food waste. The organisation uses technology to connect surplus food from the food industry with community groups who could use it. FoodCloud employs over 70 people and works with every retailer in Ireland, over 200 food businesses across the country, and in partnership with multiple corporates and government departments.



This year, the IMAGE PwC Businesswoman of the Year Awards 2022 welcomed 800 attendees to the Clayton Hotel, Burlington Road. The event was held in partnership with PwC, sponsored by BMW, Kuehne+Nagel, Glenveagh, The Executive Institute, and SIRO; and in association with Marks & Spencer, Malfy, Movement, Gotcha Covered, and Enterprise Ireland. The awards recognise women in business, from CEOs and management professionals to innovative entrepreneurs and impressive start-ups. Scan the QR code to see all the social photography from the night and read full interviews with all our winners.



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## Pushing boundaries

Mairead Harbron, Tax Partner at PwC, has helped countless entrepreneurs through their business journeys, and she loves that more women are now joining the ranks.

words **Megan Burns** photography **Melanie Mullan**

When you imagine the day-to-day workings of a tax advisor, you perhaps picture spreadsheets of endless figures. But Mairead Harbron, a Tax Partner with PwC's Private Client department, says the best part of her job is working with individuals and building relationships with them.

Many of the people Mairead works with are entrepreneurs, and she enjoys seeing their journeys develop. "Most of my current clients started with me when their businesses were in their infancy, and to see them develop and overcome a lot of adversity, the ups and downs of business and economic cycles, is fantastic. I get a lot of fulfilment from playing a part in their journey and seeing them develop over time."

She advises clients on everything from personal tax matters to structuring tax for business, but over the last 15 years she has noticed that she's working with more women now than ever before.

"As more and more women are taking the plunge and growing their own businesses, I'm getting the opportunity

to work with more businesswomen, which is fantastic. I also meet more and more female entrepreneurs at business events and there's certainly no shortage of fantastic female Irish entrepreneurs, as we witnessed recently at the IMAGE PwC Businesswoman of the Year Awards."

While Mairead is positive about the increase in Irish women starting their own business, she believes that there are still barriers to entry. One of these is the issue of funding, which can be harder for women to secure. As Mairead points out, the gender pay gap has a knock-on effect. "Because on average women are earning less than men, it means they have less savings to get a bank loan to go out and start their own business."

Another issue is women having enough belief in themselves to take the plunge. "A lot of women don't see themselves fitting into that bracket of being an entrepreneur," Mairead says. "One of the biggest barriers to female entrepreneurship is self-belief, because it's such a big risk to take."

Happily, this is changing. Mairead points to the many amazing role models for Irish businesswomen, and says their importance cannot be understated. “Like any under-represented group, female entrepreneurs are more prone to impostor syndrome, feeling isolated, and lacking confidence.” Mentors and role models are a powerful way to combat this.

“You can have as many motivational posters around as you want, but the most tangible thing for people to have is advice from somebody who’s actually been through the same situation,” Mairead says. “Hearing from another woman who’s faced a lot of the same challenges is really powerful in terms of encouraging women to take the leap into entrepreneurship.”

On the financial front, she points to the supports that are now available for those starting businesses, such as the Local Enterprise Office Women in Business Network, the ACORNS programme, and the Enterprise Ireland Competitive Start Fund. However, Mairead makes the point that providing more financial support for female entrepreneurs would be a win-win situation.

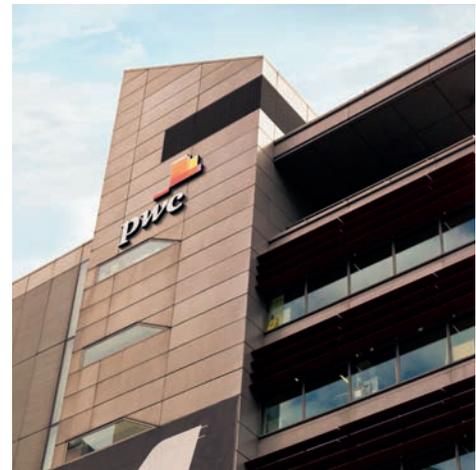
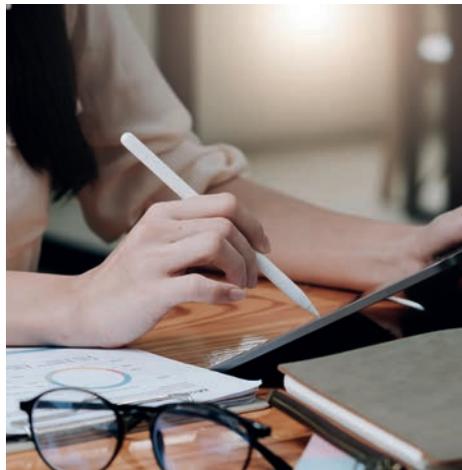
“If you step back and look at the potential for women to contribute to the Irish economy, I think you can easily make the case that extra investment in this area would be worthwhile. Less than 20 per cent of entrepreneurs in Ireland are female, but statistics from the US show that

female-owned companies grow at twice the rate of other US firms. Encouraging women into entrepreneurship would therefore have the capacity to help grow the Irish economy, and produce more jobs. There’s an untapped potential in Ireland that we have of women that could really make a difference.”

Her advice, then, to any women considering starting their own business, is that once you have your business plan in place and the numbers work, “Then it’s up to you to have faith. Believe in yourself. Get mentors around you, find your network, and really go for it.”

It’s a formula she’s seen bring success to many of her clients over the years, despite pitfalls and difficulties along the way. From putting tax structure into a start-up, or helping a client through a business exit, Mairead really does see the full lifecycle of these companies.

With the recent announcement that she has been made a partner at PwC, Mairead is looking forward to the new opportunities and challenges it will bring alongside her work, continuing to guide clients through their business journey. She hopes, too, that the number of female entrepreneurs will continue to grow. “I love the fact that I am working with more women who have become successful,” she says. “I feel really lucky to be in the position to work with these interesting people that are on a journey, and need a bit of advice along the way.”



PwC Ireland is dedicated to helping women start, grow and sell their businesses – and manage their wealth thereafter.

To find out more about how Mairead and her team can support you, visit: [pwc.ie/services/private-businesses.html](https://pwc.ie/services/private-businesses.html)

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# SELF

SUMMER SCENTS

HAIR TUTORIALS

READY TO GLOW



PHOTOGRAPH BY JAY DOHERTY

## FIGHTING FIT

Adaptive adventurer Nikki Bradley has already overcome cancer, and is now tackling her latest challenge: amputation. Turn to page 128 to read her incredible story of strength and determination. Elsewhere, Holly O'Neill has found the best summer beauty picks, from shimmery oils to pastel nails on page 110, while on page 118, Melanie Morris speaks to the experts about caring for your hair after a style switch-up.



ISABEL MARANT



Jones Road Miracle Balm  
in Magic Hour, €36.19



JONES ROAD



MARK FAST



Charlotte Tilbury  
Beautiful Skin  
Sun-Kissed  
Glow Bronzer  
in Deep, €50

Chanel  
Les Beiges  
Illuminating  
Oil, €80



# GOLD STANDARD

All that glitters is gold for SS22, whether you're looking for high-impact bronzed shine or a highlighter that leaves a facial-fresh finish.

words Holly O'Neill

Ready to let the good times roll again, SS22 is dripping in gilt. The spring/summer 2022 runways were immersed in gold, with Fendi x Versace's shimmering chainmail gowns, Tom Ford's sparkling metallic dresses, tanks and skirts, girded gold waists at Louis Vuitton, and shiny swimsuits at Chanel. There was an actual gilded nose, coated in gold pigment at Kenneth Ize, gold shimmer was dusted on ears at Collina Strada, and in other fashion news, a glimmering \$5 million Marilyn Monroe dress you probably heard about against your will. In Tom Ford's SS22 show notes, he quoted Diana Vreeland: "I know it's a lot but is it enough?" – which should be your approach to bronzing this summer now that every new launch has been given the Midas touch to make you radiant with a luminous complexion. Charlotte Tilbury has launched her first cream bronzer in four shades that become one with the skin for a natural sunlit gleam, with a truly magical formula of hyaluronic acid that improves the look of skin, pro-vitamin D3 that somehow converts into vitamin D when exposed to sunlight, while being sweat- and

humidity-proof and lasting up to 16 hours. Chanel has added a Medium Bronze shade to its cult hero, Les Beiges Healthy Glow Bronzing Cream Soleil Tan, that looks like actual sunlight on the skin, along with its biggest bronzing powder yet and a dry Illuminating Oil, €80, that radiates the skin with soft copper and gold shimmer that reflects in the sunshine. Warm up the skin with cream bronzers from Refy or Sculpted by Aimee Connolly that miraculously capture the glow of a day in the sunshine in a natural effect, blending seamlessly into the skin with the heat of your fingers. For a hint of sunlight that's as good as gold, Miracle Balm by Jones Road, €36.19, Westman Atelier Lit Up Highlight Stick in Brûlée, €52, UP Cosmetics Champagne Kiss High Shine Powder Highlighter, €20, and Yves Saint Laurent Nu Glow in Balm, €32, enhance skin with a wash of illuminating moisture with just a touch, and old favourites like Hourglass Ambient Lighting Palette Volume 3, €70, and MAC Extra Dimension Skinfinish in Lunar Luck, €30, add a candlelit polish to even the most housebound of complexions.

Catwalk and backstage beauty images by Stefan Knauer and Jason Lloyd-Evans



Refy Cream Bronzer in Sand, €21



ALBERTA FERRETTI



Charlotte Tilbury Easy Highlighter Wand in Golden Glow, €25



Sculpated by Aimee Connolly Cream Luxe Bronze in Light/Medium, €18



ELISABETTA FRANCHI



Hourglass Ambient Lighting Palette Volume 3, €70



Westman Atelier Lit Up Highlight Stick in Brûlée, €52



BALMAIN



JASON WU



MAC Extra Dimension Skinfinish in Lunar Luck, €30

UP Cosmetics Champagne Kiss High Shine Powder Highlighter, €20



Iconic London Prep-Set-Glow in Glow, €26



Bellamianta Illuminating Bronzing Drops, €25



BLUMARINE



Yves Saint Laurent Nu Glow in Balm, €32



Charlotte Tilbury Beautiful Skin Bronzing Brush, €40



Westman Atelier Beauty Butter Powder Bronzer in Coup de Soleil, €80



Now in 16 shades, Chanel Water-Fresh Complexion Touch, €62, is a lightweight, buildable gel formula of pigmented micro-droplets that leave a bare-faced, glowing finish.

With light to medium coverage, Fenty Beauty Eaze Drop Blurring Skin Tint, €30, is a diffusing, heat-proof skin tint in 25 adaptable shades.



The mineral-based, medium coverage formula of BareMinerals Original Liquid Mineral Foundation, €37, in 30 shades, looks like nothing on and improves skin texture over time.



Worn by Gwyneth Paltrow, Jennifer Aniston and Cameron Diaz, the creamy Westman Atelier Vital Skin Foundation Stick, €72, gives an ultra-natural finish that melts in, with skin-benefiting ingredients.



Nars Light Reflecting Foundation, €48, looks like skin and acts like skincare, improving texture and clarity, and protecting from environmental aggressors with added all-day glow.

# sunny summer FOUNDATIONS

Weightless, breathable formulas made for the heat that even out skin with an imperceptible wash of just enough luminous coverage, without hiding your freckles.

compiled by Holly O'Neill



Collagen peptide technology, pro-retinol, vitamin C and more work together in the new No7 Restore & Renew Serum Foundation, €24.95, to brighten your skin with a healthy gleam that's instant and improved over time.

Created for a fresh-faced radiance that lasts all day, Yves Saint Laurent Nu Bare Look Skin Tint, €32, is filled with hyaluronic acid, glycerin and mallow for a brightening, skincare-boosted gleam.



L'Oréal Paris Skin Paradise Tinted Water-Cream, €12.45, is made up of 70 per cent caring waters for a dewy formula that drenches skin in hydration and a glassy tint.



One Charlotte Tilbury Beautiful Skin Foundation, €44, is sold every 15 seconds since its launch in January, and for good reason; the skincare make-up hybrid is unmatched for undetectable dewy coverage.



With 25 years of acclaim for her tinted moisturisers, the new Laura Mercier Tinted Moisturiser Light Revealer, €49.50, was always going to be good; now the buildable finish is even more luminous, thanks to complexion-boosting pearl blends.

# IMAGE BUSINESS *of* BEAUTY AWARDS 2022

HOUSTON, WE HAVE AN ANNOUNCEMENT  
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**DATE**  
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**TICKETS**  
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SHORTLIST ANNOUNCED  
MONDAY, JULY 25, 2022

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VOYA

# beauty hitlist

compiled by Holly O'Neill

Faff-free lotions, convenient carry-on kits, sun-bleached nail shades and humidity-proof hairstyles... Consider this your ten-step guide to what to buy and try in summer travel essentials.



## HEAT-PROTECTING HEADSCARVES

Heads up: headscarves have made their return for SS22. Less Balmoral, more Balenciaga (and Versace, The Row, Giorgio Armani and more), they'll stop your hair from frying; or spritz Nuxe Sun Moisturising Protective Milky Oil for Hair, €16.90, a non-greasy, hydrating mist that'll safeguard tresses from sun, salt and swimming.

FROM TOP Floral print silk twill scarf, €380 at Gucci. Ridley hair bow, €90 at Shrimps. Monica scarf, €89 at Weekend Max Mara.



**ICE LOLLY LIPS** Think of it as the smudged eyeliner of lipstick: diffused, blurred and soft-focus. The aim is a fuzzy electric inner colour finished with high-shine gloss. Use a ring finger to dab an air kiss of fruity shades, from glossy blood orange to sheer, jammy berry, to the centre of the lips and buff outwards for a bitten, stained effect, like you've just finished an ice pop.

FROM THE LEFT Giorgio Armani Lip Maestro Mediterranea, €38. La Mer The Lip Polish, €68. Tom Ford Soleil Ultra-Shine Lip Color in Sweet Spot, €51. Hermès Hermèsistible Lip Oil in Corail Bigarade, €52.

**SUNSET BLUSH** Sunburn blush continues to dominate TikTok beauty trends – blend warm, sunset shades in a “W” across the face, high on the cheeks and bridge of the nose where the sun naturally hits. Creamy textures like Laura Mercier Tinted Moisturiser Blush in Corsica, €29.50, and Charlotte Tilbury Pillow Talk Lip & Cheek Glow in Colour of Dreams, €39, sink in and leave skin fresh and sun flushed, where a super-fine powder like Nars Summer Unrated Blush Bronzer Duo in Orgasm/Laguna, €40, delivers a sheen like you’re always in golden hour.



3



4

**CARRY-ON KITS**

If you find the airport’s tiny clear plastic bag for your liquids oppressive – soon to be a thing of the past, just the no taxis, passport delays, endless queues and extortionate costs to rent a car, park a car or eat breakfast to deal with – meet your new travel companion: Charlotte Tilbury’s portable, handbag-sized Quick & Easy Make-up Kits, €69, have a massive mirror and contain wands for eyeshadow, lips, cheeks and highlighter for on-the-go make-up in five minutes.

**GLOWY OILS** We now know better than to tan with oil, but nothing beats its glow on sun-warmed skin. The best of the new oils on the market are multi-purpose and have nothing to do with tanning, combining lingering subtle or heady scents, luxurious texture, gilded glow and incredible skin benefits, repairing sun-scorched hair and nourishing skin and lips. For a hit of sun-kissed shimmer at sundowners, slick the golden liquid bronzer oils from Nars or Tom Ford down your arms, legs, collarbones, shoulders and chest to add a silky, scented gleam.

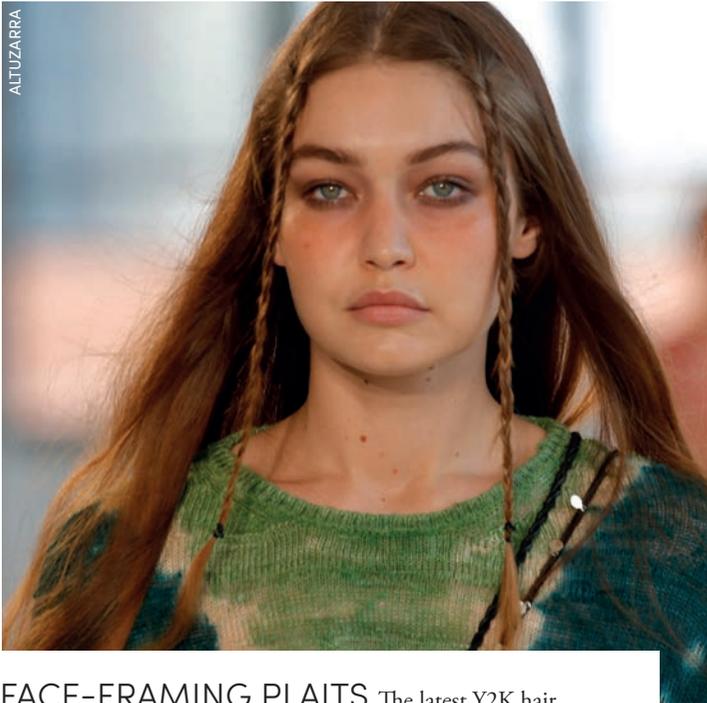


5

FROM LEFT Charlotte Tilbury Collagen Superfusion Facial Oil, €72. Nars Orgasm Body Oil, €59. Gisou Honey Infused Hair Oil, €77. Clarins Lip Comfort Oil in Apricot, €22. Chanel Coco Mademoiselle Velvet Body Oil, €70. Tom Ford Soleil Brûlant Shimmering Body Oil, €87.

CATWALK AND BACKSTAGE BEAUTY IMAGES BY STEFAN KNAUER, JASON LLOYD-EVANS AND GETTY

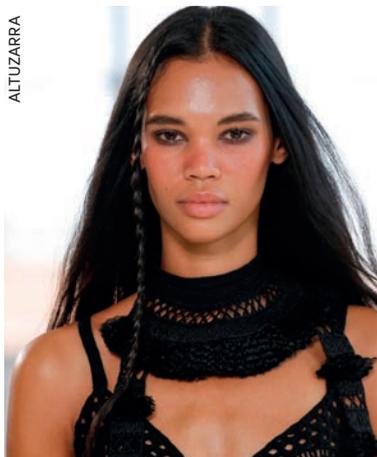
ALTUZARRA



**FACE-FRAMING PLAITS** The latest Y2K hair comeback joining zig-zag partings, flicked-out ends, hair claws and spiky updos are face-framing braids, the dainty plaits once worn by Britney, adopting a new generation via Margot Robbie, Hailey Bieber, Bella and Gigi Hadid, Dua Lipa and more. Leave the rest of your hair beach textured, as per Altuzarra SS22, above and below, and save yourself the trouble of styling hair that'll be ruined by humidity anyway with summery tendril braids.



ALTUZARRA



**SKINCARE SPF** Welcome to the golden age of sun protection, where chalky-white cast is a thing of the past and the formulas come with next-level skincare benefits. Sunscreen meets skincare in three clever new launches: La Roche-Posay Anthelios Oil Correct SPF 50+, €26, contains salicylic acid, niacinamide and zinc to clear pores and reduce excess sebum; Glow Recipe Watermelon Glow Niacinamide Sunscreen SPF 50, €36, has watermelon extracts, niacinamide and hyaluronic acid to reduce hyperpigmentation and brighten skin; while Shiseido Urban Environment Age Defense SPF 30, €40, includes spirulina, hyaluronic acid and anti-sebum damage complex for decongested, hydrated skin protected from environmental aggressors.



**PASTEL PLAY NAILS** Keep your nails pastel sweet in summer's heat with a light wash of soft sun-bleached shades, from sunset pinks and muted lilacs that work with everything to soothing spa retreat-inspired tranquil greens.

Barry M Gelly Hi Shine Nail Paint in **1** Bluebell, **2** Hibiscus, **3** Periwinkle, **4** Honeysuckle, **5** Sea Salt, and **6** Eucalyptus, €5.99 each.



@betina\_goldstein



**POOL-PROOF MASCARA** For swim-, sun-, sweat- and splash-proof mascara, the new Rimmel London Kind & Free Mascara, €12.99, and BareMinerals Maximist Phyto-Fiber Volumizing Mascara, €23, do a lot of work. Both are vegan, infused with nourishing ingredients to improve your lashes over time, feature packaging comprised of post-consumer recycled plastic, and deliver volume and length that lasts all day, no matter the heat.



ADDITIONAL PHOTOGRAPHY BY ELISHA MCCORMICK AND JAKOB OWENS/UNSPLOASH

9



10

## SUN-SOOTHED SKIN

For rehydrated skin in a flash after a day of sun, sea salt and spritzes, spray Aveeno Daily Moisturising After-Shower Mist with Oat Extract, €7, all over immediately post-shower – it dries in fast so you won't feel sweaty and slick, and it locks in non-greasy moisture, protecting dry skin for 48 hours and leaving it balanced, soft and supple.

# 2 zesty scents



1 Master perfumer Jacques Cavallier Belletrud created an ode to citrus in **Louis Vuitton Afternoon Swim**, €260 for 100ml, with Sicilian orange, bergamot and zingy ginger as fresh and cooling as a dip in the sea.

2 **Tom Ford Soleil Brûlant Eau De Parfum**, €276 for 50ml, is summer in a bottle, with sun-scorched mandarin and bergamot, spicy pink peppercorn and seductive notes of black honey, vetiver and leather.

3 If a day at the beach was a scent, it would be the warm and spicy **Avant Persian Sunset**, €129 for 100ml, with sharp orange, bergamot, red berries, smooth sandalwood and vanilla.

4 **Marc Jacobs Daisy Eau So Fresh Skies**, €83 for 75ml, is true to its name with a combination of blue tea, grapefruit and creamy cedarwood bright as a clear sky.

5 **CK One Summer Daze**, €50 for 100ml, is a love letter to sunshine rendered in a tangy kumquat, fresh iced mint tea, musk and vetiver.

6 The amber floral of **Estée Lauder Bronze Goddess Nuit Eau de Parfum**, €73 for 50ml, is a spicy blend of bergamot, ylang ylang, coconut and vanilla that lingers long after the sun goes down.

7 Light, woody and sea-inspired, **Jo Malone London Wood Sage & Sea Salt**, €128 for 100ml, will carry you to a salty-aired shore.

8 **Byredo Vanille Antique**, €245 for 50ml, was created with the rarest raw ingredients, for a smoky rich scent of vanilla, cashmere wood and musk that lingers all night.

SHISEIDO  
GINZA TOKYO

#ALIVEwithBeauty



NEW SERUM  
**Ultimune**

DOUBLE DEFENCE FOR **STRONGER**  
YOUTHFUL-LOOKING SKIN

**POWER IS IN YOU**

Shiseido's #1 serum gets stronger with an innovative double anti-ageing technology powered by 8 botanical ingredients :

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Experience visibly healthy vibrant skin.

\*Total number of awards globally as of December 2020 / \*\*Jan-Dec 2020 sales

**25**  
YEARS  
OF RESEARCH

**200**  
BEAUTY  
AWARDS\*

**1** SOLD **7**  
EVERY  
SECONDS\*\*

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“A high factor broad-spectrum SPF is the most effective anti-ageing skincare product you will ever use. Up to 90% of skin’s ageing can be attributed to UV damage, and many people don’t realise that UVA rays can penetrate both clouds and glass, meaning it is so important to wear SPF 365 days a year – rain or shine.”

Professor Niki Ralph,  
Consultant Dermatologist,  
Institute of Dermatologists, Ballsbridge



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VISIT THE SUN  
SMART HUB

TO LEARN MORE ABOUT SUN SAFETY, VISIT THE SUN SMART HUB ON IMAGE.IE

**THE FIRST THING I PUT ON MY SKIN**

in the morning is water! Some days I exfoliate before I put on any other products – currently, I love Irene Forte. Irene Forte Almond Face Scrub, €82, and Apricot Face Peel, €83.



**THE BEST BEAUTY ADVICE**

I ever received was that when everything is consistent and balanced, like eating sensibly, taking care of your skin and exercising, it is always visible.



**THREE PRODUCTS I ALWAYS HAVE** in my make-up bag are a Westman Atelier Lip Suede Compact, below, €91, Squeaky Clean Liquid Lip Balm, €40, and Vital Skin Foundation Stick, above, €72.



**MY THREE HAIR FAVOURITES** are David Mallett, Harklinikken and Rahua. Rahua Color Full Shampoo, €40.95, and Conditioner, €42.95.

my life in  
**BEAUTY**

Celebrity make-up artist Gucci Westman, founder of Westman Atelier, shares her beauty must-haves with Holly O'Neill.



**I NEVER TRAVEL WITHOUT** my Anine Bing Daria sunglasses, €179, lip balm, snacks and hand sanitiser wipes.



**SOMETHING THAT'S ALWAYS ON MY NIGHTSTAND** are my glasses and a book. Gucci glasses, €360.

**THE LAST BEAUTY-RELATED THING I DO** before I go to bed is to moisturise, and sometimes use an infrared sauna blanket and my Theragun. HigherDose Infrared Sauna Blanket, €649.



**THE FIRST BEAUTY PRODUCT I EVER BOUGHT** was a Lancôme tinted moisturiser. It was a darker shade to make myself look tanned! Lancôme Skin Feels Good Foundation, €36.50.



**I NEVER TRAVEL WITHOUT** My Westman Atelier x Métier London Train Case, €500, filled with my Westman Atelier products, skincare and vitamins.



**I TAKE MY MAKE-UP OFF** with Symbiome The Renewal Daily Cleanser, €57, or Tammy Fender Cleansing Milk, left, €57.



**THE FIRST PERFUME** I loved was Annick Goutal Eau d'Hadrien, €87 for 50ml.

# Keeping Up Appearances



GETTY

Whether you're entering a new life stage, getting over a break-up, starting a new job, or bored with the old routine, new hair brings a breath of life. But before you go switching things up, remember: this is a marathon, not a sprint. **Melanie Morris** learns what's involved after you've just stepped out of the salon.

A makeover only begins in the hairdresser's chair, because with a new 'do comes responsibility. It's great to leave the salon with a glow-up – whether that's a new cut, a head of highlights, a fresh set of extensions, or all three – but how your hair faces the future is a collaborative effort, and the client has a big part to play in what happens next.

Conor James Doyle is a hairdresser who specialises in education. His mission is “to break down the walls between the professional and consumer, educating both in great hair techniques and maintenance”. His social channels (@conorjmd) are blowing up with content that's as entertaining as it is informative, and he's got plenty of tips to share on how to handle salon-standard hair.

We're probably all sick of hearing how an awesome makeover starts with a good, thorough consultation, but so be it. “The time to decide on your life-changing switch-up is not in the stylist's chair, right before a five-hour appointment when you have the kids farmed out for the day – that's way too much pressure for everyone,” says Conor. “A much smarter move is to book 15-30 minutes a few days ahead of time so the stylist can get a handle on the client's personality, their hair and their aspirations. This gives the process a much better chance of success, because sometimes we might need to do a bit of research, or order in special products. The optimal solution mightn't be the first idea, so it's good to have time to chat and think. It also takes the pressure off the client and/or professional to go ahead if they're not happy.”

“When it comes to colour, clients should remember that permanently colouring hair irreversibly changes its structure, especially where intense lightening is involved. It's like taking a sturdy piece of fabric and refining it into something a lot more delicate, so you can't expect to be able to treat this new material the same way as before. You can't constantly wash it, apply heat to it, style it and expect it to thrive. Equally, you can't throw a darker colour on top of it and expect it to go back to what it was. You have to respect this delicate material's new integrity and go gently.”

Just as fresh colour can bring a whole new perspective on life, so can a change of length, or thicker hair, which also gives a style more body and hold. In the past decade, hair extensions have moved from specialist to mainstream hairdressing and there are plenty of options. Karen Fraher, owner of The Hive salon in Dublin, is an authority in beautiful, very natural extensions and has tried every type of bond, bead and tape. “As with colour, choosing which sort of extensions are right for a client is a very individual thing, and determined by so many factors, such as hair thickness, curl, propensity to frizz, colour, desired result and budget. The amount of time a client is prepared to put in to aftercare

and refilling is also a consideration. I love bonds because they can be tailored very specifically to the client, and the fall is very natural, diffusing nicely from the root. Tapes have come on significantly in recent times and offer a huge variety of colour choice. They can be speedily applied the first time, they don't require heated glue, and the same hair can be used up to four times. They are great to fill in sides where hair might be sparse or broken, too. However, they need to be changed more often than bonds, and it's a more time-consuming process than the client might be aware of.” As with Conor, Karen recommends a consultation ahead of time so both client and stylist are confident about the final decision.

Whatever course of action you choose, the makeover doesn't end when you step out of the salon. When it comes to aftercare, there are learnings to take on board.

The first lesson is in selecting the right products for the job. “To be honest, I don't care if a client buys products from me, but I want them to get the best and longest results from their style,” says Conor. “So, I always encourage the client to take a photo of the products I suggest would work best, and then they can do their own research. It's also a handy way to remember the various steps and solutions involved.”

In terms of managing extensions at home, Karen suggests clients treat their hair type, not the extensions. “I often hear clients asking if a product can be used with extensions, or if it will affect the bonds or tape. The truth of the matter is that hair is a lot more precious, and harder to replace than extensions, so always look after your hair. I am a big fan of the Nioxin system, as it treats the scalp and hair follicle as well as the existing hair, which means when the extensions come out, clients are often pleasantly surprised with the texture and condition of their own hair.”

Whatever the aftercare, there are a few key elements that apply across the board. Washing less frequently is going to help for a number of reasons, because it also means less blow-drying, styling, product build-up and heat. “I suggest lightened clients try to stick to a maximum of twice a week, unless their scalp is screaming otherwise,” says Conor. “Also, a lot of people are surprised to hear that we have very hard water in Ireland, which plays havoc with hair colour, so washing less often will help stop funky things happening with your highlights.” Equally, and a very unpopular piece

“People are surprised to hear that we have very hard, acidic water in Ireland, which plays havoc with hair colour, so washing less often will help stop funky things happening with your highlights.”

of news, is that fake tan stains the hair... think of those orangey sections by the base of your neck. (I know.)

On the subject of changes to hair colour, Conor points out that the currently very popular platinum shades will always fade to gold. “That’s for a number of reasons, but it’s going to happen. But before lunging towards a bottle of purple shampoo, it’s important to correctly diagnose what the issue actually is. For example, if the hair has gone dull, darker, maybe even a little green, the issue is most likely hard water or some sort of build-up. Adding purple shampoo over this can actually add more fuel to the fire, resulting in lifeless, sludgy locks. A detoxifying treatment like Color Wow Dream Filter, anti-mineral shampoos like L’Oréal Professionnel’s Metal Detox or brightening shampoos like Redken High Bright could be the best solution. You may even need a shower filter – Vibe salon in Co Cavan has started making a great, affordable one.”

“If the issue is more along the lines of excessive yellow (think harsher brighter tones vs dull), then purple shampoo could be the solution. It’s important to use a high-quality one (Redken Blondage is lovely) and only use every few washes as needed. It’s possible you may need a combination of all the options mentioned above; that’s where a professional can guide you.”

Bonding treatments like Olaplex have been a gamechanger in colour, allowing stylists to push further

with shade-change while maintaining hair quality. Conor recommends clients follow up salon treatments by applying Olaplex No 3 (the at-home version of the professional Olaplex No 2) to damp hair the evening before a hair wash, the first three times after colour.

“Not following up with good home care is a killer,” echoes Neill Cooney, a stylist with Brown Sugar. “It’s like going to a personal trainer to work out, and then stopping in McDonald’s on the way home.” Armed with the right tools, and a bit of knowledge, keeping hair looking its best becomes far more straightforward. One of Neill’s key tips to a great home blow-out is not to blast-dry the hair too much before styling. “Often, we hear that the hair should be 80 per cent dry, but I suggest cutting that back to about 50 per cent. Once the hair is dry, you lose the potential to add volume. Lift the root under tension and use a styling product to add dimension and hold. Remember, gravity will always pull hair down, so go big, and don’t brush out curls until the last moment.”

Finally, it’s about expectations... and those Instagram or Pinterest pictures we all bring into salons. While they may be great to draw inspiration from, remember a static, optimally-lit, most likely heavily filtered picture is very different from reality; so cut yourself – and your stylist – some slack and enjoy your new look however it evolves. Perfection is as elusive as it is boring.



## BATHROOM BUDDIES The products that will become heroes in your mission to keep good hair great.

- 1 Redken Acidic Bonding Concentrate Shampoo, €27, Conditioner, €27, and leave-in treatment, €27.** A three-step, multitasking system for intense conditioning and reduced breakage whilst prolonging salon-grade colour and smoothing/defrizzing hair.
- 2 Kérastase Blonde Absolu Shampoo, €25.90.** Banishes yellow tones from icy blondes. Use the translucent Bain Lumière shampoo

- regularly and then freshen up blondes with a purple punch of Ultra-Violet as needed.
- 3 L’Oréal Professionnel Metal Detox Shampoo, €28.** Removes the compounds in hard water to dramatically freshen and brighten colour. A new gamechanger with conditioner and mask also available.
- 4 Olaplex No 3, €27.50.** The home solution to keeping hair strong and healthy after colour.

- Apply to damp hair as a mask prior to washing.
- 5 L’Oréal Professionnel Tecni.Art Pli, €19.** A great blow-dry involves giving hair memory. Pli is a styling spray that protects, shapes, defrizzes and holds.
- 6 Color Wow Dream Filter, €28.** A clarifying pre-shampoo treatment to brighten and correct hair colour. Apply to dry hair for one to three minutes before washing.



**SQUEEZE IT!**



**GO FROM PARTIED OUT  
TO PAMPERED LOCKS.**

**JUST BECAUSE YOU MISBEHAVE  
DOESN'T MEAN YOUR HAIR HAS TO.**





## Do you have sensitive skin? Oat-based skincare could be the solution

Like your gut health, your skin must maintain a natural balance of bacteria.  
Here's how to achieve that in your daily skincare routine.

Did you know that your skin health and your gut health have a lot in common? Like your gut, your skin has a microbiome – a diverse range of bacteria that lives in delicate balance on and in your skin's layers.

When this balance is disrupted, especially with sensitive skin, it compromises the skin's protective barrier and can result in issues such as redness, acne, wrinkles, etc.

Now, you've most likely heard the warnings of "never overuse skincare products" and "harsh ingredients can strip your skin of its natural oils". The reason these ring true is because too many chemicals or over-exfoliation can throw your skin microbiome off-kilter.

So what skincare should you be looking for? Anything gentle, hypoallergenic, fragrance-free, non-comedogenic and

moisturising. And while that sounds like a lot of boxes to tick, it's the lack of excess ingredients that hits the mark.

### OAT-BASED SKINCARE

When researching their skincare range, the AVEENO® research team wanted to design minimal products to support those with sensitive skin. In doing so, they took a deep look at the skin's microbiome to see what keeps everything in check.

Over 80 clinical studies later, they finally nailed it with their new Calm + Restore™ skincare line. Their hero ingredient is prebiotic oat – an ingredient known to help maintain the balance of the skin's natural microbiome.

# 1

#### STEP 1: CLEANSE

If you have sensitive skin, gentle cleansers are a great option. This nourishing AVEENO® Calm + Restore™ Oat Cleanser gently removes dirt and impurities while helping preserve the skin's natural moisture barrier.



## DAILY SKINCARE ROUTINE

# 2

#### STEP 2: NOURISH & PREP

While many alcohol-based toners can strip the skin of its natural oils, this AVEENO® Calm + Restore™ Oat Toning Lotion is skin pH balanced, so it removes residual residues like make-up while helping rebalance skin hydration.

#### STEP 3: FORTIFY

For drier skin, using a serum is a great way to add that extra layer of hydration. This AVEENO® Calm + Restore™ Triple Oat Serum (made with colloidal oat, oat oil and oat extract) fortifies the skin's moisture barrier for long-lasting hydration.



# 4

#### STEP 4: MOISTURISE

As we come into the warmer months, gel moisturisers offer cool, lightweight hydration. This AVEENO® Calm + Restore™ Oat Gel Moisturiser is absorbed quickly, is hypoallergenic\* and leaves skin feeling fresh all day long. \*Formulated to minimise the risk of allergies.

Shop the new AVEENO® CALM + RESTORE™ range at [www.aveeno.ie](http://www.aveeno.ie)



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1. Nourishing Oat Cleanser excluded from clinical study

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**ZERO ONE**  
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## secrets of a top stylist

Summer can be notoriously hard on the hair. **Holly O'Neill** sits down with LA-based Irish celebrity hairstylist, **Andrew Fitzsimons**, as he shares his tips on protecting your precious mane and shows us how to create three sensational summer looks...

Ballinteer-born Andrew Fitzsimons is the celebrity hairstylist to the A-list, from Kardashians, Jenners and Hadids to Mariah Carey, Madonna and Adele, creating head-turning looks that have graced the cover of *Vogue* and even the stairs of the Met Gala. He's put 20 years of hair experience and his own beauty philosophy into a targeted, affordable range of hair heroes, designed to make you love and protect your natural hair texture.

**PROJECT PROTECTION** A silk pillowcase really is a must; it will not draw moisture out of your hair and helps maintain the moisture in the skin on your face too. I get really nervous when I see people drying their hair with a towel and they start rubbing their hair and the towel together. Use a microfibre hair towel and be ultra-gentle with your hair. Hair is made up of little scales; you can't just rub it and expect it to be indestructible – it's very fragile.

**BEST BRUSH** I like a good wet comb, wet brush or a boar bristle brush, which will detangle but also smooth your hair. If I only had to have one brush, it would be a boar bristle brush because you can use that from wet to dry.

**LEAVE IT IN** A good leave-in conditioner that's ultra-thin is great. People equate most damage to a hairdryer and hair colour – they're probably the worst culprits, but environmental damage is real, especially if your hair is processed or you dye your hair

blonde, so a leave-in conditioner should become part of your routine. Leave it in anytime your hair is still wet and you're going to let it dry naturally or heat-style it. I use hair bungees to tie ponytails but I know that's really hard to do yourself. I also love a wide crimper – I like a tool that's a little bit more irregular in design so it looks a bit more natural.

**TURN DOWN THE HEAT** People turn their hair straightener to the highest heat because they think it'll make their hair the straightest, which is not how it works. I don't think I've ever used the highest setting on a hair straightener or curling iron in my life. You're just frying your hair. Turn down the heat a little bit, even with a hairdryer. You don't need to blow-dry the hair until it's bone-dry and go over it a million times with the straightener. Use one or the other for most of the effort. If you have really curly hair, just smooth it down with the airflow and flatten the roots with the brush if you need to, and if you're going to use a straightener, you don't have to go full smooth with it. Use heat protection and limit the amount of heat on hair.

"When you really start protecting your hair and thinking about it as being as fragile as your skin and treating it as such, all of a sudden it's shiny, healthy and thicker."

# HAIR TUTORIALS: HOW TO NAIL THE LOOK...



**HEATLESS WAVES** I don't really use gadgets. I'm old school with my approach to hairstyling. I prefer no-heat styling because you're saving your hair a lot of stress. Braid your hair in the evening and put in **Model Boosting Wave Spray**, which is basically a hairstylist in a bottle. It'll style your hair, whatever your hair type is, and make it the best version that it can possibly be. Even if your hair is straight, it will encourage a little bit of a bend. If your hair is wavy, you'll get beautiful beach waves; if your hair is curly, it'll give you a beautiful definition to your curls. Put your hair in two plaits and leave the ends wavy. If you just want to leave your house with wet hair, use **AF1 Repair Leave-in Conditioner for Damaged Hair** then **Model Boosting Wave Spray**, and let your hair air-dry naturally, or if you really want to encourage the waves or curls, you could use a diffuser. **Model Boosting Wave Spray** and a diffuser equals the waves you never thought you could have. Once the hair is dry, throw your hair over, spray some **Apres Sexe Texture Spray** and you're Kate Moss.



**GLASS HAIR** Glass hair is the thing I'm known for and the **Prism Shine** range is what it takes to make hair shiny. Start with the **Prism Shine** shampoo and conditioner – they have hyaluronic acid and are the best bet to have constantly shiny hair. If you want shiny hair, these are the kinds of products to use, and it can be as simple as incorporating this shampoo and conditioner into your regime. Use **AF1 Repair Leave-in Conditioner for Damaged Hair** before you put any heat on the hair; you can use a good bit of it and it will disappear into the hair. Blow-dry your hair straight and go over it with a straightener, then use **Prism Shine Invisible Shine Spray** – it's a wow product.



**THE BELLA HADID SLICKED-BACK BUN** Figure out where your parting is – generally, Bella likes everything really symmetrical so it's a middle part. I smooth the hair back using the **AF1 Repair Leave-in Conditioner for Damaged Hair** instead of blow-drying it back or straightening the hair, so it's super-smooth; use a leave-in conditioner and brush it back into a ponytail that's a little further north of the middle of the back of your head. That's enough to get tension in the hair. The secret to any of Bella's tight bun looks is that all of the hairs are going in the exact same direction perfectly. That's what creates the shine and allows the light to reflect. Once it's up, you want to take a boar bristle brush where all of the bristles are uniform in length, like a flat boar bristle brush, then I spray **Hard Strong Hold Hairspray for Maximum Control** directly onto each section of hair that I brush back, from the top of the ear to the temple, and brush it back into where the bun will be, to the base of the ponytail, then spray the next section, like a slice of pizza, and brush that back. It will look super-shiny and like it's ready to go, but hairspray will dull it a little bit after a while. Twist the ponytail around back onto itself to create a twisty bun. So if you imagine twisting your hair around back onto itself, leave half of your hair untwisted and separate it in half. Pin one half going upwards and diagonal out the top, and the other around and coming out of the bottom, so it's peeking out, and pin it with some bobby pins. Lock it in and hairspray the ends, then make it spikey, then glass it up with **Prism Invisible Shine Spray**, and then you're Bella Hadid!



FROM LEFT Briogeo vegan boar bristle hair brush, €27.75, helps create a slicked-back bun. Use Andrew Fitzsimons Model Volume Wave Spray, €14.99, for easy waves. Andrew Fitzsimons AF1 Repair Leave-in Conditioner, €14.99, keeps hair shiny. Protect hair with hair bungees, €8.95. Andrew Fitzsimons Hard Strong Hold Hairspray, €11.99, keeps everything in place.



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# Challenge Accepted

Cancer survivor and adaptive adventurer Nikki Bradley is recovering from her biggest challenge yet: amputation. As she reflects on the highs and lows of her journey, her future – like her positive outlook – shines bright.

words Amy Lynch photography Jay Doherty

Today is a good day for Nikki Bradley. A nurse has just left her home in Donegal, declaring her surgery wound officially healed. “It feels more normal now to not have medical personnel coming in and out. It feels like a big step,” she says.

There are tough recovery days and physiotherapy ahead, but adventurous Nikki, 36, is used to a challenge. Her recent surgery, rotationplasty, involved the amputation of Nikki’s hip and thigh. Her lower leg was then rotated 180 degrees and her knee attached to the hip socket. Nikki will be fitted with a prosthetic leg later this year, where her rotated foot will act as a knee joint.

Diagnosed with Ewing sarcoma, a rare form of bone cancer, at the age of 16, Nikki recalls standing in her school uniform to receive the news. “Everything happened very quickly. It was panic stations over Christmas.”

Nikki then underwent gruelling chemotherapy and six weeks of radiotherapy, losing her hair, eyebrows, and sense of taste and smell. An orange-sized tumour in her hip was removed, but severe nerve damage resulted. In between two hip replacements, Nikki’s femur shattered.

“I came out the other end, and I’m cancer-free,” says Nikki. “On tough days, I remind myself of that.”

However, with increasing pain and decreasing quality of life, Nikki made the difficult decision to opt for rotationplasty surgery.

**ADAPTIVE ADVENTURER** When Nikki was told by her consultant in 2013 that she would be on crutches for the rest of her life, it was a turning point. Shortly afterward, she set up Fighting Fit for Ewing’s to raise awareness and set herself physical challenges to complete.

Nikki’s achievements are impressive: scaling glaciers, climbing mountains, volunteering in Tanzania, a world record attempt, and abseiling down a lighthouse. When you remember that she did it all on crutches, you understand her determination.

**OPPOSITE PAGE** “I have always loved and embraced a feminine style. Ever since I was a child, I loved high heels and used to wear my mum’s around the house at every opportunity. As a recent amputee, I am currently exploring what works and what doesn’t with various outfits. Thankfully, wearing beautiful dresses works perfectly and provides some cover when I do not want to show off my leg. Making an effort with my style gives me a confidence boost and reminds me that I am more than ‘just an amputee’. It reminds me that I am still me! I can’t wait to spend the summer in light, floaty dresses, feeling confident and fabulous!” Nikki wears Isabel Marant Étoile Randia dress, €580 at Costume, Dublin.

Nikki recalls the 4 Peaks Challenge: “It was gruelling. Four back-to-back mountains. Mentally and physically exhausting, but the feeling of achievement and pride afterward – with my family there to greet us. It felt powerful in so many ways.”

**RISK AND REWARD** As challenges go, her recent surgery is her toughest yet. However, Nikki demonstrates bravery. “There’s been guilt. I worried about it going wrong. I was told very openly that there’s no guarantees with this.”

Because her hip is damaged, all surgical options presented to Nikki came with huge risks. “My worries were that I made this decision and if it didn’t work, everyone who has been helping me to recover, all their hard work would be for nothing. Thankfully so far, it’s going the way it’s meant to be going.”

Nikki worried about people’s reaction to her appearance post-surgery, yet her 20-year cancer battle has taught her some valuable life lessons. “It takes time to feel confident in your own skin. One of the big life lessons was to keep saying to myself not to worry about what others think.”

Nikki was able to go to her school debts and recalls her internal struggle. “The treatment took my appearance away from me. I started to feel like I was losing myself. I felt like I looked like an alien. Throughout all of this, my confidence has been battered black and blue. There were so many different occasions that tested everything and really shook my confidence. Finding my way back to my old self took a huge amount of time.”

**COPING** When I ask who her biggest cheerleader is, Nikki describes her friend Liz. “She’s the one person, day or night, you can text, and she’d jump in her car and come down.”

Nikki explains how supportive her family has been. “We were close anyway, but it brought us that little bit closer. I’ve been so lucky to have this support network around me.”

Nikki jokes about being limited to pyjama bottoms and jogging pants. “I took them out of the wardrobe with extra violence. They’ll end up in the charity shop.” She’s grateful that her friend has a sewing machine and is going to widen her wardrobe horizons.

When I point out that her sense of humour must have helped her to cope, she says, “My family are the same. We could be facing a really serious situation and someone will crack a joke and break the tension in the room. It’s just the way I am. I consider my sense of humour to be hugely important.”

“It takes time to feel confident in your own skin. One of the big life lessons was to keep saying to myself not to worry about what others think.”

**SHARING THE JOURNEY** Nikki’s Instagram account @Nikki\_Bradley\_speaks has a strong following, where she shares her experience to help others. “I’m very open. People get to know me well, all the ups and downs are there.”

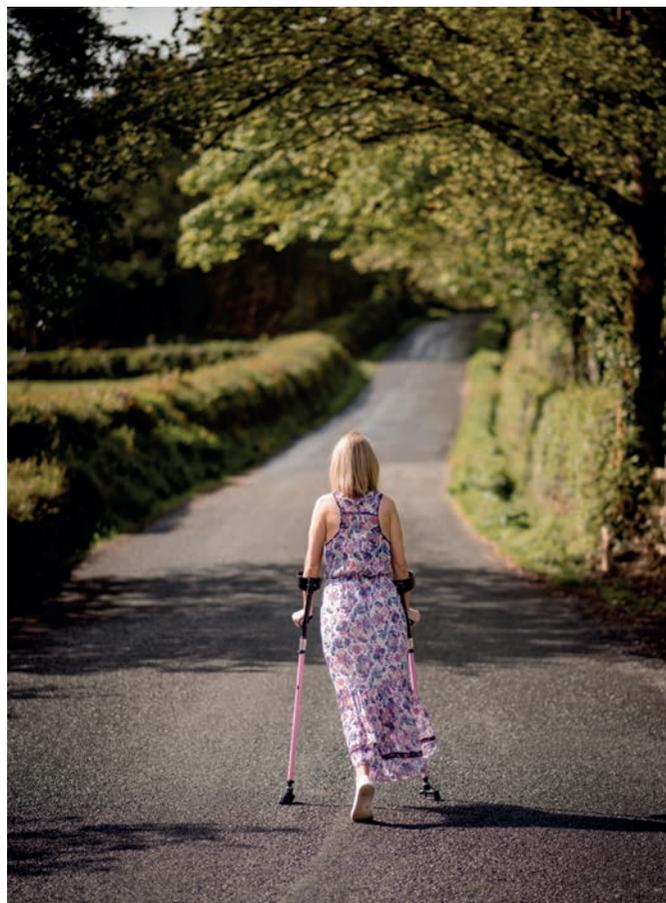
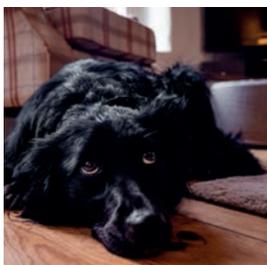
Nikki hopes that her account is relevant and helpful to anyone facing similar challenges. “I’m hoping my own content will show the good but also be realistic. It’s not all sunshine and roses... especially post-op. I’m still very much figuring it all out. I will continue to share real updates to help others. Opening up and sharing personal details is not easy but when done right, it can help others.”

**THE FUTURE** During her three-week stay at Birmingham hospital following the surgery, Nikki was not permitted visitors, apart from a brief visit from her mother. “Not to have family with me at the most vulnerable time... Covid took that away. It made the hospital stay so much harder.”

As Nikki focuses on her recovery, she looks forward to being “back on her feet again”. Nikki will meet prosthesis specialists in Dublin to discuss fitting a prosthetic leg.

“To have my balance back will be amazing,” smiles Nikki, who’s hoping that more movement in the hip will allow her to master a winter sport such as skiing. “But first, I just want to be able to walk and get my balance back!”

To learn more about Nikki’s incredible journey, visit her website, [themotivationfactory.ie](http://themotivationfactory.ie) and follow her on Instagram @Nikki\_Bradley\_speaks



**CLOCKWISE FROM TOP** Nikki photographed in her garden in Donegal, recovering from recent rotationplasty surgery. Nikki will be fitted with a prosthetic leg later this year, where her rotated foot will act as a knee joint. Maintaining her sense of style is very important to Nikki – here, she wears a pure silk Ali tank top in Green Posie by Helen Steele, €395; and Kiomy Skull denim jacket by Zadig & Voltaire, €315; both at Costume, Dublin. The framed patch above was presented to Nikki when she completed the gruelling 24km Fan Dance march in Wales in 2017 – on crutches! Nikki’s adored dog, Luna.

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# LIVING

SHORE-SIDE STAYS

SUMMER ACTIVITIES

EARTHY INTERIORS



## SPARKLING SEA

The glittering view from the rooftop of the Almyra Hotel in Paphos, Cyprus. From page 156, Sarah Finnan explores the historic sights and serene retreats of this hidden Mediterranean hotspot. Overleaf, we visit the sun-drenched Palma home of fashion designer Zoë Jordan, full of pieces from her world travels, while on page 144, Amanda Kavanagh spends a dreamy day out at Killruddery House in Co Wicklow.



Two antique pictures from Hong Kong hang above Zoë's puffy lounge chair by Faye Toogood, a recent purchase that she loves for its neutral tones yet striking shape. Zoë had the table made years ago and it has travelled with her ever since. "The pieces are not actually stuck together, so it's quite flexible," she says. "In our previous house, the base was standing vertically, so it was more of a dining table."

## Palma paradise

A plethora of styles come together in perfect harmony in fashion designer Zoë Jordan's dreamy Mallorca home.

photography Katta Tubio words Megan Burns



It's unsurprising that a nomadic life would influence your personal style. Living between different continents, lifestyles and aesthetics, it's only natural that each one will have its own influence. However, as Zoë Jordan points out, it's also an effective curation tool for your home: only special pieces make the cut to be shipped to a new country. "Because we're always on the move, I'm used to keeping things unfussy – classic with a contemporary edge."

This is evident looking around her Palma house. A pair of antique pictures from Hong Kong hangs in the living space, overlooking a bespoke table that has made the move with her many times. Her art collection instantly makes any new space feel like home, she says, while she invests in neutral furniture that will work anywhere.

This well-travelled life started when she was a child. The family bounced around Europe thanks to her father, Irish racing legend Eddie Jordan, and Zoë has done her



CLOCKWISE FROM ABOVE Large windows and lush indoor plants in the dining area. "The plants add softness, and bring the outdoors indoors, which is so nice in a warmer climate," Zoë says. The clothes she designs have "that kind of slightly nomadic, adventure vibe. There's a sportiness, comfort and versatility – for a woman on the move." Zoë wears a shirt from her pyjama collection, which launches this summer, and necklaces from a local brand called Pola Unique. The glass is from Maison Margaux, a homeware brand owned by friends of hers.



CLOCKWISE FROM LEFT

The outdoor table was made locally, and sits in a covered area next to the pool. The Luna Lena bag from Zoë's collection. In the living space, Zoë had this Italian mid-century chair recovered in Breakwater linen by Christopher Farr. An old easel displays "Lightness of Being" by Chris Levine, and a piece by Jack Penny sits on the sideboard, next to a vintage lamp.



own fair share of travelling since. This home is her tenth in twelve years, including pads in New York, London and Hong Kong.

She and her family currently live in Palma, after a stint in the countryside. "When we first moved to Mallorca, I was fixed on a rustic lifestyle, but it didn't suit me, it was too far from the buzz. Here, we're able to walk to the beach, or for a coffee or an ice cream. I've got my electric bike, or a little Vespa to go out at night. For fashion, I need that interaction and culture, seeing people and what they're wearing."

They've only been in the home a year-and-a-half, but Zoë's eye for classic pieces with an edge means it's laid-back and welcoming, with an elevated feel. "We try to keep this space as flexible as possible," she explains. "Everything's kind of low-slung and can be moved around."

It's an easy elegance that is a hallmark of her eponymous fashion label, known for its beautifully laid-back pieces. Her travels are also an inspiration for her clothes, Zoë explains, as well as "my environment, art and interiors. I tend to bring it back to clean lines, but with interesting colour palettes."





At one time, the brand was showing collections at Fashion Week and stocked in high-end shops around the world. These days, she has pared back her range to focus mostly on knitwear, and sells only through her own website. “I felt like the fashion world pre-Covid kind of ran away with itself. I wanted to get back to a smaller, more concise offering that was about what we wanted to do, rather than pleasing stores or different clients.”

It also suits the relaxed life her and her husband have built for their family here. One of the things that attracted her to Mallorca, Zoë explains, was memories of the freedom she experienced when living in Spain as a child.

“I remember playdates swimming and playing outside. It’s so free and fun and healthy. We have the beauty of the mountains to go hiking in the winter, and the beaches for summer. In terms of being outdoors all year round, it really spoke to us.”

She loves the family-oriented culture, too. “If you go to a restaurant, they’re very happy to have the kids. They can run around, and



CLOCKWISE FROM ABOVE Zoë and her daughters, Eden, Dylan and Inez. The napkins are from The Designed Table, and Zoë wears the Tie-Dye Banks cashmere hoodie. The sofa on the terrace outside the main bedroom is scattered with cushions made from fabric brought back from South Africa. They’re not waterproof, which is not an issue in the sunny climate. Fun by the pool.





it's not like anyone's frowning, or looking at you the wrong way if you take them out to dinner at nine o'clock at night. It makes for a much more inclusive family life."

Mallorca's influence has of course crept its way into Zoë's home too, with the many plants creating flow between inside and outside, while work by local artists and furniture picked up nearby are dotted around the house. Even if her nomadic life brings her to another place in the coming years, some little pieces of Mallorca are sure to come along, adding to the tapestry of influence that make up Zoë's journey.

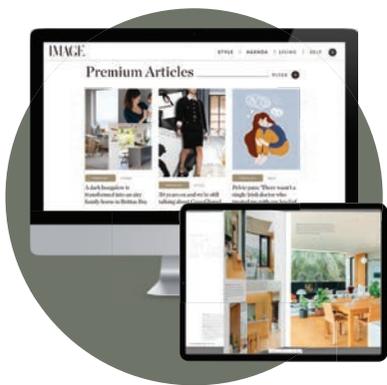
[zoe-jordan.com](http://zoe-jordan.com)

**FROM LEFT** The Husk B&B Italia bed is a classic piece with an edge. "I've had that for five years, and I envisage having it for another five or ten," Zoë says. The masks above the bed were an anniversary present for her husband made by a local artist and friend, Anna-Alexandra. The side table was bought in Pollença. Zoë's love of tie-dye has even made it into her bathroom.

# IMAGE

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Amel cotton wall hanging, €72 at Oliver Bonas



Woven rattan pendant shade, €362 at Hedgeroe Home

"Paulownias & Chrysanthemums I" art print, €380 at Rockett St George



Confetti vase, €19 at Arket

Pile bedside table, Asplund, €1,036 at Nordic Elements



laid-back  
LUXURY

Mix influences and textures while keeping the colour palette earthy for a space that feels balanced, but with a story to tell.

compiled by Megan Burns



Multicoloured rug with fringing, from €119 at Zara Home



Camengo Clarte 46750134 voile fabric, Casamance, €81.30 per metre at Brian S Nolan



Shells and bamboo box, €89 at Mano

Green cactus glass tumbler, Ichendorf Milano, €18 at Trouva



Pull floor lamp, Muuto, €570.60 at Maven



Wycombe rectangular dining table, €2,025 at Neptune

Indo Deco sculpture, €52 at S. Alternative Furniture



Fringed beach towel, Tensira, €130 at Smallable

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Viti cushion cover, €20 at Studio B



Atrea Bolster, €145 at Hedgeroe Home



Striped cushion with fringes, €42 at April and the Bear



Kuni cushion, €28 at Sea Salt



BUNGALOW OF DENMARK



Shay cushion, €79 at Industry & Co

Classic cushion, £145 at Mourne Textiles



Bubble waffle organic cotton cushion, €80 at Conscious Convert



Woven cushion, €95 at Arran Street East



## nature's palette

Add softness to your home this summer with cushions that feature organic tones and tactile details.

compiled by Megan Burns

Augusta cushion, Christina Lundsteen, €168 at Nordic Elements



Calm cushion, €55 at Arnotts



Coconut cushion, €113 at Maison Casamance



Calypso linen cushion cover, €75 at Hedgeroe Home

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# If walls could talk

At Wicklow's Killruddery, Lady Fionnuala Aston-Ardee is leading the creative direction of the family's historic estate and gardens into a new era.

words Amanda Kavanagh photography Jo Murphy



Fionnuala carries tulips and wallflowers by a Victorian pit house. OPPOSITE PAGE Twin ponds mirror the sky and the ancestral home of the Brabazon family since 1618.



CLOCKWISE FROM TOP LEFT  
Bright blooms grown on the estate.  
The Grain Store Restaurant uses the estate's bounty, under the eye of head chef Niall O'Sullivan from Nádúr, a foraging collective. Wyandotte, Sussex and Bluebell hens live among the magnolias in the walled garden. Anthony tends to a Middle White pig.

Scan the QR code for three delicious summer recipes created by Killruddery's culinary team.



It's a sunny Saturday afternoon and the former horse yard at Killruddery is abuzz. Beyond the weekly market and food trucks, a farm shop is laden with estate-grown vegetables and Irish artisan food produce, jostling for position alongside Saille baskets and pottery from Araucaria Ceramics and Inconsistent Machine. Next door, cut flowers from the estate are prepared and arranged in a small studio. It's incredibly idyllic, but it's through to the walled gardens where the magic really begins.

As we walk its paths, Fionnuala shares how the gardens have evolved since 2009, when as relative newlyweds, she and Lord Anthony Ardee opened The Tea Room. At that time, the vegetable garden had apple and magnolia trees that hadn't been tended to in 20 years. There was a crumbling tennis court in one corner that had been installed in the 1970s, while the tumbledown Victorian pit houses had broken glass and rot. There was no planting, but plenty of grass and brambles were thriving among the heat of the walls. Head gardener Daragh Farren had already been onboarded a number of years before, and so the restoration of the garden began.

Though she grew up on a farm, Fionnuala describes herself as self-taught in horticulture, but is eternally curious. Crucially, she knows when to bring the experts in. Alongside Daragh Farren, who manages both the five-acre walled garden and 800 acres of parklands and forestry, is Volodymyr Popil, current vegetable gardener.

trees. "That's the main thing that estates like this contribute to Ireland. They're green belts, which are huge biodiversity sinks," says Fionnuala. "I think that's very acknowledged by our locals." The Earl of Meath still writes a nature diary published twice a year on Fionnuala's blog. "He's quite sad about the state of biodiversity, compared to what he knew in the fifties," she says.

When working with a garden that's centuries old, a challenge can be deciding what era to preserve. "I was talking about this the other day," Fionnuala says. "There was a time in which the main part was established in the 17th century, and each generation has honoured that period. But if you look at the original drawings, there are whole areas laid out as fruit trees, so the garden orchard was more in the garden. The wilderness had a mirror of trees on the left-hand side that have blown down, and all the trees are getting older. Everything changes."

One of the main oak trees in the garden now is 80 years old, as it was planted when the Earl of Meath was born. "So, I think it's hard to pinpoint a period. It's 17th century with all the additions, but many of the Victorian additions have been removed at this stage. Things like very Brighton-esque bedding with a name or pattern going through it. And parts of the garden have been simplified since then, like the beech hedge pond."

Things are changing on the farm, too. Under the stewardship of the present generation, Killruddery

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"The biodiversity of the estate is old, and an estate like this has been doing that since before the word became fashionable."

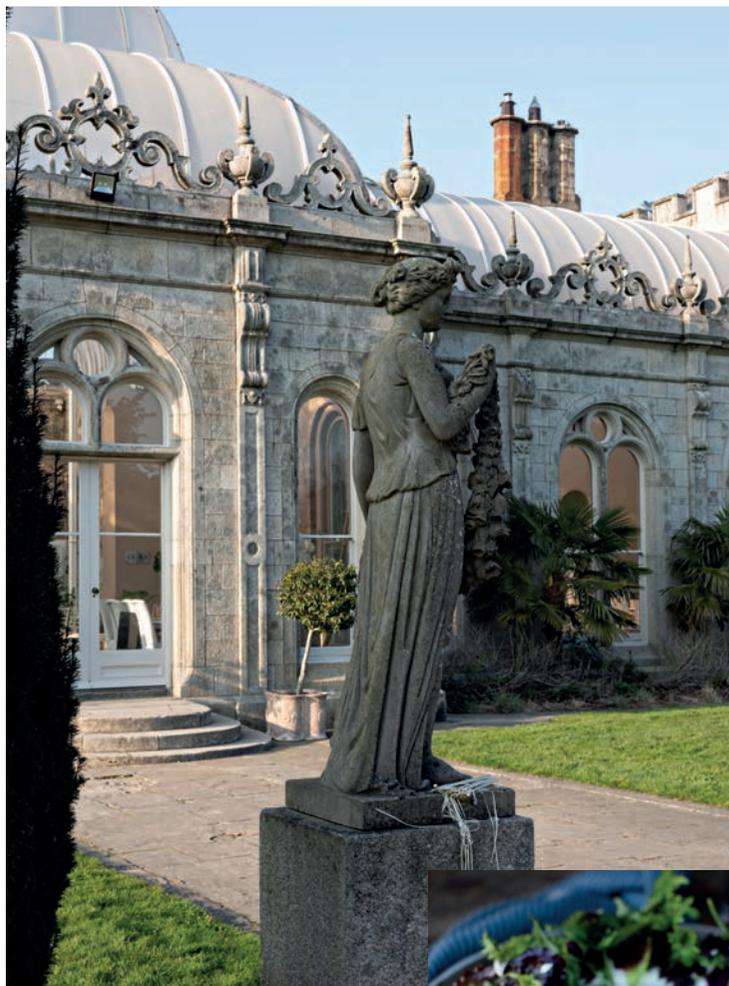
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Dermot Carey has also been consulting here for four years on vegetable growing, while garden writer and flower farmer Fionnuala Fallon has both consulted on and grown heady blooms here too. It's quite a team, and it's easy to appreciate the fruits of this collaboration as we walk through the 20m-long pit house lined with ranunculus and assorted seedlings, and through to the looser vegetable beds brimming with pristine greens. Swaying above us are washing lines from a recent Kathryn Davey natural-dye workshop.

Biodiversity has always been top of mind at Killruddery. "It was one of the first parts of what we wanted to achieve here. The biodiversity of the estate is old, and an estate like this has been doing that since before the word became fashionable." Anthony's father, the Earl of Meath, is a forester, and keeping the estate forested was his main goal in life; his grandfather before him planted many

is working with third-generation farm manager Tom Jenkinson, and outside companies, to create a balance between biodiversity, energy, recreation and food production. "We're creating a new plan for the farm to be half energy and half stock, while still keeping a huge amount of wilderness and shrubland." A whole field of solar panels is in the works, as the estate works towards being carbon neutral, and hopefully returning energy to the grid.

So many things have changed in the last 13 years, and these days the Earl and Countess of Meath are busy working through the archives, occasionally popping down to the yard for coffees and pastries. "The Grain Store [Restaurant] was formerly a dilapidated shed full of vintage cars, and the horse yard was wrecked and overgrown," Fionnuala says. "It must be strange for them, I think it's strange. But they are so proud of us."



CLOCKWISE FROM TOP LEFT  
A view of the famous orangery. Festoon lighting droops above the old horse yard. Pigs graze near the entrance to the estate. Killruddery greens and beetroot with goat's cheese, apple and togarashi at the Grain Store Restaurant.



## WHAT'S ON AT KILLRUDDERY

**SUPER SUPPERS** Summer Fridays mean it's time for the foraged and farmed supper club, with sharing plate-style menus by candlelight at the Grain Store Restaurant; €49 pp.

**SHAKESPEARE'S AS YOU LIKE IT** This outdoor performance by the Balally Players Theatre Company runs June 30 to July 1 in the enchanting surroundings of Killruddery's Sylvan Theatre. Don't forget to pack a picnic; €14 pp.

**BOTANICAL SKETCHING** Spend a day sketching with artist Yanny Petters, learning how to capture a scene or a flower study this July 24; €160 pp.

**ESTATE FORAGING** Take to the paths of the grounds on September 11 with head chef Niall O'Sullivan and fellow founder of Nádúr Collective Paul Quinn to identify and eat foraged food on the go, and at a long-table lunch; €150 pp.

**WILLOW WORKS** Join master basket weaver Sarah Jenkinson as you weave a bird feeder for your garden and learn about the species it will attract, this October 16; €150 pp.

For more details and to see the full and ever-evolving calendar, visit [killruddery.com/programme](http://killruddery.com/programme).



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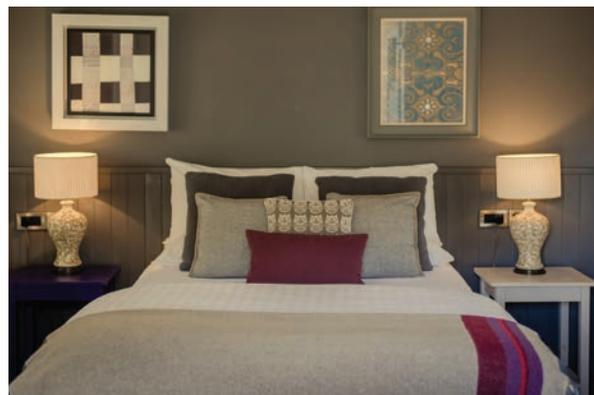


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### GLASSON LAKEHOUSE, CO WESTMEATH

**WHAT** Sitting on the edge of Lough Ree, Glasson Lakehouse is a stylish retreat that's just right for an activity-packed trip or a chilled-out stay. **WHY GO** It's great for a group, as everyone can tailor their own trip. Its lakeside setting offers plenty of opportunities to take to the water, you can play a round on the golf course, or stick to the spa and hot tubs if relaxation is the order of the day. Kids will love the heated outdoor pool and on-site playground, while your four-legged friend can even come along, thanks to the dog-friendly rooms. The hotel also strikes the perfect balance of laid-back luxury. The rustic interiors have an elevated edge, while outdoor food trucks set the tone for a stay where you can dress up for dinner, or simply enjoy some burgers while looking out to the serene water views. The outdoor terrace is also a must for whiling away an evening. Is there anything better than catching up over drinks around a fire while the setting sunlight bounces off the water? **WELLNESS WOW FACTOR** Brooks Spa offers a range of treatments to help you unwind. Get your nails looking their best with a luxurious spa manicure or pedicure, including a soak, mask, exfoliation and massage for your hands or feet. Or choose from their range of massages for a full-body treat. Make sure to finish up with a dip in one of the hot tubs overlooking the water to fully unwind. **TAKE TO THE WATER** With the lake on your doorstep, there's no shortage of options to get out on the water. The hotel offers rowboats and motorboats to rent, and they can even provide you with a packed lunch to enjoy a picnic. There are also sit-on kayaks, perfect for exploring the inner lakes at your own pace. Fishing enthusiasts aren't forgotten about, either, with rods available to rent. **DETAILS** One night B&B at Glasson Lakehouse starts from €150. This summer, the Stay & Spa package includes two nights' stay with breakfast, a cocktail at Bonnie's restaurant, and a one-hour Swedish massage from €489 per person, glassonlakehouse.ie. **Megan Burns**



**CLOCKWISE FROM TOP LEFT** A soak with a view. The golf course overlooks the lake. Glasson Lakehouse's outdoor terrace, complete with fire pits. Picturesque rowboats. One of the stylish bedrooms. Dogs are welcome at the hotel, and will be greeted as enthusiastically as human guests.

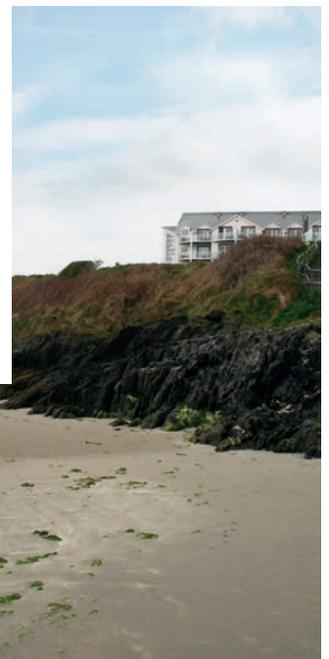
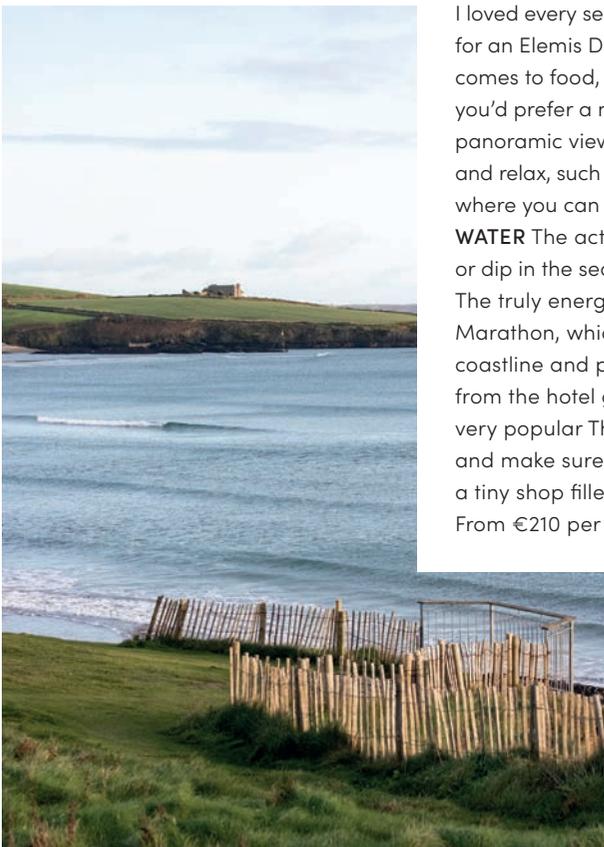


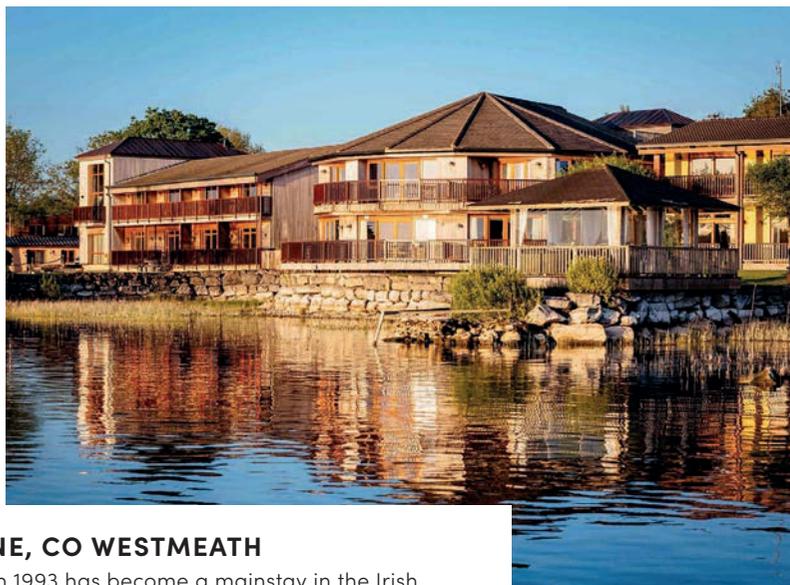
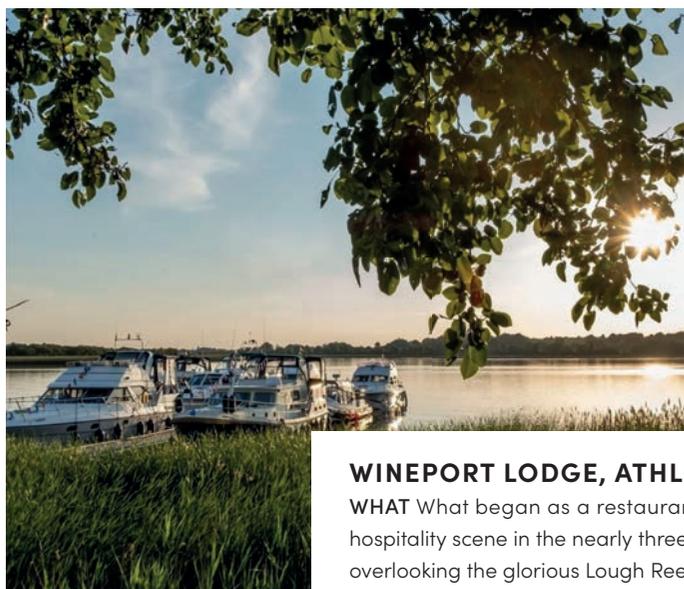


### INCHYDONEY ISLAND LODGE & SPA, CO CORK

**WHAT** This very popular four-star hotel in Clonakilty in West Cork is situated on the very edge of the land, with stunning ocean views from almost every room and direct access to beautiful beaches. **WHY GO** Nothing can beat the feeling of waking up to the sound of breaking waves. Getting up early, with a cup of coffee in hand, sitting out on the balcony watching the sunrise over the ocean is total bliss. With a choice of rooms, from balcony rooms to suites, family rooms and self-catering apartments, there is an accommodation option to please everyone. **WELLNESS WOW FACTOR** Inchydoney Island Lodge & Spa is home to Ireland's first Seawater Spa. Make sure to book a unique seawater treatment or enjoy the seawater therapy pool. Not being one for body massages, I opted for an Island Spa Hand Ritual, which includes an exfoliation followed by a hot stone massage and a milk and honey mask and ends with a file, buff and polish. I loved every second and will definitely book it again. My husband opted for an Elemis Deep Cleanse Facial and was equally delighted. When it comes to food, the fish chowder in Dunes Pub & Bistro is a winner; or if you'd prefer a more formal setting, try The Gulfstream restaurant with panoramic views of the Atlantic. The hotel offers plenty of options to sit and relax, such as the bright reception foyer or cosy yet luxurious lounge, where you can enjoy lunch or a cocktail before dinner. **TAKE TO THE WATER** The activity options are endless, from a stroll on the beach or dip in the sea to night kayaking, surfing or a dolphin-watching tour. The truly energetic might even train for the Clonakilty Waterfront Marathon, which takes runners up and down the dramatic Atlantic coastline and passes right next to the hotel. If you're venturing away from the hotel grounds, treat yourself to fresh fish and chips from the very popular The Fish Basket. Rent a bike and cycle to Clonakilty, and make sure to visit the gorgeous Michelle Mitton Design Gallery, a tiny shop filled to the brim with gorgeous designer gifts. **DETAILS** From €210 per room B&B, [inchydoneyisland.com](http://inchydoneyisland.com). **Marlene Wessels**

CLOCKWISE FROM TOP LEFT Surfing in the Atlantic ocean. The junior suite with breathtaking sea views. The Fish Basket on Long Strand beach. Inchydoney has direct access to the beach. Blissful sea views.



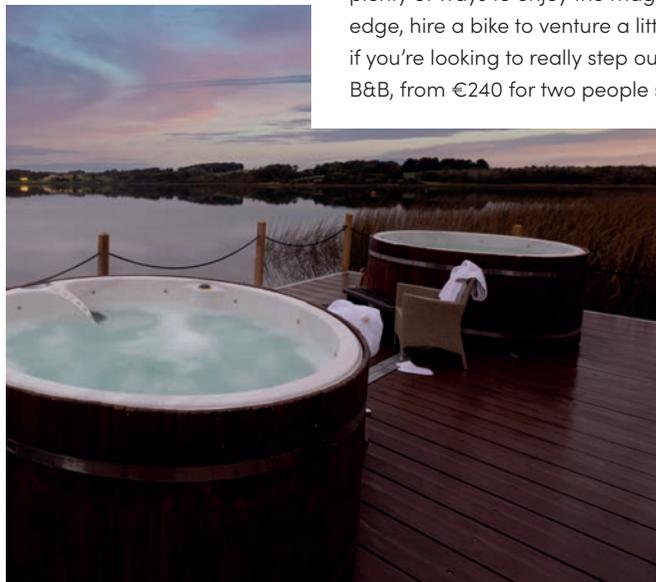


### WINEPORT LODGE, ATHLONE, CO WESTMEATH

**WHAT** What began as a restaurant in 1993 has become a mainstay in the Irish hospitality scene in the nearly three decades since. Wineport Lodge has 34 rooms, all overlooking the glorious Lough Ree with either a private terrace or balcony from which to fully experience the endless stunning and serene views. **WHY GO** If you're looking for the ultimate escape from daily life, immersing yourself in nature and enjoying delicious fresh and local cuisine, then a visit to Wineport Lodge is sure to revive the soul. Food and, of course, wine is something the team here pride themselves on. The Dining Room restaurant makes the most of local ingredients like Glasson mushrooms, Lissadell mussels and Duncannon smoked salmon, while the new glasshouses on the lake's edge provide the ultimate setting for an intimate evening for private groups and special occasions. Or try the Grapevine Lounge for casual dining, afternoon tea or to languidly relish a glass of red. **WELLNESS WOW FACTOR** If you're in need of some long-overdue pampering, be sure to book a treatment in the all new Cedarwood Spa. Set on the shores of Lough Ree, this serene hub makes the absolute most of its lakeside setting. Here, you can soak in a hot tub that floats on a pontoon in the lake while sipping a glass of perfectly-chilled prosecco and watching the sun gently melt into the horizon, sink into a restorative rooftop seaweed bath overlooking the water below as the organic hand-harvested Atlantic seaweed gets to work, or wade in the heated infinity pool with a view of the lough's many wonders. My massage was so luxurious that I asked if the therapist could fit me in for another during my stay as I floated my way down to the infinity pool. Even the relaxation room offers full-length views of the natural landscape. Don't want to miss your weekly yoga practice? Get your early-morning fix with a sunrise class or brunch session with the resident instructor. **TAKE TO THE WATER** There are plenty of ways to enjoy the magnificent lakeside setting. Take a stroll along the water's edge, hire a bike to venture a little further or try paddle boarding or a Whaly boat ride if you're looking to really step out of your comfort zone. **DETAILS** Double lakeview room, B&B, from €240 for two people sharing, wineport.ie. **Clodagh Edwards**



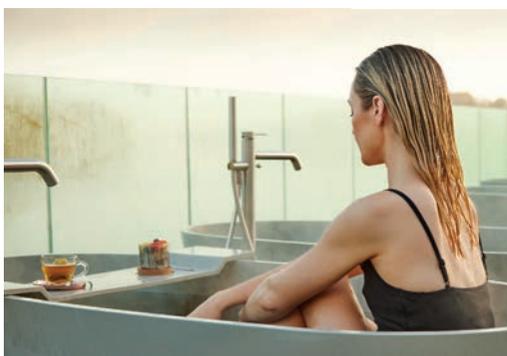
CLOCKWISE FROM TOP LEFT Boats on Lough Ree. The lodge sits right on the water's edge. Sunset views. The Dining Room. Floating hot tubs give a serene setting for relaxation. The Cedarwood Spa.





### ICE HOUSE HOTEL, BALLINA, CO MAYO

**WHAT** Originally called the “Iceland Cottage”, Mayo’s four-star Ice House Hotel began life (in the late 18th century) as a cold store for wild salmon en route to the markets of Dublin and Liverpool. Today, the independently-owned hotel overlooking the River Moy has been given a modern interior design makeover but still very much makes the most of its prominent river’s edge location. **WHY GO** If you like the idea of being lulled to sleep with the view of lapping water, then you’ll love the Ice House, where almost all of the 32 rooms offer sweeping river views. Another design highlight is the waterside room that Restaurant 54° 9° is located, in which still boasts the impressive vaulted ceiling and thick white-washed walls of the hotel’s ice store days. Here, chef Anthony Holland serves up lots of familiar favourites with fresh fish to the fore. **WELLNESS WOW FACTOR** Undoubtedly, the hotel’s newly renovated and extended Chill Spa is a huge USP. Offering two sunken outdoor hot tubs, a duo therapy pod, seaweed baths, sauna with a river view, and the final masterstroke: the stunning all-glass River Relaxation Room, which juts out over the water on stilts. For the ultimate in pampering, make sure to book in for the *über*-indulgent (100-minute) Wellness on the Moy treatment, which avails of the spa’s unique Gharieni warm quartz crystal treatment beds – where you lie on a bed of warm quartz crystals (like lying down on sun-warmed sand) and luxuriate with a hot stone massage, pressure point facial, head massage and sound bath to boot. **TAKE TO THE WATER** There is so much to do on the water right by the hotel. Early-rising sea swimmers can enjoy a refreshing dip at Enniscrone beach, while Simply SUP is based just a five-minute stroll from the hotel, down by Crockets on the Quay (a great spot for a local casual lunch), and offers a wide variety of paddleboard and kayak outings and lessons. Or head to Easkey with your surf- or boogie-board if you want to take things up another adrenaline notch. **DETAILS** Summer Escape at the Ice House includes an overnight stay in a river view room for two people sharing, dinner and breakfast and starts at €240, [icehousehotel.ie](http://icehousehotel.ie). **Lizzie Gore-Grimes**



**CLOCKWISE FROM TOP LEFT** Sweeping views out over the River Moy. Just one of the 32 guestrooms at the Ice House hotel, many of which boast river views. The striking setting of Restaurant 54° 9°. The view of the hotel from across the river. Seaweed baths at the Chill Spa overlooking the river. Cocktail hour.





## making waves

When it comes to bridging beauty and wellness while looking after the planet, the scientists behind Irish brand Seabody are leading the way.

These days, beauty goes far deeper than what's on the surface. And no one knows that better than Dr Helena McMahon, co-founder of Seabody – the latest Irish brand to garner the attention of beauty and skincare enthusiasts. With a mission to create a fully sustainable range of science-led skincare and supplements that's equally luxurious and effective, Seabody is taking a holistic approach to beauty and wellness.

**HARNESSING THE POWER OF THE OCEAN** Seabody harvests and cultivates seaweed along Ireland's Wild Atlantic Way, which provides the key ingredients across its product range. "As scientists, we know there are amazing bioactive and functional molecules locked inside an algae, so we developed technologies for releasing these molecules so that we could concentrate them down and incorporate them into our products, but we wanted to do this in a really environmentally sustainable way," says Dr McMahon. "We decided to apply this circular economy approach with a zero waste process. There are so many amazing things in algae, so we don't take just one thing out and discard the rest – we release the many different things in seaweed that are good for your health and use all of them."

The result is a broad range of potent natural skincare products and supplements, all with specific benefits. "This goes back to these amazing molecules we've identified that we've isolated from seaweed that have different health benefits. We tested these and saw really positive responses in cells to the different molecules. A lot of the marine molecules have anti-inflammatory properties, for instance. We incorporated these ingredients into supplements and skincare products that offer very tailored benefits."

There are five supplements in the range: Beauty, which targets the hair, skin and nails from within; Immunity, which supports the immune system; Movement, which aids bones, muscle and cartilage – ideal for those who are active or taking up a new activity; Energy, which is great for recovery or if you're feeling sluggish; and Digestion, which supports the gut microbiome.

The luxurious skincare, meanwhile, is designed to be super-hydrating, nourishing, brightening and calming while offering anti-ageing benefits and delivering a true sensory experience. And everything is plant-based and cruelty-free, with no nasty chemicals.

**KEY PRODUCTS FOR SKIN** **Hydrogel Mask Cleanser**, €40 – a warming gel to milk cleanser that captures and removes impurities and environmental toxins without stripping, leaving skin bright, super-soft and nourished. **Overnight Elixir Serum**, €70 – a hybrid serum enriched with microencapsulated marine actives that neutralise free radicals, support dermal cell turnover and collagen and elastin production overnight. **Aquasurge Day Serum**, €50 – a daily serum that uses the plumping power of marine hydration factors and hyaluronic acid to quench the skin and leave a dewy glow. **Glycan Enrich Moisturiser**, €65 – a daily moisturiser that neutralises free radicals, protects the skin barrier and works to restore your skin matrix (which contains collagen, elastin and hyaluronic acid), delivering plumpness and firmness.

**WHAT'S NEXT** Launching early summer is the new Luminous Prime, which has an SPF – essential for protecting skin from the sun's harmful rays. "This is an all mineral-based SPF. We've spent a long time trying to get as natural a formulation as we can, with essential oils for added hydration, marine actives that protect against free radical damage, and anti-ageing benefits through our molecules' support of collagen and elastin production."

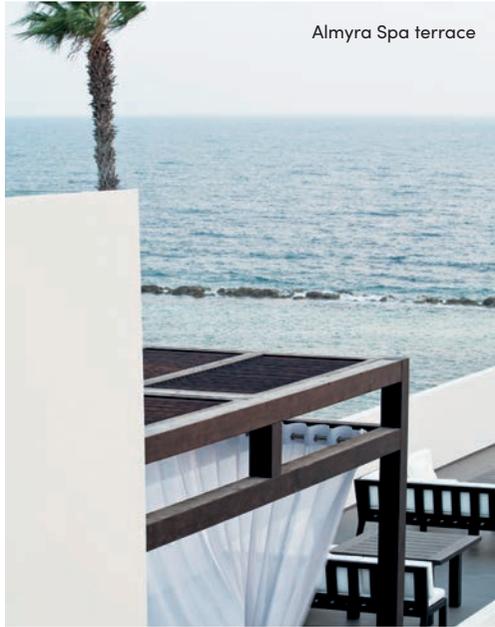
[seabody.com](https://seabody.com)



Scan the QR code to read more about this innovative Irish beauty and wellness brand.



Kato Paphos  
Archaeological Park



Almyra Spa terrace



# Peaceful Paphos

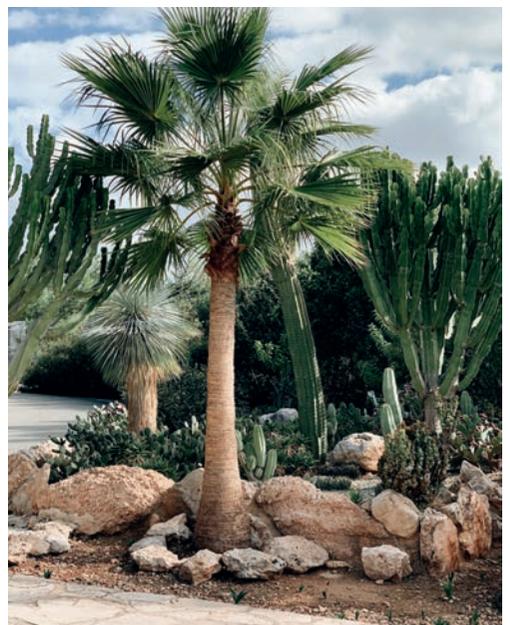
Bathed in sunshine 300 days of the year, Paphos, the balmy Cypriot city once crowned the European Capital of Culture, is a place where carefree summer living is the order of the day. **Sarah Finnan** explores the beautiful beaches, great food and locally-produced wine of this unsung holiday hero of the Mediterranean.



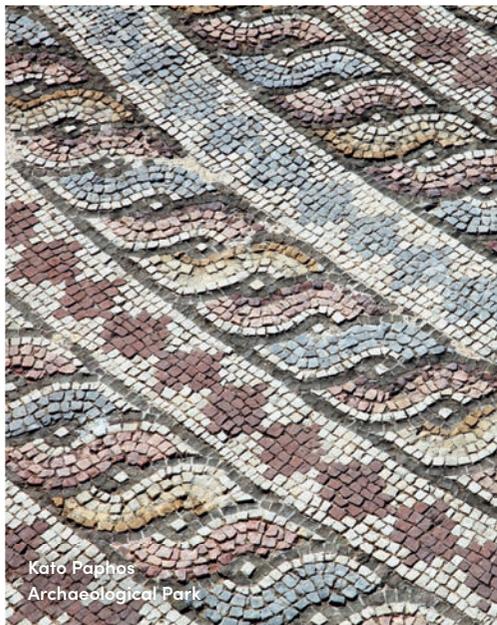
Turtle hatching season



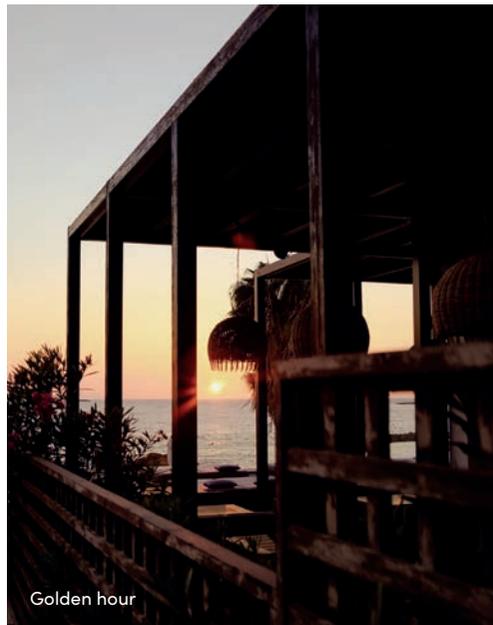
Antasia Beach Club



ADDITIONAL PHOTOGRAPHY BY GETTY AND UNSPLASH.



Kato Paphos  
Archaeological Park



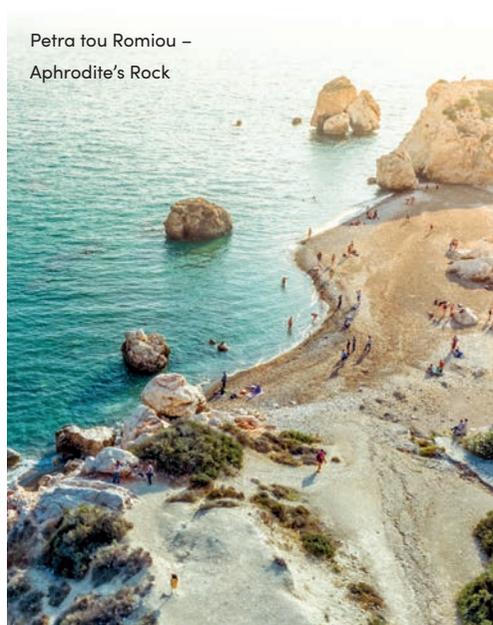
Golden hour



Sharing plates at  
Antasia Beach Club



Traditional door in Omodos village



Petra tou Romiou –  
Aphrodite's Rock



Pool at Almyra



Almyra Spa pool



Try a halloumi  
cheese-making workshop



Laneia village in the  
Troodos mountains

As I touch down at Paphos International Airport just after sundown, the air is heavy with anticipation as visitors old and new step off the plane into the heady embrace of the Cypriot heat. Ushered into a taxi and shuttled to my hotel, much of the 20-minute journey is spent wondering what to expect. I knew little to nothing about the rocky seaside city, but first impressions were good and I was ready to drink it all in.

Paphos is a location that attracts luxury-lovers and sun-worshippers alike, and it's not hard to see why. From where I stand, I'm privy to some of the best views around – the 6km stretch of coastline along Poseidonos Avenue is as mesmerising as it is meditative; the sea resembling one giant quilt, weaved together by 50 shades of blue, from cyan to turquoise and aquamarine.

Granted UNESCO World Heritage Site status in 2017, the entire city has history coursing through its veins. A short walk along the harbour, populated by a smattering of local cafés, restaurants and kitschy tourist kiosks, leads to the cobbled streets of the old town where you'll arrive at the Kato Paphos Archaeological Park – an expanse of sun-beaten ruins perched on the edge of the city. It's populated by intricately carved columns, stone tombs and elaborate mosaic floors depicting scenes from Greek mythology.

The Tombs of the Kings stand just adjacent. Entered separately (at a small additional cost), you won't discover any kings at this necropolis, but rather numerous large tombs thought to have been the burial sites of Paphitic aristocrats and high officials dating up to the third century AD.

Aside from its historical significance, luxury is the city's real métier, though. Stroll further north along the waterfront and a ribbon of opulent hotels unfold along the coast, with the five-star Almyra and Annabelle taking pride of place. Part of the Thanos family of hotels, they join the Anassa and Aloe as some of the city's most reputable resorts.

Intent on reaching peak out-of-office tranquillity levels, I settled into my sea-facing room at the Almyra nicely. Usually awakening to the sun peeking its hazy head through a gap in the blinds, I've yet to come across a dreamier way to start the day. White froth waves and golden hues as far as the eye can see paint a pretty good picture of what heaven looks like to me.

*Sarah Finnan was a guest of Thanos Hotels. Prices start at €230 a night at the Almyra Hotel or €250 at the Annabelle Hotel.*

## WHERE TO EAT

**Antasia Beach Club** This is one of the latest additions to the local food scene. The menu combines Asian and Mediterranean flavours and gives patrons a place to connect real food, inventive cocktails and great company. Your eye will probably go straight to savoury, but don't skip dessert – get the mochi and thank me later. Time your trip with turtle hatching season (June to September) and you might even catch nature at work on the beach below. [antasiabeachclub.com](http://antasiabeachclub.com)

**Mediterraneo Restaurant** Tucked away on the lower level of the Annabelle hotel, Mediterraneo specialises in classic Italian flavours made from fresh, locally-sourced ingredients. Firm believers in the “sharing is caring” mentality, their menu lends itself nicely to just that, and the relaxed al fresco vibe is the perfect pairing for an evening with friends. As is the vegan tiramisu, which must be tried before turning in for the night. [annabelle.com.cy/dine-mediterraneo-restaurant](http://annabelle.com.cy/dine-mediterraneo-restaurant)

**Ouranos Lounge Bar** Recognised as one of the best restaurants in Cyprus back in 2019, three years on and its reputation is as strong as ever. Designed by French architect Joëlle Pléot, the interiors are both comfortable and modern. Though, admittedly, everything else plays second fiddle to the stunning rooftop vistas – particularly at sunset when Mother Nature really puts on a show. Never judge a book by its cover... but does the same apply to cocktails? Asking for myself, who based all my choices on the names and names alone. [annabelle.com.cy/dine-ouranos-lounge-bar](http://annabelle.com.cy/dine-ouranos-lounge-bar)

## WHERE TO SHOP

**The Place Cyprus** Head into the old town and there you'll find The Place Cyprus, a quirky stone-front shop housed inside a renovated warehouse that gives tourists a peek into true Cypriot culture and tradition. Stocking a range of different products all made by local artists, it also runs a number of live demonstrations including pottery tutorials, basket making, weaving and woodcarving. [theplacecyprus.com](http://theplacecyprus.com)

## WHAT TO DO

**Head to the Almyra Spa** An adults-only utopia dedicated to holistic hedonism, Almyra Spa is the ultimate in pure relaxation. It features all manner of wellness-oriented



The pool at the Annabelle hotel

offerings, from anti-ageing therapy to seaweed facials and deep tissue massages (a must in the pursuit of complete inner peace). Kitted out with six treatment rooms, three spa suites, a sauna, steam room, Vichy showers, yoga deck, mani-pedi station, hair salon, indoor pool and outdoor infinity pool, this cutting-edge hotel spa has a lengthy brochure of treatments to match. Places fill up quickly, though, especially during peak season, so be sure to pre-book treatments in advance. There's also a fully equipped gym for those so inclined. [almyra.com](http://almyra.com)

**Take a wine tour** The Cypriot wine scene has been having somewhat of a renaissance lately, and there are several gorgeous wineries worth checking out while there. Paphos Wine Tours organises special group visits out to some of the area's best spots with prices ranging from €50 up to €95 per person for their VIP tour, which includes a stop-off at two or three different wineries, light refreshments, a mezze-style lunch platter and a handcrafted gift by a local artisan. Paphos's offerings may be slightly lesser known than its French, Italian and Spanish counterparts, but locals have been making wine for close to 600 years and their products are every bit as delicious. Sláinte to that! [paphoswintours.com](http://paphoswintours.com)

**Try a halloumi cheese-making workshop** Now registered as a Protected Designation of Origin product, Cypriot halloumi is unlike any of the other “squeaky cheese” samples you've tried before. Mellow but not in the least bit boring, it's served at most restaurants in the area, but you can take your cultural immersion one step further and sign up for a cheese-making workshop. Book in with Cyprus Taste Tours and your guide will pick you up from a location of your choice, chauffeur you to a workshop in the Troodos mountain countryside and teach you the tricks of the trade. From there, you'll continue on a scenic journey through the mountains with a few surprise stop-offs along the way. Naturally, you'll also get to taste the fruits of your labour and the price includes a traditional brunch afterwards. [cyprustastetours.com](http://cyprustastetours.com)



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# My first post-pandemic holiday

words Esther O'Moore Donohoe



If things have gone according to plan, by the time you read this, I will be lying by a water-spouting concrete dolphin, poolside in the Canaries. In addition, I will be conveyor-belted crinkle cut, ready salted crisps, aka Holiday Crisps, into my mouth for approximately 12 hours a day. It will be the first time I have left Ireland in over two years, and I am fizzing with delight.

Of course, returning to the exact same holiday apartment I have visited for over ten years was not on the list of dream destinations I have been making mentally since everything went skew-ways. Unsure of when, if ever, we'd be allowed to take to the skies again, I reflected on all the places I had always planned to visit but had never gotten around to. I pictured myself reclining against whitewashed walls on a Greek island. I imagined myself eating pasta in a restaurant just off St Mark's Square in Venice. And during an intense lockdown bird period, I dreamt of visiting the Irish Raptor Research Centre outside Ballymote in Sligo, home to Ireland's largest sanctuary for raptors and owls.

Fast forward two summers of holidaying at home and we were finally given the green light to gather our collection of tiny toiletries and head to the airports. But when it came to it, it all seemed like a bit too much fuff. I mean, what if you got Covid while you were away? You'd have to then quarantine in a hotel room overlooking an industrial estate and have paninis flung into your room three times a day. No. Better to stay put looking at

For my maiden late pandemic voyage, I wanted to lie still and snack every 12 minutes. I wanted to read books and fall asleep listening to podcasts as I sipped glass bottles of Coke like a thirsty bee.

the same four walls we'd stared at for 24 months than to risk it.

But then... things changed. It seemed back to normal-ish again and I could wait no longer. And in an instant, my fantasy

list went straight out the window. I knew healing could only begin in one place. A place I knew like the back of my pasty white hand. A place that, my father informed me, had just gotten a brand new massive Lidl. And just like that, I was going to Fuerteventura, for the 700th time.

I could have chosen somewhere new and exotic for my first holiday in two years but crucially, that would require effort. There would be an expectation that I would have to walk around a museum at least once or shower daily. I'd have to "do things" and possibly paddleboard. To which I said, no. For my maiden late pandemic voyage, I wanted to lie still and snack every 12 minutes. I wanted to read books and fall asleep listening to podcasts as I sipped glass bottles of Coke like a thirsty bee. The last two years have been stressful enough without figuring out how the shower works in a new hotel.

My daily routine whilst in Fuerteventura is low and slow. All alarms are switched off and I will not be jostled to move a moment before I want to. Then, in my own good time, I gently stroll around to the shop for breakfast bread and morning crisps. Upon my return, I spritz myself in Factor 5000 and off to the pool I go until lunchtime. Every so often, I'll declare out loud, "I think I'll get in for a swim today", which I never do because the pool is always freezing and I'm not Wim Hof.

By week two, however, when I have slothed to the absolute maximum, I invite some gentle adventure into my routine. This doesn't mean windsurfing or ATV-ing. It means getting the bus to The Big Zara, half an hour away. The Big Zara is exactly like a normal Zara but with everything about €4 cheaper. There I wander around, picking things up and saying, "This is about €4 cheaper than at home!" It is true culture.

Alas, it won't all be exotic crisps and sun damage for this particular break, as it's also my first holiday as a freelancer. That means I'll still be working throughout, but at least I can open my laptop poolside, eating chips with every meal. Next stop, Ballymote.

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