

BUMPER PUZZLE BOOK + MEGA CROSSWORDS

# MiNDFOOD

#SMARTTHINKING

**NEW RESEARCH**  
**GREY MATTER**

THE STUDY THAT  
COULD SAVE A  
GENERATION FROM  
ALZHEIMER'S

**HEALTHY EATING**  
BENEFITS OF THE  
BLUE-ZONE DIET

**DOWN TO  
A FINE ART**  
EXPERIENCE  
THE CREATIVITY  
OF WANAKA

THE LATEST  
PLANT-BASED  
SKINCARE

**15**  
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**SURVIVOR'S  
STORY**  
HOW I BEAT  
OVARIAN  
CANCER

**FIGHT &  
FLIGHT**  
**GAL  
GADOT**  
SOARS AS  
WONDER  
WOMAN

*"Spring will  
come and as  
will happiness.  
Just as life  
will get warmer."*  
— ANTHONY MASON

MiNDFOOD (New Zealand)

1 oct. 2020 (005)

EMBRACE THE NEW  
SEASON OF CHANGE

# GREY IS THE NEW BLACK SOURCE MATERIALS

It's a fact: grey is here to stay. Right now, it's all about creating depth and texture with this decorating staple. Monochrome, minimalist and clay-coated, this home is cleverly designed to be unpretentious, using materials that allow it to age beautiful

1 oct. 2020 +8 plus WORDS BY TINA HOM · PHOTOGRAPHY BY NICOLAS SCHIMP

## GREY IS THE NEW BLACK

Creating depth and texture with this home decorating staple.

Calming, elegant and the ideal foil for more colourful furniture and accessories, greys have long been a go-to backdrop for designers and architects. In this home, dark, dramatic shades and a wealth of contrasting textures take this hue to an exciting new level. Natural materials and simplicity are at the root of this property's grey interior, which makes use of clay, wood, steel and tadelakt plaster – a traditional Moroccan wall-surfacing technique. Monochrome, minimalist and earthy hues can be seen in the living room and adjoining bar area, which features a built-in fireplace, clay-coated walls, pastellone floors and a bar made from raw steel. Spherical lamps from France complete the look.

Crafted over four levels, the home's four expansive bedrooms, two offices, and spacious living area, including a kitchen, dining room, lounge and bar, were inspired by the philosophy of wabi-sabi – a traditional Japanese aesthetic in which beauty is imperfect, imper-



062 | mindfood.com

manent and incomplete. The garden has been landscaped with various levels, creating multiple spaces for the home owners to relax in. Outdoor features including the large street-art mural painted on

the back brick wall can be viewed from inside the house through multiple large windows. A tasteful mixture of smooth and slubby linens in neutral shades was chosen for the curtains and upholstery,

while cool-centuate m deep charco veloping co natural sha the furnitur



TADELAKT FEATURES  
IN THE BATHROOM,  
WHERE IT HAS BEEN  
USED TO MOULD THE  
WASH BASINS.

toned greys work to ac-  
minimalist decor, and  
oal shades create an en-  
siness. An emphasis on  
pes and wood grains in  
re is consistent with the

home's rejection of all things syn-  
thetic, merging seamlessly into the  
space and highlighting the greens  
from the garden as seen through  
the many windows. The creation of  
false partitions in clay conceals the

kitchen storage, creating a stream-  
lined, uncluttered look that high-  
lights the beauty of the space.

FALSE PARTITIONS IN CLAY  
CONCEAL THE KITCHEN STOR-



## GREY IS THE NEW BLACK

It's a fact: grey is here to stay. Right now, it's all about creating depth and texture with this decorating staple. Monochromatic, minimalist and dog-eared, this home is cleverly designed to be unpretentious, using materials that allow it to age beautifully.

WORDS BY TINA HOH PHOTOGRAPHY BY NICOLAS SCHMID

### SOURCE MATERIALS

Ceramics, elegant and the least fun for more colorful furniture and accessories. In this home, dark, dramatic shades and a wealth of contrasting textures take this hub to an exciting new level. Natural materials and simplicity are at the root of this properly grey interior, which mixes old and new, local and business casual. A traditional Moroccan wall-mounted teapot and a ceramic vase can be seen in the living room and dining area, which has been built in Toronto, clay-cast wall, pastels, floors and a bar made from the island. Natural stone from France completes the look.



### WABI-SABI AESTHETIC

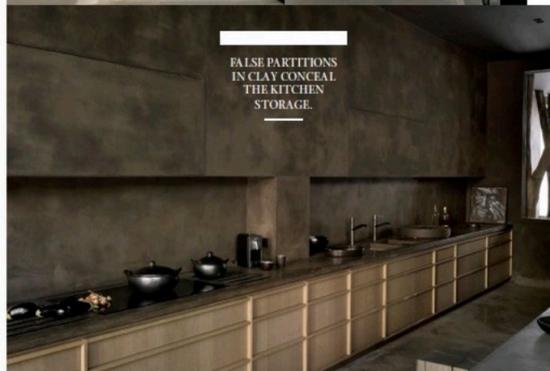
Crafted over four weeks, the home's four separate sections, two of which are spacious living areas, including a dining room, lounge and bar, were inspired by the philosophy of wabi-sabi – a traditional Japanese aesthetic in which beauty is imperfect, impermanent and incomplete. The garden has been landscaped with various trees, creating multiple spaces for the home owner to relax in. Outdoor features include the original art and sculpture on the wall or will be viewed from inside the house through multiple windows. A typical feature of wabi-sabi is the use of natural materials, such as wood, stone and paper. The use of these materials was chosen for the durability and ability to weather over time. The use of natural materials also creates a sense of connection to the outdoors. The use of natural materials also creates a sense of connection to the outdoors. The use of natural materials also creates a sense of connection to the outdoors.



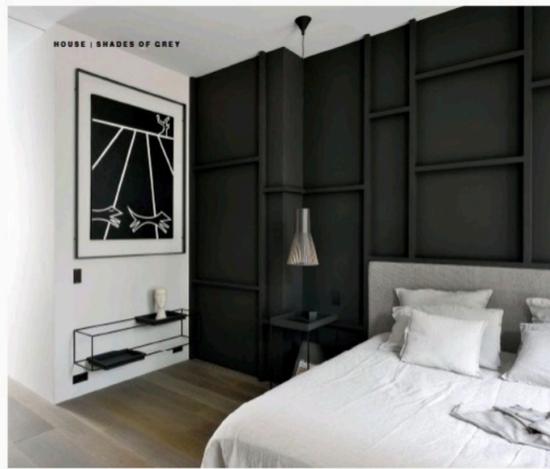
Check out the home's four separate sections, two of which are spacious living areas, including a dining room, lounge and bar, were inspired by the philosophy of wabi-sabi – a traditional Japanese aesthetic in which beauty is imperfect, impermanent and incomplete. The garden has been landscaped with various trees, creating multiple spaces for the home owner to relax in. Outdoor features include the original art and sculpture on the wall or will be viewed from inside the house through multiple windows. A typical feature of wabi-sabi is the use of natural materials, such as wood, stone and paper. The use of these materials was chosen for the durability and ability to weather over time. The use of natural materials also creates a sense of connection to the outdoors. The use of natural materials also creates a sense of connection to the outdoors.



Smoked oak adds caramel brown tones to the home. Clockwise from above: The sliding glass doors connect the dining room and kitchen to the back garden and outdoor living area; Stairs by the front door connect the multiple levels of the house; The creation of false partitions in clay conceals the kitchen storage to maintain the beauty of the space; Rustic wooden seating contrasts with the modern spherical pendant lights in the bar area.



FALSE PARTITIONS IN CLAY CONCEAL THE KITCHEN STORAGE.



Clockwise from left: The master bedroom is architecturally designed in MDF in a library panelling style, and painted in matte black; The multi-level house is connected by stairs made of highly durable pastellone; In the master bathroom, a double vanity with built-in sinks complements the freestanding bathtub; On the opposite side of the bathroom is a walk-in shower that's enclosed behind a glass shower screen; The pigmented clay walls and art works adhere to the wabi-sabi aesthetic of imperfection and incompleteness. Linseed oil is added to clay plasters to increase water resistance.



### AGEING GRACEFULLY

The house walls are coated in dark pigmented clay that has been fed with linseed oil. The materials chosen ensure a space that doesn't look shabby as everything within it ages and deteriorates; rather, it becomes more beautiful as time passes. The lower floors and staircases are crafted from Venetian-style pastellone – a natural product made with lime and marble powder – while tadelakt plaster is used to create the work surfaces in the kitchen and bar area. More tadelakt features in the bathroom, where it has been used to mould the wash basins and a generous freestanding bathtub. Upstairs, the floors are made of smooth smoked oak, as is the joinery throughout the home. Used primarily in interior architectural woodwork and furniture, the smoking or 'fuming' of the oak – already rich in tannin – makes it even darker. The process adds ammonium and, in contrast with stained or dyed timber, the resulting colour is extremely resistant to UV light and fading. Easy to varnish, it does not require staining.



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