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PLUS

How to
create your own
wellness centre



Why you'll
fall in love with
this colour of
the year



ZOE BINGLEY PULLIN

*Why working
from home is
the best*



Fresh start

Easy ideas for looking good this summer



Lazy Susan by artist Kelly Behun She is an avant-garde New Yorker who makes amazing pieces of art. When Michael said he bought me a lazy susan I thought, "are you serious?". Then I saw it and I was really impressed.



Reclining Buddha My mum bought her in Bali. She's actually made out of paper and the attention to detail is incredible. The majority of times she sits on the dinner table, but if I am having people over I take her upstairs so she is protected.



Antique Spanish water jugs These belonged to my mother and when she downsized I got them. I love all the antique items she gave us. She is not well at the moment but I feel like she is in the room with us with her things here.

Luxury chair I never win anything but I won this at a charity event. I ended up changing the palette of the whole house because of it. The cushion is from ezkal.com, which promotes Mexican artisans.



Zoe Bingley-Pullin

This celebrity chef and nutritionist is making smart choices in interior design too

You probably know Zoe Bingley-Pullin as the chef, nutritionist and host on Channel 7's House Of Wellness. She is also the founder of the new Four Week Body Reset Program, in collaboration with prepared meal delivery company Dietlicious, while juggling an ambassador role with Woolworths. While she loves her work, Zoe is equally enthusiastic about creating a happy home. "Michael and I both love the flexibility of working from home, I think that's the most productive way to live a modern life," she says. "We've just renovated the outdoor area and I have a nice

place now to have a cup of tea, read the paper or meditate."

The couple went through six years of IVF to have their daughter Emily, 6. Zoe says the struggle to fall pregnant left her feeling depressed.

As a consequence, she is a passionate advocate for eating well and exercising to maintain her mental health.

Changing up her old furniture has also proved uplifting as Zoe opted for some darker woods, with hints of greys and green thrown in.

"It's just so sexy, and it make it look like a proper adults' house," she says.

Words: Catherine Nikas-Boulos
Photos: Adam Yip
More: zoebingleypullin.com



PROFILE

Who Zoe Bingley-Pullin

Where Bondi with husband Michael Ryan and their daughter, Emily, 6

Favourite thing We got a modular couch for the outdoor area, then Michael bought me this Eucalyptus Luna chair from King Living – it's perfection

Inspiration Beach meets Balinese

Home is A wonderful, safe place



Bowls My dad encouraged me to study at Le Cordon Bleu in Paris. The flea markets there were phenomenal and I found these bowls from the 1920s in pristine condition. They were the equivalent of \$40 each at the time. I travelled with them for a year before I brought them home safely.



Apron Michael's Italian grandfather imported Cinzano into Australia. Everyone remembers his grandmother wearing this apron around the house. I never got to meet her so I love this in my kitchen.



Antique Murano glass These belonged to my mother-in-law and I have continued her tradition of collecting them. They are so tactile, colourful and fun. I never met Michael's mother, she passed away 16 years ago and we met six months after that.



Emily's garden It's so gorgeous to watch my daughter interact in her garden. I thought it would be a novelty, but she is so involved.

Climbing men When I travel, I like to find a piece of art to bring back with me. I fell in love with this in a hotel art shop on Thailand. There is not one person who comes into this house who doesn't comment on them.

