

Phoebe bed and mattress set £575, Rubie cabinet £375, Tallulah foxglove curtain fabric £13.50 per metre (www.lauraashley.com, 0871 230 2301)

By FRANCESCA COOKNEY



Colours and finishes

"DISTRESSED" is the key word for shabby chic style. Look for worn wood, scuffed paint and rustic metal. For colour, think pale pink, turquoise and cream combined with natural wood, leather and paper. Faded reds and blues also work.



Keep Calm wall plaque £17 (www.sweetpeaandwillow.com, 0845 257 2627)



Dining chair £165 (www.sweetpeaandwillow.com, 0845 257 2627)



Master Jack armchair, £399 (www.made.com)



Painted lemonade crates £30 each (www.berryred.co.uk, 01432 274805)

Patterns and textiles

DITSY florals feature heavily, along with polka dots, patchwork and nautical stripes. Fabrics tend to be natural – cotton, linen and hessian sack cloth. For a sense of faded luxury, mix with velvet, satin and lace.



Lined vintage shelves £49.99 (www.tch.net)

AUTHENTIC shabby items can be found in flea markets – or you can cheat with "aged" furnishings found online. Look for kitchenware such as enamel tins and colanders. Sparkly trinket boxes, candle holders and old-fashioned apothecary bottles are perfect for bedrooms. – Adrian Smith, creative consultant, DotComGiftShop

# HOW TO DO.. Shabby Chic

Check out our insider's guide to the lived-in look



Cotton table runner £20 (www.driffliving.co.uk, 01289 330480)

Furniture

FRENCH baroque curves and ornate details add a look of worn-out glamour. Victorian shapes work well for a country feel. A wooden dresser is perfect for displaying junk shop finds.

Bourbon vintage cabinet £149 (www.made.com)



Hemnes dressing table £189 (www.ikea.co.uk, 0845 355 1141)

WHETHER you want faded grandeur or rustic simplicity, look for distressed painted furniture, wrought iron and weathered wood. Aged leather sofas and darker furniture create a masculine version. – Matt Dunton, director, Sweetpea & Willow



Rosa chair £199, cushion £10, Marie Therese chandelier £40 (www.tesco.com, 0800 505555)

Accessories

CLUTTER up kitchen shelves with a mix of vintage-style teacups and enamel tins. To make a shabby chic statement, try a chandelier or rustic birdcage in the living room.



Birdcage £40 (www.next.co.uk, 0844 844 8000)

Regency cakestand £29.95 (www.dotcomgiftshop.com, 020 8746 2473)



Yngaren decorative perfume bottles £7.29 (www.ikea.co.uk, 0845 355 1141)



Shabby chic mugs from £5 (www.houseoffraser.co.uk, 0845 602 1073)

## SAVVY SAVERS

Home guru Alison Cork gets you more ..for less

..Halloween bag

HUNTING for ways to entertain the kids over the weekend? Halloween is around the corner and you can get them ready with Sainsbury's Make Your Own Loot Bag kit, only £3. They can spend an afternoon making a booty-ful bag for all of those sweets. From www.sainsburys.com

Top tip

THE six big energy companies have now hiked prices, so before winter hits us make sure you're getting the best deal. Tired of your bills going up? Think about a fixed-tariff plan, which guarantees the same tariff for a set time. Set up a direct debit if you can – it can often mean saving on your bill. Go to www.uswitch.com for a free comparison.

..Footie fun

ARE you raising a Rooney? Sign the kids up for Tesco's FA Skills Coaching Sessions. They're open to boys and girls aged five to 11 with a half-term taster for free. Go to www.tescoskills.thefa.com for your nearest session

..Hot stuff

INDIAN summer? Now's the time to save on patio furniture, including these Tesco folding armchairs. Get two in pink or black for just £12, or two in zebra print for only £14 (www.tesco.com, 0845 600 4411).

