

Cosy nights

IT'S SNUGGLE UP TIME! WE SELECT OUR FAVOURITE SEASONAL SLEEPING ESSENTIALS

Fill your hottie and slip into a beautifully dressed bed

Invest in an ultra-comfortable bed with a deeply buttoned wool-covered headboard that looks and feels inviting. Layer with silky soft sheets, plump pillows and luxurious velvet in plum, pinks and soothing greys. Handmade mattress and divan, similar from Vispring. Iona kingsize headboard in Wool Plum Mid Grey, £549, The Headboard Workshop. Bedside table, £595, Nordic Style. Sockerart enamel jug, £14, Ikea. Clothbound books, from £14.99, Penguin Classics. Tuxedo stripe Oxford pillowcases, col Lavender Grey, £11.20 for 2; matching top sheet, £15, both Soak & Sleep. Swansbrook pillowcases, £20 each; matching duvet cover, £80; Darcie berry quilt, £150, all Laura Ashley. Plantation valance, col Natural, £138, The Linen Press. Toulon Linen flat sheet (on mattress), col Dove Grey, £115, The Linen Works. Croft basket weave cushion, £30, John Lewis. Velvet cushion, col Purple,

1 Wear the softest brushed cotton, Sweet Dreams pink check pyjamas, £69, PJ Pan.
2 Cover sleepy eyes to block out the light, silk pyjama, col Zinc, £6, Soak & Sleep.
3 Create a romantic mood with decorative stones, Hearts, £1.50 each, Gisela Graham.
4 Slip a calming chamomile blend, Bloomsbury tea cup and saucer, £12, Debenhams.
5 Use a crisp napkin, Emily, £30 for 6, Neptune.
6 Serve tea in style, oak tray, £17,
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8 Slip a pair of velvet slippers beside the bed, col Dusty Plum, £39, Ruby & Ed.
9 Moisturise, protect and soothe your skin, Georgia Louise Day & Night Brightening Cream, £68 for 60ml, Space NK.
10 Pop lavender bags in the linen cupboard, £5.25 each, The Linen Works.
11 Give your face an overnight treat, Georgia Louise Sleeping Beauty Oil, £68 for 30ml, Space NK.
12 Add a feminine touch with embroidery,
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