



home that might look pretty — it's more about finding the soul in an object," Catling said.

"It could be something you pick up from the beach, or maybe something you were given by a family member, and putting it in the right space in order for it to really come alive.

"I love really modern too, so if we are going to live in an old house a blend of new and old for me is really important, and if I lived somewhere very new I'd have it the other way around."

Running a business and leading quite a hectic lifestyle, Catling prefers to leave the chaos outside. "I like to keep my two worlds reasonably separate," she said.

"My life is so busy and very work oriented, so at home I've created a place of peace and balance.

"Outside of this I have the studio, which is very busy with creative boards, images and other people as well.

"And while the S2 boutiques are quite warm and more like a gallery sanctuary, with soft furnishings, fabrics, the environment is still quite busy. Here you see us."

On her favourite room in the house it's no surprise to hear Catling say it's a toss-up between her two relaxation areas — the lounge and her bedroom.

And though the couple do like to entertain, she said rest was fundamental in her daily life. "I really do enjoy having people over but it's very much a place to be quiet and more to concentrate and rest in rather than be busy in," she said.

"If we have friends for dinner we'll often turn this couch around

and make it much more of a relaxed sitting area."

Having lived in the home for three years, Catling was comfortable with the way it looked after making several changes to it since moving in.

"The kitchen had a small bench by the window and a little gas oven so we put all the stainless steel in the kitchen, added a dishwasher and created a space that was quite workable and open because it was one of the smallest rooms in the house.

"We also built lots of cupboards as there was no storage at all.

"Though in saying that, I'm now running out of places to put my clothes so we've still got a few more to build!

"We would also like to do some more painting, changing just a few colours in the home."

Apart from all the changes inside, Catling's partner Phil also transformed their next-to-nothing backyard into a chic, Parisian-style courtyard.

The quaint, and surprisingly private, space is surrounded by greenery and is yet another place to enjoy the quiet.

"For me making a house a home is all about making people notice the shell on the book because it's not cluttered with a million other things in that space.

"It's about getting the beauty of what you've found in your life to come alive; that's how I see objects.

"We can all live in a beautiful house and it means nothing — so fill it with the things you treasure."