

# LIVING

Men'sHealth

THE MODERN MAN'S GUIDE TO SPACE

GREEN  
ROOMS

BECAUSE SAVING THE PLANET  
IS NO EXCUSE  
FOR BLAND DESIGN



INSIDE YOUR 32-PAGE INTERIORS SPECIAL

**NO MORE COWBOYS**

HOW TO FIX, BUILD, BUY, MEND  
AND STYLE JUST ABOUT ANYTHING

**NEST GENERATION**

EVERYTHING YOU NEED  
FOR EVERY ROOM IN YOUR HOME

NOTE TO RETAILER PLEASE DISPLAY ON OTHER SIDE



No more TV dinners  
Origami table in chrome  
£500 Anthony Dickens  
(liberty.co.uk)



Imagine this with  
a selection of cold beers on  
Polished steel tray £33 Alessi  
(alessi.com)

## MORE INSPIRING

Metallic surfaces are often bold and uncompromising: great for those wanting a tough, male-oriented, industrial look, but equally difficult to balance correctly. Here's how best to pump iron in the home



A sturdy seat for the most stylish of guests  
Barcelona chair £450 iconicinteriors.co.uk



Coffee for you and several mates  
Vacuum jug £80 Erik Magnussen  
(skandium.com)



Good-looking, durable and  
a doddle to turn on  
Leaf table light  
£250 Herman Miller  
hmeurope.com

Make any night a night on the tiles  
Metallic porcelain tiles (POA) at domustiles.com



Metal machine music  
Aluminium PVI subwoofer £950 Bowers & Wilkins  
(bowers-wilkins.com)

SHINE ON  
DESIGNER  
LARA FRANCIS'  
METAL VISION

**1 Use the latest innovation in tile surfaces:** porcelain tiles with a metallic effect finish such as bronze, rusted iron etc. View a good range at domustiles.com. **2** Stainless steel's resistance to rust makes it the perfect material for wet environments, unlike ceramics which are more susceptible to mildew. **3** Carefully co-ordinate all metal fixtures and fittings for a more cohesive look. **Choose a finish such as brushed chrome** or polished nickel and carry it throughout the home. **4** Create a unique industrial look in the bathroom by **asking your plumber to install copper pipework on the surface of the wall rather than inside it.** For a qualified plumber in your area, visit iphe.org.uk.