

life & style



Magic hands

Keeping hands soft and supple is a breeze with Dr Bronner's new organic magic moisturising lotions. The range is made with pure, high-potency organic oils, which are free from petrochemically-modified ingredients and preservatives. Organic jojoba oil moisturises dry skin while organic hemp and avocado oils help keep skin smooth.

They come in a variety of fragrances including Orange Lavender, Peppermint, Patchouli Lime and Lavender Coconut and cost around £6 from Waitrose and health shops including Whole Foods.

Designer's on a winning streak

An outfit by a new designer from Cheltenham helped its owner to win the Best Dressed award at York Ebor Festival last month. **LUCY PARFORD** catches up with Catherine Thorne about her exciting designs

IT'S been the ideal start to the new season for fashion designer Cathy Thorne.

While she puts the finishing touches to her new autumn/winter collection at her home in Leckhampton, she is already toasting success as her outfit scooped the prize of Best Dressed lady at York Ebor Festival last month.

Cathy has been designing her range for 15 months under the fashion label Kelly Thorne and was contacted by award-winning milliner Michelle Foley to see if she wanted to join forces for a Ladies' Day outfit.

"She contacted us through Facebook and asked me if I'd like to collaborate with her as she liked what she saw," explains Cathy. "She came down from Nottingham with her millinery and we got out some of our autumn/winter outfits and there was one of the designs she took to."

"The one which won was a snake print skirt with a leather bodice which costs around £300."

The outfit was worn by Faye Cupitt who caught the eye of the judges at the event at York racecourse which included Fashion on the Field, a melee of fashion, beauty and millinery, under the guidance of Jeff Banks.

Although Cathy didn't make it to the event herself she was delighted when she heard the news.

"We were thrilled," she said. "It's quite a big thing for us. The judges were important fashion people including Mark Heyes from GMTV so that was great that they chose our outfit."

Cathy, who is a mother-of-three, is now hoping to work with Michelle Foley again at the Cheltenham Festival.



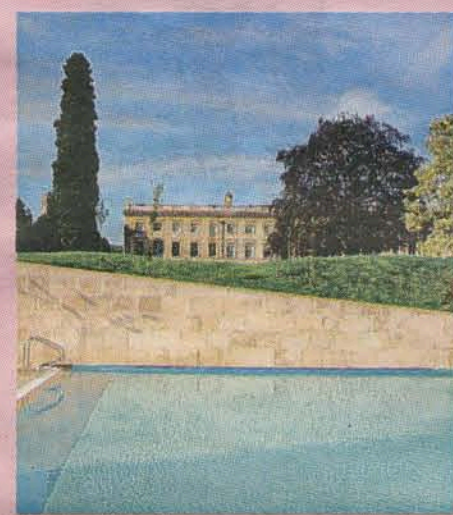
Designer Catherine Thorne, top left, and her winning outfit worn by Faye Cupitt at the York Ebor Festival

"I've been interested in fashion all my life," she explains. "I have my own design business and have got together with a group of other designers. Our collection is perfect for stylish, edgy women who want something unique."

■ To arrange a visit by appointment, or a ladies'

evening, call 07836694433 or visit www.facebook.com/kellythorneuk

■ Kelly Thorne will also be at the Boutique 24 fashion event at Cowley Manor on September 20 from 10am-6pm. Advance tickets cost £12.50.



Cowley Manor

Get back to nature with yoga retreat

IF you're feeling shattered after the hectic summer holidays, a wellness retreat at Cowley Manor, near Cheltenham, could help you get back in touch with the simple things in life.

The yoga-led retreat, which is being held from October 7 to 10, is being hosted by Claire Finlay, a star of the London yoga scene.

Set amid Cowley Manor's 55 acres of parklands, woods and meadows, the three-day all-inclusive retreat includes handpicked activities inspired by the tranquil setting.

Guests will be able to choose from twice-daily yoga classes held by the lake, a relaxing treatment at the C-Side Spa, or a 40-minute personal training session in the gym.

With a maximum of 10 people on the retreat, participants will receive personal tuition and activities designed to suit a wide range of abilities.

On arrival, you will meet a nutritionist for a one-to-one health and wellness consultation. Nutritionist Kate Chaytor-Norris and Cowley Manor's head chef have collaborated to provide a nutritious and balanced menu with the aim of cleansing, calming and re-energising the body.

The retreat costs £990 for single occupancy or £1,190 for double occupancy including three nights accommodation, all meals, yoga sessions and a spa treatment.

To book, call 01242 870900 or email reservations@cowleymanor.com