

Veggie

Food * Wellness * Living

AUGUST 2015

NEW!

*Nourish
and flourish*

Hemsley + Hemsley's
Black Bean Burger

Jodie Kidd's
make up miracles

5 teas to cleanse
your body

46
SUN-
DRENCHED
DISHES TO
SAVOUR

SADIE FROST:

How to look
30 at 50

PLUS try
her favourite
clean recipes

Laidback
**SUMMER
FEASTS**

**20%
OFF**
ORGANIC
SURGE
for every reader

- * The ultimate parmigiana * Mouth-watering courgetti
- * Summer cauliflower pizza * Gluten-free lime cheesecake

Issue No.81 | PRICE: £5.99 | AUGUST 2015



9 17720581695002



BEACH LUXE

Imagine waking up to the sound of the ocean, or kicking back on your beachside terrace with a smooth glass of Rioja – sounds like bliss, right? Well dream no more! Nestled among the rolling dunes, Barefoot Beach House is a charming self-catering seaside retreat right on the beach at Camber Sands, East Sussex. This is a tranquil escape for all the family to relax and unwind together in beachfront luxury. Camber is just three miles from trendy hot spot, Rye; a historical harbour town with an array of boutique shops and delicious eateries including the Mermaid Inn, which offers a separate vegetarian menu. But if you want to stay closer to home, the property has a fully equipped kitchen and a barbecue – perfect for those balmy summer nights, overlooking the sea. Barefoot Beach House, from £1,635 for a three-night weekend stay (sleeps 8). Visit: barefootbeachhouse.uniquehomestays.com Tel: 01637 881183

Wake up to the sound of rolling waves,

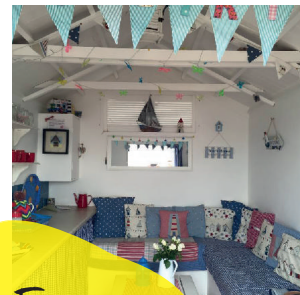


THE ONLY WAY IS ESSEX

Nothing says English summertime more than a bunting-clad beach hut, and The Little Beach Hut Company in Mersea, Essex, doesn't disappoint. Whether you're looking for a sanctuary for one, or a venue to spend a day with friends and family, these furnished huts are ideal for all occasions. Based on Mersea Island, a little-known gem just off the Essex Coast, each themed beach hut is fully kitted out with a cooker, table and chairs, deckchairs, parasols, windbreaks and tea, coffee and hot chocolate; everything you need for a relaxing day at the seaside. The Little Beach Hut Company, from £45 per day. Visit: thelittlebeachhutcompany.co.uk



Enjoy afternoon tea overlooking the sea!





*Relax and rest
in this seaside
hideaway*



COUNTRY ESCAPE

Give your staycation the wow-factor with a cosy cottage retreat overlooking the seaside. Coastguard Watch is located right on the harbour front in Seahouses, Northumberland, offering first class accommodation, combining traditional nautical themes with modern living. You can watch the stunning harbour come to life from the comfort of your living room or take in the salty fresh air and the panoramic views of the Farne Islands from the benches outside. Feeling adventurous? Why not take a boat trip to visit Holy Island? You can wander around the magnificent castles at Bamburgh, Alnwick, Dunstanburgh and Warkworth; rent bikes, ride horses and play golf, to name but a few activities!

The cottage is self-catering, but if you fancy a break from the kitchen, you can order home-cooked food delivered straight to your holiday home. There's so many delicious dishes available, you'll be spoilt for choice (more-more-more.co.uk). And, if you want to treat yourself to a lunch out, visit the Barn at Beal; a coffee shop and restaurant which serves all locally sourced produce. **Coastguard Watch, Seahouses, prices start from £510 (sleeps 6). Visit: cottagesinnorthumberland.co.uk**

SKY HIGH GETAWAY

You don't need to jet off to tropical climes for a five-star beach break – you can holiday like an A-lister in this secluded Cornwall retreat. The House In The Sea is set on its own private island, perched on a cliff top and accessible by a suspension footbridge across the water. If you're after something truly unique, this summer hideaway marries a pallet of Cornish grey, chalky white and granite, with effortlessly stylish New York vibes; the epitome of seaside chic.

Want to plan a day at the beach? No problem! Simply head down the steps direct from your seaside pad to Towan Beach. Here, you can enjoy a private surf lesson, take a dip in the sea or kick back with a good book and take in the Cornish coastline – bliss! **The House In The Sea, Newquay Island, Cornwall, from £2,320 for a three-night weekend stay (sleeps 6).**

Visit: thehouseinthesea.uniquehomestays.com
Tel: 01637 881183

