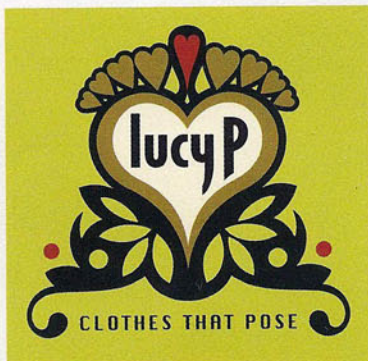


FASHION

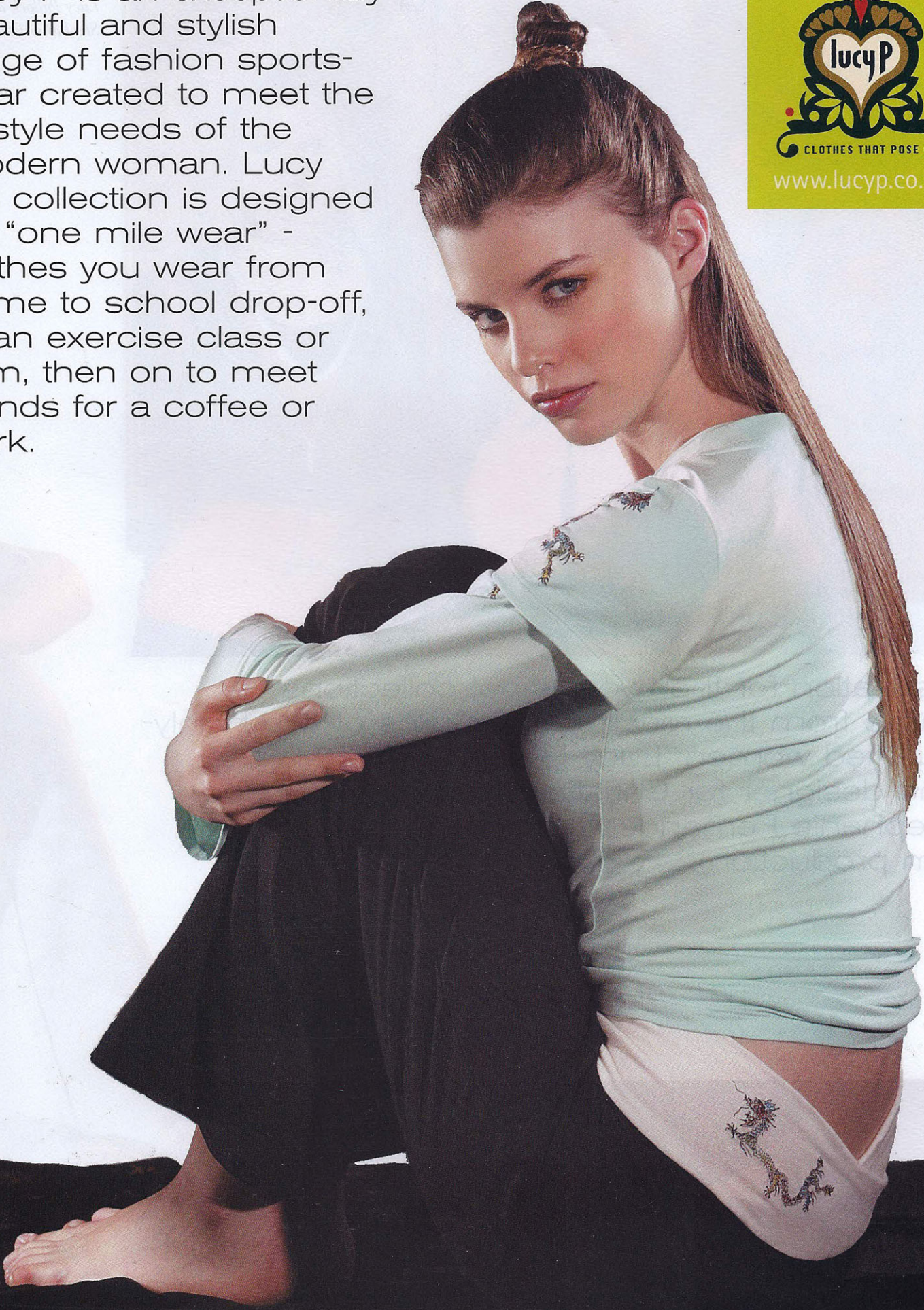
CLOTHES  
THAT  
POSE



*"Above all, it's about being practical  
but having a certain fashion edge."*



Lucy P is an exceptionally beautiful and stylish range of fashion sportswear created to meet the lifestyle needs of the modern woman. Lucy P's collection is designed for "one mile wear" - clothes you wear from home to school drop-off, to an exercise class or gym, then on to meet friends for a coffee or work.



www.yogamagazine.co.uk

*Lucy Pollock and  
Stephanie Fernandez*



Inspiration for the two distinct collections came from the real life adventures of two highly-qualified women: Lucy Pollock (ex-St Martins and designer for Christian Lacroix, Paris) and Stephanie Fernandez (ex-advertising, TV and film production).





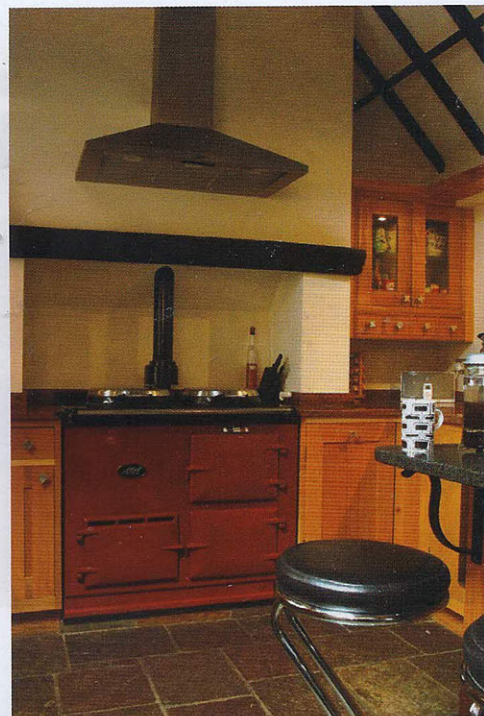
They say of the Lucy P brand, “We worked with Stephanie’s knowledge of the Orient as she lived there for 15 years. Each of our ranges has its own signature colour palette and unique artistic details. They are made using an exceptionally high-quality jersey designed and styled to flatter women’s figures through a workout and throughout the day. Close attention is paid to every small detail, from satin stretch ribbons to lined hoodies. Lucy P has been designed to stand out from the crowd and it does”. The partners share a single vision based on their love of global culture, sport, colour, fun and fashion and their respective skills complement each other in the business perfectly. Breaking rules and standing out from the crowd, the unique Lucy P collection of activewear is designed for the mat, the street, the weekend, and for crossing sports – yoga, pilates, tennis, the gym to après ski.

The Lucy P collection is available at the King’s Road Sports Club ([www.krsc.co.uk](http://www.krsc.co.uk)), SheActive ([www.sheactive.co.uk](http://www.sheactive.co.uk)), Triyoga ([www.triyoga.co.uk](http://www.triyoga.co.uk)), Amida health clubs ([www.amidaclubs.com](http://www.amidaclubs.com)), and Pilates Plus ([www.pilates-plus.co.uk](http://www.pilates-plus.co.uk)). For more information visit [www.lucyp.co.uk](http://www.lucyp.co.uk)

# Design for living



Stephanie Fernandez and Lucy Pollock, partners in a new fashion sportswear business 'LucyP', both have a flair for interior design strongly influenced by their years living abroad.



Inspired by her previous home in a South American hacienda, Stephanie and her property developer husband Mark, spent three months transforming a 700 year old barn into a spacious and comfortable family home.

Mixing old and new, from the solid oak prison doors used as shutters in the music room to the bright white leather sofas offering luxury in the main living area, Stephanie's home boasts a range of influences. When asked to describe how she puts such a stylish look together, Stephanie answers modestly, "I enjoy picking up on a theme such as the deep red colour of my inherited claret Aga and using this colour palette throughout the house."

In the stunning family room, once a theatre, Stephanie has used the Elizabethan style of hanging tapestries and rugs on the walls to add texture and warmth to the space. The extended fireplace acts as the focal point of the room, contrasting with the numerous iPods and flat-screen TVs, demonstrating Stephanie's approach to design. "Mine is an eclectic style," she says. "Match and mis-match."



**Living room** Patterned textiles highlight subtle textures in Lucy's lounge.

**Opposite page, from top: Kitchen** Sharp style – chrome accessories add to the contemporary style of the kitchen. **Sari picture** This intriguingly patterned picture has been made from saris by a charity in Mumbai. The charity rescues the gold-threaded saris from being melted down and the proceeds go to the children's orphanage. **Staircase** An antique wedding kimono decorates the stairway. **Living area** An open fireplace keeps the living area warm and cosy.

Lucy, the design half of the new business, was influenced by her time in the Far East when it came to furnishing her Victorian home.

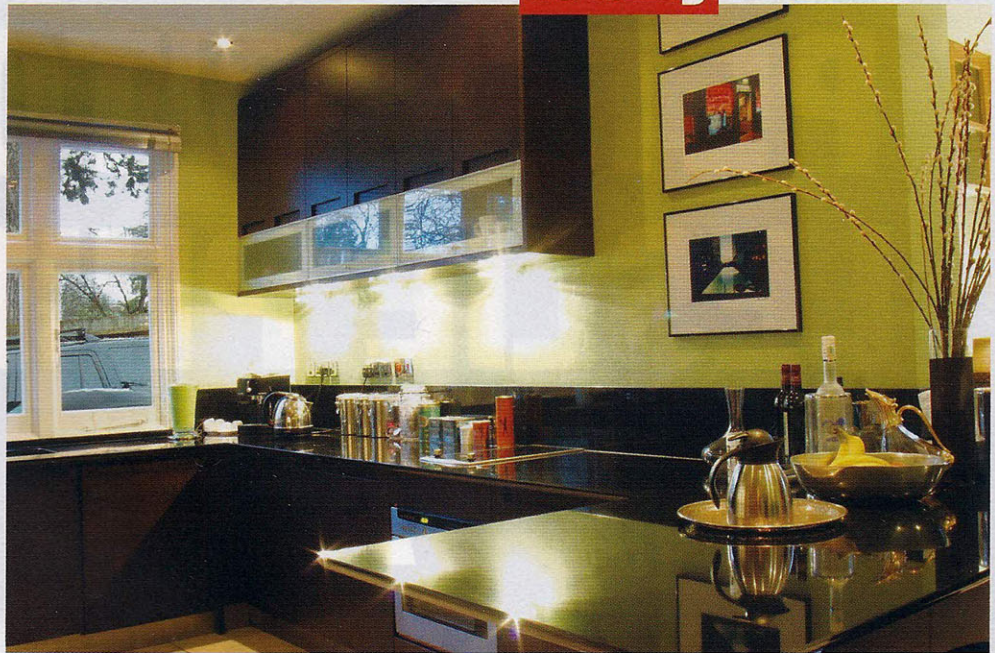
Over the years, Lucy and her husband Roger have gathered vintage items whilst living in Singapore, Hong Kong, and elsewhere. This experience and their undoubted eye for picking up rare and antique pieces have allowed them to bring together a unique collection.

Colour and texture, which she studied under Christian Lacroix in Paris, are the principles defining Lucy's overall style. The home's whole look is accomplished through Lucy's ability to decorate her home in a simple and refreshing way, highlighting key pieces as focal points throughout the house.

An antique wedding kimono adorns the top of the stairs and a Burmese Buddhist prayer book lacquered with gold leaf hangs proudly in the dining room.

As well as the striking fabric choices we asked Lucy what else had guided her design. "I have tried to apply the rules of *feng shui* and influences of Buddhism which I learnt from my time in Asia", she says.

visit [www.lucyp.co.uk](http://www.lucyp.co.uk)



- Try to make colours flow from room to room and not clash, especially if doors open onto another space or area (e.g. if a dining room door opens onto a corridor then the two colours should complement each other).
- If bold, strong colours are used on the walls then try not to have furniture that will clash with them.
- As with clothes, be very careful if you are mixing patterns.
- Don't be afraid to mix modern with antique.
- Take time to carefully light a room – the wrong lighting can ruin it! If a room is dark avoid dark furniture.

