

# The secret of a harmonious home

Mark Howorth employs a holistic, sustainable approach that imbues his clients' homes with a calm, serene feel. Most recently, his work at the Broughton Hall Estate reflects the energy and ethos of the house's recent transformation



**M**A R K Howorth has built an interiors practice with a reputation for creating harmonious, multi-functional spaces for living, working, exercising, meditating and spending time with family and friends. It's an approach that is perfectly in step with the spirit of the times, offering homes that are a sanctuary in this uncertain, challenging year.

**‘It’s an approach that is perfectly in step with the spirit of the times, offering homes that are a sanctuary in this uncertain, challenging year’**

Having started his career in California, Mark has a truly global perspective and now has studios in London, Manhattan and the South of France. One project that beautifully demonstrates his abilities is a listed, three-storey Arts and Crafts House, which was remodelled to combine the best of old and new and to embrace Indian influences in the form of fretwork panels, murals and mosaics. ‘Our clients, one of whom is a Reiki healer, wanted a calm, spiritual home,’ he says. ‘They gave us a brief to create interiors



The swimming pool at the Avalon Centre



The symmetrical arrangement of this elegant living room creates a feeling of calm

that promoted kindness and harmony.’ His team responded by using organic, non-toxic paints in calm tones, all made from natural ingredients. Materials were sustainable and from suppliers with excellent ethical standards.

The lighting complemented this feeling, with non-directional lamps that create pools of warm, diffused light throughout the house. Scent was another vital ingredient; using lavender and geranium, the practice created a bespoke natural oil that is dispensed through atomisers on each floor. Despite being close to the centre of one of the world’s busiest cities, each space is imbued with a serene feel.

Mark is currently using the same principles on another fascinating project in the Yorkshire dales. The completion of the new Avalon Centre at the Broughton Hall Estate marks an exciting new chapter in the history of the estate. Running in parallel with a project to plant a million trees on the 3,000-acre grounds—350,000 of which have already been established this year—the Avalon Centre is the focus of wellbeing retreats.



Soft lighting enhances the serene mood

The next phase is to transform estate cottages to create guest accommodation that will complement the ethos of the Avalon Centre. ‘Our aim is to elevate their natural positivity through a mix of spatial design, as well as lighting, fabrics, paints and repurposed pieces that reflect the spirit of this really magical place,’ says Mark.

*For more details please telephone Callender Howorth on 0207-336 8560, or visit [www.callenderhoworth.com](http://www.callenderhoworth.com)*