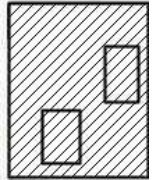
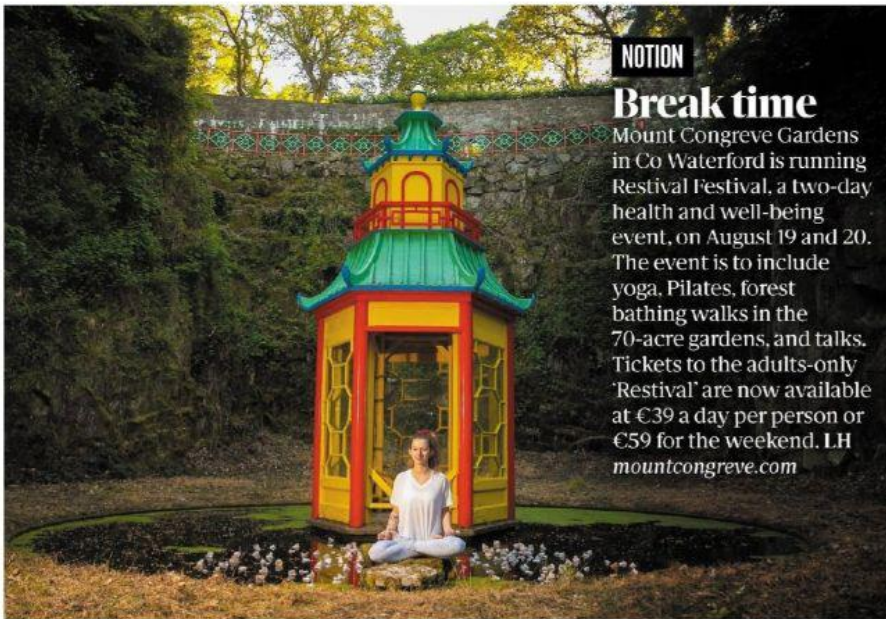


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Notions & Necessities



NOTION

Break time

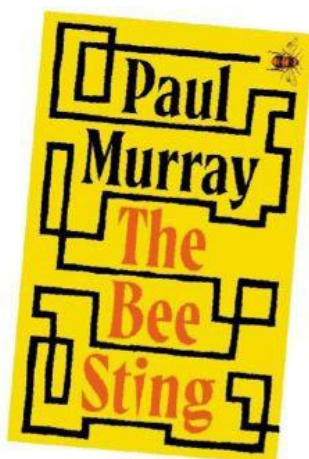
Mount Congreve Gardens in Co Waterford is running Restival Festival, a two-day health and well-being event, on August 19 and 20. The event is to include yoga, Pilates, forest bathing walks in the 70-acre gardens, and talks. Tickets to the adults-only 'Restival' are now available at €39 a day per person or €59 for the weekend. LH mountcongreve.com



NOTION

Salt of the earth

According to Glengarriff-born hair stylist Ciaran O'Sullivan, a magic combination of salt and kiwi extract is the key to achieving a tousled "beach" hair look. He used time during salon closures in the pandemic to research and develop his new product. Kiwi Salt, which uses salt to lend texture, and the fruit acid in kiwis to hold and seal the hair in hot, humid weather. For wet or dry hair, it has a summery, light, fruity fragrance. SC *Kiwi Salt Sea Salt Texture Spray*, €28.99, KiwiCutz, Ballyphehane, Cork, see kiwicutz.com



NOTION

Sting in the tale

If you bring one book on holiday this summer, let it be *The Bee Sting*. Yes, this new novel by Paul Murray, the Dublin author of *Skippy Dies*, is long and, as a result, will take up bag space. But it's also a read you can luxuriate in and even take some relief in, as your family break surely can't be as blighted with bad luck and poor relations as that of the beleaguered Barnes family. SC *'The Bee Sting' by Paul Murray is published by Hamish Hamilton*



NECESSITY

Laughter lines

The King's Head in Galway is hosting The Laughter Loft, a comedy festival for the month of July in its Ruby Room, with a different act daily. Doors open at 12:30pm for a 1pm start. This week sees shows from Emma Doran and Neil Delamere. There is no pre-booking. It's first come, first served, with tickets available on the door only. LH See giaf.ie/festival; see thekingshead.ie



NOTION

Whiskey-a-go-go

The Galway Whiskey Trail has returned. It's a tour showcasing the city's best whiskey bars and outlets, combining the history of Galway's whiskey heritage with the chance to enjoy whiskeys from Irish distilleries while exploring the City of the Tribes' streets. The self-guided tour brings you to 12 locations that play a significant role in Galway's whiskey heritage. Participants can choose their own start and end points. The Galway Whiskey Trail can also be booked for guided groups. LH
See galwaywhiskytrail.ie

NECESSITY

Swedish hits

To celebrate its 80th birthday, Ikea has taken some of its classic and best-selling designs and given them an update. The design fundamentals stay the same and are testimony to the original, clean, Scandi look but colours and patterns are given a "playful" modern twist. See 16 revamped pieces on the Ballymun, Dublin, shop floor or online, with more items to follow. SC
Lovbacken side table, €85, Ikea



NECESSITY

Peas in a gastropod

The Slug And The Snail is the second book for children from Oein DeBhairduin, author of the award-winning *Why The Moon Travels*. His passion for the Traveller oral tradition electrifies both books, this new one telling of a pair of slug brothers who part ways when one builds himself a shell home, while the other, shell-less, grows unsure of his place in the world and becomes at odds with his former ally. With artwork filled with secret messages by Olya Anima, it's a warm story of difference and commonality. SC
'The Slug And The Snail' by Oein DeBhairduin is published by Little Island

NECESSITY

Traveller talents

Traditional and folk music festival Tradfest has launched a new podcast, *Talking Trad*, which will focus on Traveller musicians, women, and new Irish communities. It aims to tell the untold stories of Irish traditional and folk music. The first one, 'My People', is hosted by musician and wordsmith Steo Wall, pictured left, an emerging talent of Irish Traveller heritage. Guests include Christy Moore, Sharyn Ward and PJ Mongan. LH
'Talking Trad' is expected to be available on major podcast platforms

