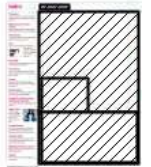


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We Love...



Friends together

▲ The clue is in the name - kicking off today, Sligo's Cairde festival invites you to make friend with all manner of arty experiences, including Blue Raincoat's production of the very beautiful Under Milk Wood by Dylan Thomas. There are exhibitions indoors and out, and a special collaboration with the Sligo Travel-

ler Support Group, led by artist Seamus Nolan. Explore the rich culture through exhibition, performance, words, music and photography, such as David McDonagh's Exposure, a work from which is pictured. Festival ends July 9th, cairdefestival.com

GEMMA TIPTON

Sustainable bride

► Olwen Bourke has returned to Ireland after 17 years working as a designer in London, where she designed for the Royal Ballet and Opera House, and showstoppers for *Strictly Come Dancing*. She has recently launched a 10-piece sustainable bridal collection that celebrates Irish lacemaking, collaborating with the few remaining women in this country who still make lace by hand. Using highly intricate Carrickmacross and Clones style lace, the designs are taken from her own sketches of flowers and nature. The collection, called *Arabella*, features gowns with square necklines, thigh high splits and asymmetric draping, made in eco-friendly fabrics (so no polyester), slimline bias-cut satin, structured crepe and sheer georgette with back details a key focus. Prices the made-to-order dresses start at €2,500. olwenbourke.com

DEIRDRE McQUILLAN



Animal print

► The latest offering from graphic illustrator Sally Caulwell is this beautiful A-Z of Ireland's Wildlife. Fine printed by The Copperhouse Gallery in Dublin, it features all the familiar animals you'd expect to see, plus more unusual species you might not have heard of before, from the Arctic tern to the *Zygaena filipendulae* (six-spot burnet moth), via puffins, red squirrels, Irish setters and dolphins. Available in A3 (€45) and A2 (€55) from sallycaulwell.com, it would make a lovely gift for a new nursery or child's bedroom.

CIARAKENNY

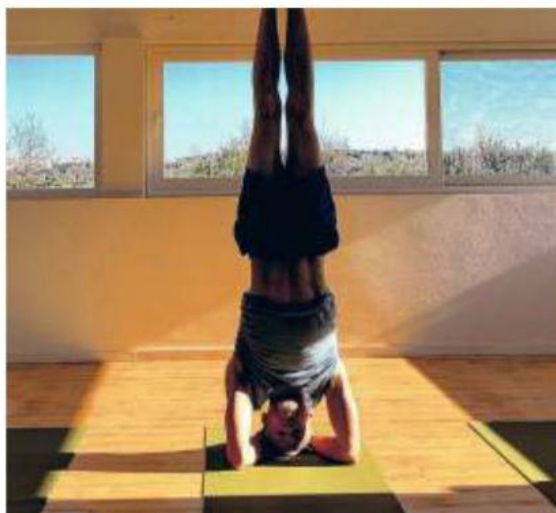


Tress to impress

◀ KiwiSalt is a new sea salt spray for creating beachy, textured waves, made in small batches using hand harvested Achill Island sea salt. The formula, created by Cork hair stylist Ciarán O'Sullivan, claims to be high in minerals, vitamins and amino acids, with kiwi extract to help to maintain hold for longer, even in humid conditions. The UV glass bottle is 100 per cent recyclable with refills available. €28.99 in KiwiCutz in Ballypheane, Co Cork and kiwicutz.com

Presidential retreat

If six nights surrounded by the olive trees and vineyards of Puglia sounds like heaven, doing it in the company of Michael Ryan, yoga and meditation instructor to Michael D (no less), could put you on the side of the angels. Michael Ryan's latest yoga retreat offers yoga to suit all levels, accommodation, home cooked meals, a private pool and all manner of mindfulness. From €1,050 per person sharing, the next retreat runs from July 22nd to 29th. Both Aer Lingus and Ryanair will get you to nearby Brindisi, which, depending on the state of airports at that stage (see our Travel Q&A on p.xx), might make you need that yoga all the more. michael-ryanyoga.com



GEMMA TIPTON