

SEE: Sip Eat Enjoy

SEE Recommends: July Edition

I have finally fled Devon and am back in my tiny central London flat. After over six weeks away in the countryside, it's safe to say I am very happy to be back in London. I'm a self-confessed city girl and I live for the hustle and bustle. I missed the constant sound of cars driving by on the high street, the night owls outside shouting and swearing at 3am, and being able to walk anywhere in a matter of minutes. Don't get me wrong, being away for a while and breathing in some fresh, unpolluted air was very welcome. But we're back and we're here to stay!

Here's what I'm loving this month!

1. Borough Market.

Being in the countryside with my wholefoods eating father for so long has definitely affected my diet. I now crave more local, organic produce and ideally bought directly from a food market. As such, I'm very lucky to have Borough Market on my doorstep. This week I bought fresh sourdough bread, traditional salami, gigantic farm-fresh heritage tomatoes, French abondance cheese, and a totally drool-worthy, creamy, unpasteurised, semi-salted French butter that is beautifully wrapped in wax paper.



2. Elliot's.

On a related note to my last favourite, Elliot's restaurant, which is located within Borough Market, is probably my new favourite place to eat in London. I know - big claim. My friend Naz has been telling me to try it out for as long as I can remember, and when my father drove me up from Devon last week, we finally got the chance to. Everything about it was superb: the service; the wines (they have an incredible list of natural wines!); the food; the overall setting. I loved it so much I actually ended up going back again the next two days - whoops! If you only try one thing there, I really recommend the taleggio pizza with brown butter and sage. It is like an explosion of deliciousness on the tastebuds.



3. Afroani Rose Comb.

I've never been one to like using a comb to brush my hair. I always found that they were not effective at releasing the knots, and I usually experienced more hair-pulling than when I used a conventional hairbrush. But when I saw a picture of Afroani's rose comb in Vogue a few months ago - I couldn't resist. It was too beautiful not to buy. Now, I only use her

comb. It's incredibly gentle on both wet and dry hair and, given it's slim size, it's so easy to just throw into your purse, or even use as a bookmark when you're travelling.



4. Fun with friends.

I recently went through a break-up (albeit the most amicable break-up ever), and since then I've been really making an effort to rekindle friendships that get naturally neglected when you're in a relationship. I'm saying YES to every social occasion and making sure I keep busy and live life to the full! I mean, who would ever turn down having a dry vodka martini with an olive on a rooftop bar overlooking St Paul's?! Not me.

