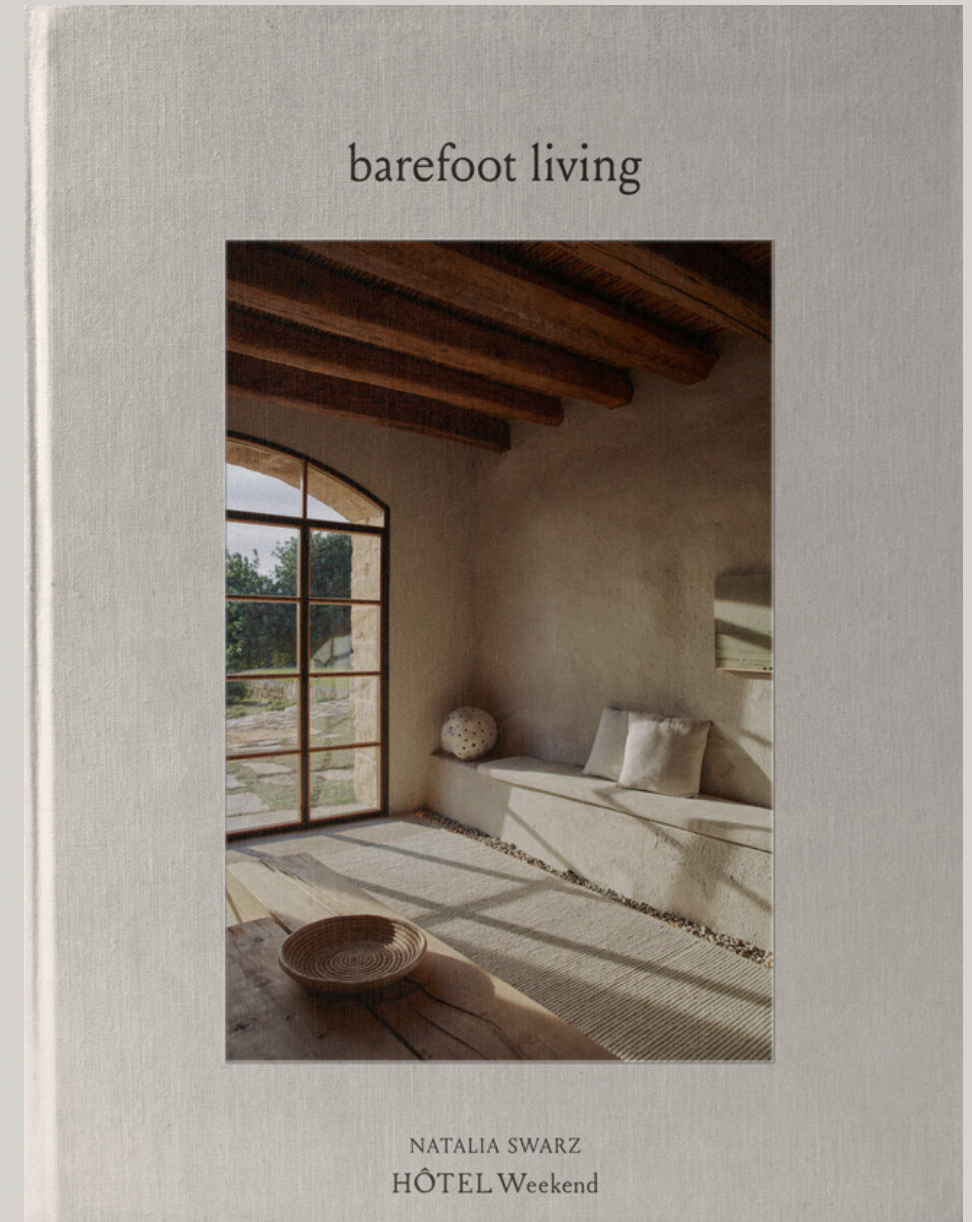


Barefoot Living Book

Barefoot Living invites you to kick off your shoes and ground yourself, not just literally but metaphorically.

In this book, Natalia Swarz explores the concept of barefoot living through her personal lens, exploring the destinations where she has found herself living her best unrushed life: the Mediterranean coast, island life, the countryside, Latin America and in the city. The pages are filled with inspirational photography and interviews, inviting you inside homes, guest houses and boutique hotels belonging to those who are embracing a barefoot, slower pace of life.

This book aims to inspire you to live a more mindful life, starting with your own home.









SETTING the TABLE

Get-togethers in the countryside are more about the landscape and location than fussing over a complicated tablescape. It's about taking what nature has already given you, and adding just a subtle personal touch. I love placing a long table in an unexpected place: think Jacquemus and his runway show in the middle of the lavender fields. There is no need for anything extravagant when you already have the beautiful surroundings, and hopefully the possibility of enjoying fresh produce from the same land (or nearby). Here are a few tips for your next countryside golden-hour gathering:

To eat and drink:

- Freshly baked sourdough bread
- Olive oil and balsamic vinegar
- A carafe of organic white wine
- Still water with slices of lemons
- Local, seasonal produce: meat, fish or vegetables
- A large bowl of dressed salad leaves

For decor:

- Candles in jars, tealights in holders and dinner candles all along and around the table
- A brushed linen tablecloth
- Picnic blankets, for guests to move to following the meal, if desired
- A fan on each place setting if it's warm, or a blanket if it's cold
- Simple glass or ceramic vases with wild flower posies
- Twinkling lights strung in the branches of the trees for a romantic setting

To consider:

- For lunch, set the table under a tree to provide shade
- For dinner or aperitivo, ask your guests to arrive for golden hour
- For a late dinner under the stars, ensure that you have candles and twinkling lights so your guests can see their plates
- Burn coffee grounds as an effective mosquito repellent





Embrace a slower pace of life. Make the time to enjoy the sights, tastes, scents and sounds that you encounter. Be eternally curious and don't be afraid to step off the beaten path. Kick off your shoes and ground yourself. Reconsider the meaning of *home*. Be more authentic, more sustainable, and more at one with your surroundings. Find beauty in simplicity. Discover the pleasures of hosting, sharing and gathering. Be present in your own life. Create memories that you'll treasure forever. Wander barefoot, while enjoying the journey.