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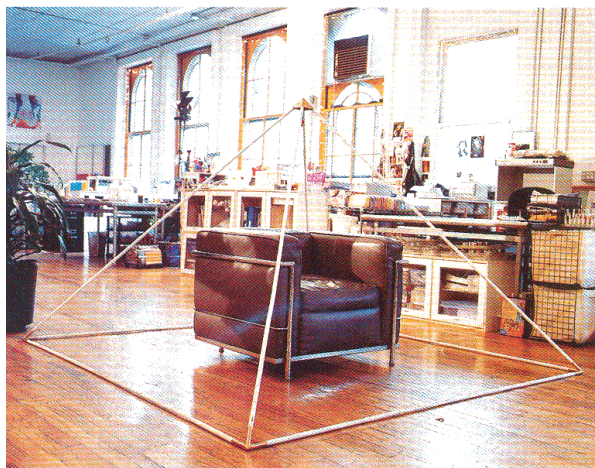
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Creative spaces

'I use the meditation pyramid every day. If you sit in it, you find it very hard to think about anything. After a while, you stop struggling' Anthony Gill



◀ **Cristina Bornstein and Anthony Gill:** founders and co-creative presidents of cosmetics line Tony & Tina
Tina (Cristina Bornstein)

"This space was really raw when we moved in. The crystals [scattered all around] are totally my doing – I spent a lot of money on them. I wanted amethyst because it can transform negative energy into positive. We also have rose quartz, which is about generating love. The singing bowls are healing tools. If someone has an argument, we'll hit the singing bowl – it does actually clear away negative energy. Sometimes when I get stressed, I just look at my things. The plastic Buddha [below left] reminds me about Buddhist ideals while I'm on the phone. Someone told me never to pick up the phone unless you can say all your thoughts come from love – all my words come from love. Other inspirations? Plants, flowers, candles and music. Right now, we're listening to Jarvis Cocker's new band, Relaxed Muscle."



Clockwise from above, the meditation pyramid – 'I know it's kooky,' says Gill; the pewter fairy and plastic Buddha help Bornstein calm; the ever-changing collage wall



Tony (Anthony Gill)

"The collage wall [far left] is always evolving. When the whole wall is full up, I'll take it down and start all over again. We believe in creative visualisation. We put up words such as 'quantum harmonisation', 'light beams', and 'angelic light healing'. We know how bad design can affect you. Good design can, too. I use the meditation pyramid [above left] every day. I know it's kooky. If you sit in it, you find it very, very hard to think about anything. After a while, you stop struggling." AM ▶