



My day in cups of tea



TANYA KUZNETSOVA lives in Devon and, as the force behind Ravenscourt Apothecary, creates natural perfumes for tea and book lovers. Her simple thing is the crackling of a bonfire on a summer night.
ravenscourtapothecary.com

PERFUMER TANYA KUZNETSOVA, OF RAVENSCOURT APOTHECARY, TELLS US ABOUT HER DAY IN CUPPAS

Morning! Are you rising and shining?

I'm not a morning person, so I try to ease into it. I like to start my day with black coffee.

And where can we find you?

I live in rural Devon in a barn conversion cottage. Its interior is Scandinavian-inspired: lots of white and natural wood. I work from home, in my tiny loft office. It's decorated with fairy lights, which makes it bright and cosy.

Sounds lovely. Tell us a little about your work?

My daily tasks vary. Sometimes I make batches of my natural perfumes. Two or three times a week I walk to the post office in the village to drop off orders. I take the scenic route, through fields and alongside a babbling brook.

Walking has made us hungry. What's for lunch?

My husband and I are both vegan; I follow [@minimalistbaker](https://www.instagram.com/minimalistbaker) on Instagram for inspiration. I also bake my own sourdough, so often lunch is

a hearty vegetable soup with a slice or two of still-warm bread.

Are you a keen Instagrammer?

Most of my time is spent on our cat's account, [@bergamot.the.cat](https://www.instagram.com/bergamot.the.cat). It's a welcome distraction.

Bergamot? Sounds like there's a tea link there...

Yes, it's because my husband and I love earl grey so much. We drink various loose leaf teas: black, green, rooibos and herbal. I never add milk or sugar, but I do enjoy a slice of lemon in black tea.

Do you have a favourite mug to drink from?

It's a white ceramic vintage mug with a raised floral pattern. It was sitting abandoned on the balcony of the apartment where my husband and I lived in Dublin. Now I drink from it every day.

Bedtime: what's your last cup of the day?

Recently, I've been enjoying a herbal tea based on verbena, liquorice and turmeric. I also often make tea with spearmint, fresh from our garden. **S**