

SKYHIGH

Living

BLOGGER SALLY O'NEIL
DRAWS ON A SIGNATURE STYLE FOR WORK AND PLAY.



A compact apartment overlooking Sydney's bustling George Street is home to British born health and wellness blogger, Sally O'Neil. Seeking the famous Australian sunshine, she made the big move five years ago with her boyfriend, Graham, setting up home in this light and bright space. It's a central spot that allows Sally to enjoy the best of both worlds: the urban excitement on her door step, and the

short travel to Bondi Beach – a mecca for both sun-loving locals and visitors.

When it came to decorating, Sally was comfortable letting the apartment speak for itself. 'I like to work with how the individual space feels. Instead of fighting the white walls, I chose pale colours to complement, and kept decor to a minimum.'

Scrolling through her blog, *The Fit Foodie*, and popular Instagram account, it's clear Sally's personal style – crisp, minimal, and easy – has permeated all corners of her world. The only difference at home are the easy shabby chic touches that add inviting warmth and texture. 'I like everything to be in its place, but I also like to have a little fun with design. I don't conform to a particular style – our furniture is an eclectic mix of modern flat-pack and French vintage.'

It's a far cry from the two bedroom apartment in York, UK, the couple previously lived in. 'Everything was quite lavish, but the apartment was much larger so it made sense. Our decor leaned towards French Baroque, which I've moved on from,' she says.



The bedroom is Sally's favourite room. As often is with small homes, it's a busy two-timing space used for work and rest. 'It's small, but perfectly formed, with a desk for all my blog work, and a little spot on the wall where I set my monthly business intentions,' she says. Its timeless palette of grey, white, and pop of yellow caters to both. 'It makes for a soothing yet creative feel, and the yellow is a lovely contrast to the city skyline.'

Knick knacks and clutter don't favour well in Sally's eyes when it comes to maintaining her minimal look, but that's not to say she's against dazzling her other senses. 'I hate pieces that don't serve a purpose, but I'm a pushover for anything that smells beautiful.' And as a keen collector of candles, she's currently obsessing over a favourite coconut scent at home.

The beauty of this blank canvas style is the opportunity to reinvent whenever inspiration hits. So what's Sally's daring decor dream? 'I'd love to invest in a huge Anya Brock artwork or even have her paint a mural in the living room!' Anya Brock's bold and expressive lines would no doubt complement the energy of the urban backdrop, but for now the busy blogger is happy with her light and bright mood that satisfies both work and play. [@](#)

the-fit-foodie.com

