

DECOR

INTERIORS LTD

How the new Legacy of Sisal by Decor Interiors Ltd, is Lifting Lives in Kenya.



Never doubt that a small group of thoughtful, committed citizens can change the World; indeed it is the only thing that ever has.



Readers of Gigiri Inside Out will appreciate what a privilege it is to be granted the opportunity to change a person's life for the better. As Margaret Mead writes, ***“Never doubt that a small group of thoughtful, committed citizens can change the World; indeed it is the only thing that ever has.”***

Perhaps, we do not fully realise this in our everyday, but when we met Kamni Mehta, the Managing Director of Decor Interiors Limited, we found good evidence of this in practice. ***The integration of a value system***

that seeks to empower people's lives has guided Decor Interiors to the very top of the Interior design world over the last 20 years in the design field. Thus establishing themselves as a Kenyan Design Brand.

It was seven years ago, when Decor Interiors Limited became the first company to use Sisal exclusively as a primary medium to design and produce truly innovative products for Interiors. To date, these are conceived and made in Kenya, performing confidently on international, regional and local platforms. With their consistent commitment over the years, the new Legacy



of Sisal they created in Kenya is still firmly theirs and thriving. Today, they are renowned for the innovative and contemporary design of eco-conscious furniture, lighting and interior accessories made exclusively from Sisal.

Historically, the humble Sisal plant was harvested and exported to destinations worldwide in its basic form, as a coarse baler twine. The smaller communities who lived within the environs of large Sisal estates did not benefit from its full potential. However, Decor Interiors' decision to support the use of eco-conscious materials in the evolution of interior design ushered the transformation of many lives.

The growth of Decor Interiors has empowered women in rural areas across Kenya, who over time have developed the capacity to extract the fibre from sisal plants within their home environment. In so doing, many families now have a steady source of income while still fulfilling their household duties. Evidently, a product at a time, Decor Interiors has embraced this value system and incorporated it seamlessly into every facet of its business.

Each community consists of up to 35 women who supply the Sisal twine.

The Company has been building and sustaining their rapport with the communities for almost ten years nurturing relationships built on respect and trust. A representative from each community is assigned the delivery of the Sisal to the Company's own workshops in the Industrial area of Nairobi. All transportation costs are taken care of by the company. **Here, supplies of 10,000 linear metres and more, are received here for quality check and control on a monthly basis.** After inspection, the community receives the funds which is then distributed by the representative among the women, each receiving an income for the amount of Sisal supplied individually. All bales of sisal supplied are labelled with the individual's names, who are now well known within the Company.

Let there be no doubt, this is not just a homegrown business, but one that has achieved global recognition for its quality, innovation and commitment towards eco conscious design.

ATTENTION TO DETAIL

You will be surprised to realise the care and attention to detail that is applied from the moment the plant is selected through to the finished product. Sustainability is a paramount aspect in how Decor

Interiors operates. Hence, the Sisal used to create the beautiful designs you see in this article comes from individual weavers who sustainably prune the fibre from Sisal plants that are two years of age, thus ensuring a softer fibre feel.

The women begin by pruning off leaves from sisal plants so that the parent plants themselves continue to thrive. Using a simple technique within the household premises often against a tree trunk, the inner fibre is removed from the more pulposus part of the leaf. The fibrous strands are thoroughly dried under the sun. Thereafter, the sisal strands are twisted into ropes of varying diameters. **Quality is at the forefront of every step in the process and so each metre of sisal must undergo a thorough quality control check at the Decor Interiors managed workshops in Nairobi.**

At the workshops, a preservative is applied to 'seal' the fibre enhancing the durability and water resistant property of the fibre. The weaving technique allows the natural fibres to be slightly flexible, unlike wood, which provides for a much more comfortable ergonomic experience when used in the design of sofas for instance. Given that the products have been fabricated from a natural

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fibre, a small amount of love and attention keeps them looking at their best. This involves simply cleaning with a slightly damp cloth in a sponging motion when required.

SUSTAINABLE DEVELOPMENT

The skill is not just about mastering the ability to identify and prune young leaves from the parent to preserve a sustainable source of raw material, but also merging skills with a passion to discover a way to transform interiors while being eco-conscious. All the Staff at Decor Interiors workshops are multi skilled. They work with commitment to quality and consistency.

Decor Interiors is also a Consultancy led business that has nurtured the great creative skills of local Kenyans to attain a global standard of design, developing a portfolio of products and designs that have changed the landscape of interior design across the region.

With a portfolio of products and designs that stretch from Arm Chairs to Table Lighting, from Sofas to Beds and every Interior element in between, the confident approach to each design brief is such that you come to appreciate the true levels of expertise at play here. The contemporary earth design styling brings an elegant comfort that genuinely enriches the living environment. At the same time, seamlessly blending the Interior with the

natural texture of Nature. ***In so doing, that balance with nature is achieved and we are left with a real sense of creativity.***

We spoke at length on the different projects that have benefited from engagement with this truly inspired Product, and to no surprise the concept has been embraced by Hotels, Lodges, Offices and Residences across Kenya and across the world.

Whether it is a Hotel Lounge, a living Room or an Office, there is a Collection of Sisal Furniture and Lighting designed to meet your needs. The Company's infrastructure allows for good turnover and so no order is too big or too small.

The use of natural fibres such as Sisal is now a proven concept and Decor Interiors are leading the market with products that meet the most exciting global standards. ***In doing this, the daily practice of lifting the lives of Women and their Families while respecting the environment is fulfilled.***

To see Decor Interiors' work first handedly, please visit their Showroom at Eldama Park, First Floor, Tsavo Block, Eldama Ravine Road, Westlands Nairobi.

Decor Interiors Showroom and Design Studio
1st Flr, Tsavo Block, Eldama Park
At Junction of Eldama Ravine and Peponi Roads
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DETOX

Menu Plan The Full Week Guide

Sure, there are some versions of detox plans out there, but most don't help train your body to eat clean foods again and aren't practical for the long-run.

Detoxing is not normally something that appeals to most people unless they're not feeling their best. Sluggishness, poor digestion, food sensitivities, sleep problems, addictions to caffeine, sugar, alcohol (or all three) are normally signs your body might need a mini reboot to help retrain your taste buds and give your body a break. In this case, a responsible detox menu plan and a few lifestyle changes may be just what you need.

Real Food Detox Menu Plan for Busy Schedules and Hungry Appetites

Before you go chugging the green juice and eating nothing but raw salads all day, hold up a minute! Detoxing is not all about starving yourself or eating only veggies and slurping on green juices. Sure, there are some versions of those out there, but most don't help train your body to eat clean foods again and aren't practical for the long-run. They can also be timely to prepare or costly for just a few days. Incorporate juices and salads if you like; otherwise, stick to a clean diet as your best detox menu plan of all. Not sure exactly what that looks like?

Here's Your Easy, Whole Foods Detox Menu Plan

The Goal of a Week-Long Detox: Focus on lean proteins low in saturated fat, ample amounts of cooked veggies (which are easier to digest than raw), small amounts of raw vegetables, fermented foods (to support gut health), and a few pieces of raw fruit each day. You'll also enjoy a daily morning smoothie that's low in sugar, high in fiber, and rich in clean protein. Healthy fats from anti-inflammatory sources of vegetable-based carbs will make up the rest of your meals and help add easy-to-digest calories for day one.

What you'll be avoiding this week for optimal detoxing:

- Dairy – with the exception of plain yogurt, since it contains nourishing and natural probiotics
- Gluten (wheat, barley, rye, and processed foods with these ingredients) – which can be problematic even if you don't have celiac disease (although gluten-free grains are given as an alternative option below)
- Processed foods
- High-sodium foods
- Added salt