



Bedroom makeover

Your bedroom is the most obvious choice for creating a retreat, as it doesn't get more private than this. It is the place where we start the day, transitioning from resting to an alert state and similarly, seeking to relax after a hectic day.



It must be a practical place to cater to all those inevitable short bursts of activity, from getting dressed or exercising before work to sorting the laundry or post-bath pampering. Above all, it is a room that must deliver ultimate peace and comfort, so that a good night's rest is assured. An ideal bedroom should relax, soothe, and reinvigorate its occupant.

This week we talk about a traditional house that was designed with

simple and minimalist bedrooms. For users of rooms such as this, it is always advisable to de-clutter and create more free spaces before redoing the room. Effective ways to increase space include giving away old clothes, storing suitcases in an attic if you have one or overhead storage compartments, repatriating some books to the living room and so on. In keeping with the minimalist theme of the house, we redesigned the bedroom to be sparsely fur-

nished with a bed, bedside tables, two chairs and a wardrobe for clothes.

Colour dramatically affects the mood of a room, but address it only after space planning. Think of it as an overall statement - encompassing walls, flooring, curtains and bedding. Aim for a bedroom suffused with just one shade, or several gently overlapping tones, rather than for a cleverly decorated room with well-defined areas of colour.

