

CHIC DÉCOR

Design – Colour Consultations – Space & Furniture Planning – Window Treatments

Romancing the Bedroom

Are you feeling uninspired by your boudoir? Is your bedroom more reminiscent of grandma's abode than the romantic getaway you envisioned? Then it's time to turn up the heat by introducing some spicy décor elements into your nest.

Firstly, an evaluation of your furniture and décor are in order. If your furniture and accessories are hand-me-downs, or look as if they're ready to be read their last rites, then it's time to cast them away to your local charitable organization and go shopping for some newer and more attractive counterparts. When selecting new furniture ensure these pieces are reflective of your aesthetic style, are well-built, provide ample storage, and suit the scale of your room. Always purchase the best quality that you can afford.

The most notable focal point in any bedroom is, and should be, the bed. So consider painting the wall behind the bed a tone of red as a dramatic counterpoint. Red is the colour of love and energy and so its use in a couple's bedroom is perfect, provided that it is used judiciously (a little goes a long way). The rest of the walls should be painted in softer hues, such as sandy brown, mushroom grey or butter cream.

Selecting a bed must reflect your style, budget and suit the scale of your room (no king size beds in a small room). For a contemporary look consider a padded headboard in a luxurious fabric. It will offer you comfort, style and texture. Imperative for any bed is purchasing the best quality mattress and box spring that your budget can allow. Pillow top mattresses are wonderfully comfortable and can make your bedtimes truly ethereal. Of course buying the best quality linens you can afford is essential. Egyptian cotton sheets in thread counts upwards of 350 are fit for a king and queen and of course as this is your palatial suite, spoil yourselves, you'll be thankful you did. Also, buy the best quality feather pillows in either natural feathers or synthetic (if one is sensitive to allergens). They will make your bedtime experience that much more enjoyable. And finally, no bed is complete without a beautiful duvet and coordinating shams in the best quality cotton. Incorporate some cushions in silk, and voila! A beautiful bed that will beckon you to stay the night!

Overhead lighting should always be controlled by a dimmer switch. This allows you to set the mood and feel of the room. Task lighting is equally important; these would be the lamps that flank your bed on the night tables. Consider purchasing tri-lights, as they too, allow more flexibility with the quantity of light. And lastly, nothing is more romantic than the addition of candle light. The flicker of candle flames casts a glow that is warm and inviting, but do make sure that these are contained within glass lanterns. An unexpected fire is not the kind of excitement one desires in any room.

The rest is in the details. The right accessories will transform your space into a truly beautiful and inviting room. Incorporate elements that appeal to all the senses. We've already spoken of the addition of candles, and luxurious linens. Next add some wonderful artwork to your walls, a crystal vase for sparkle, and fill it with some beautiful fuchsia roses and tiger lilies for romance and fragrance. Add some mirrored objects for interest and lastly turn on some music and treat yourselves to a box of champagne truffles. Enjoy!

CHIC DÉCOR

Design – Colour Consultations – Space & Furniture Planning – Window Treatments

For more advice on creating rooms with atmosphere, contact **Margarida Oliveira**, designer and owner of Chic Décor, a full-service design and decorating firm.

You may contact her at: **905 337 8463** or email at: chicdecor@sympatico.ca.

Please visit her website at www.chicdecordesign.com.

Article published in Home Works Magazine 2007.