

Sanctuary at home

Create a place of peace and harmony in your home

By Jennifer French

To create a harmonious and comfortable space in your home, you first must consider what makes you feel relaxed and comfortable.

The dictionary tells us the definition of "harmonious" is having elements pleasingly or appropriately combined. What is "harmonious" to one person may not necessarily be "harmonious" to another. Do you feel more balanced when you are surrounded by nature, looking at the dazzling lights and skyscrapers of a major city or being close to the sea?

Decide on the mood or feeling you would like the space to evoke. When you or your guests come into the room, how would you like them to feel – relaxed, calm, uplifted, reflective or nurtured?

When considering the entertainment spaces, think about when and how the areas will be used. Furniture needs to be placed to allow for the functions required – TV watching, reading, conversation and dining.

A living room should have a flexible floor plan. When it's just the family at home, it may be used for watching TV or a movie. When guests are being entertained, conversation will most likely be the primary function of the room and when you are home alone, it may become the spot for quiet reading or a telephone call to family.

The master bedroom is possibly the only room in the house that can be a physical and emotional retreat from the busy world. This is especially true for parents hankering for an escape route from household chores and noisy children. It should be quiet and serene, soft and inviting. It's your domain where you can do and be whatever you like.

Colour evokes so many emotions, so getting the colour right can be a good start to creating your calm and relaxing space.

Blue will take the stress from your life. Purple is the colour of meditation and contemplation. Pink, sometimes considered as feminine, is nurturing and physically soothing. Green brings tranquility and soothes the emotions. Neutral colours or colours that are barely there create a calm backdrop for our daily lives. These neutral colours are preferred in living spaces where there is so much activity and smaller props that add colour and interest.

As long as you ensure your home is suitable to you, then it will be your haven, a place you look forward to entering.

Jennifer French is an Interior Decorator and Colour Consultant, Inside and Out Colour & Design
www.insideoutcolouranddesign.com.au



Create a sanctuary for yourself (Main)

Morgan & Finch Wide Rib Knit Throw, available in Blue and Purple, \$69.95 RRP
Bed Bath n Table 9983 1911

Wrap yourself in luxury (above)

Luxurious Egyptian cotton bath towels make your bath time moments a sanctuary.

All from Sheridan 9144 5316

A. Cordula - Luxurious cotton sateen

This season Sheridan has been inspired by art, the painterly touch and playful creativity. With the highest quality fabrics as their blank canvas, Sheridan's talented artisans have created daring and distinguished designs with a unique mix of hand-painted artwork, classic and contemporary motifs and seasonal colour.

Cordula brings photographic fine art into the bedroom with an innovative print technique. Transparent x-ray flowers dance across the bed and provide dimension and depth in this vibrant design.

The artwork is scattered asymmetrically, on a midnight blue background, allowing these beautiful transparent flowers to seemingly float up the bed. This new contemporary colour palette complements the 300 thread count cotton sateen. The luxurious cotton sateen fabric was specifically chosen to ensure the depth of colour from the original artwork was faithfully reproduced.

Sheridan 9144 5316

B. Tulip Vine - Morgan & Finch White Label

This luxury product has been woven and crafted from traditional European mills using the finest Egyptian Cotton. A true heritage piece for your home. Available in Bedsread and Pillow shams Queen Size

Bed Spread RRP \$329.95; Tailored Pillow shams RRP \$69.95

Bed Bath n Table 9983 1911

C. Take yourself to new places and discover moments of joy - books create the perfect relaxation, from front to back

1. Friendship Family Love and Laughter – By Geoffrey Balckney
2. Inside Sydney – photographs by Max and Rex Dupain
3. Blahnik by Boman – a homage to the great shoe designer – published by Thames & Hudson

All Books from Book Review 9144 7837

4. Vase and ornamental orchids
Sorrento 9144 1799

