



## *your bedroom* OASIS

**How to create a bedroom sanctuary that is tranquil and inviting.**

BY CATHERINE FANTAUZZI

The bedroom is a place to escape from the pressure and demands of everyday living. This room should be designed to reflect your true personality, provide restful sleep, and offer storage for clothing and other personal items.

Master bedrooms should contain a balance of both masculine and feminine elements. An architecturally average space can be transformed into a retreat through

the careful selection of furnishings, finishes, lighting and art.

The details of such a space begin with a comfortable bed. Choosing a bed is the most critical decision, since it is the centerpiece that anchors the rest of the furnishings. This is your signature attribute of the room. The bed's style and placement are important in the design process. Try to avoid conventional, predetermined bed-

room suites. Furniture pieces do not have to be a “set.”

You can purchase ready-made headboards and footboards in styles such as four-poster, sleigh bed, canopy or platform. However, you can create your own headboard using alternative materials to achieve the look you desire. Hang fabric or a tapestry from an attractive rod, use salvaged building materials such as doors or shutters, or part of an iron gate. Upholstered headboards have become extremely popular, as have screens, floating shelves, built-ins or art. Let your style and imagination help you create a unique piece.

Storage should be considered next, and careful planning is the key to finding

solutions that meet your needs. List all the items that need to be stored in the master bedroom and note how often you access them. Closet organizers allow you to store a large amount in a relatively small space. An armoire or cabinet serves a practical function but also adds stature to the bedroom.

Nightstands and tables provide surface



## THE BEDROOM OFFICE

If you need to use your master bedroom as a work place as well as a retreat, an armoire or cabinet can serve as office storage. Keep in mind that once the cabinet doors are opened, there should be ample room for you to pull up a chair and use the area as a workstation. Select task lighting that fits the rest of the decor, yet is suitable to the work that is being done.

**The bed's style and placement are key design elements.**

storage for lamps and personal accessories. These pieces do not necessarily have to be an exact match to your headboard, but should be in keeping with its style and scale.

Task lighting is a necessity for the master bedroom. This can consist of table lamps, pendant lights, wall-mounted swinging lamps, standing lamps or desk lamps. Table lamps for nightstands should be chosen with care. Remember that the height of the lamp should be appropriate



## DID YOU HEAR...?

- The Fun in the Sun Planner is a guide to family activities happening throughout Canada this year. It offers hundreds of ideas for family outings. It's on the Internet at <http://coppertone.sympatico.ca/>.
- The average adult body contains 45 litres of water, about 65% of the body's weight.

for reading in bed.

It is also a good idea to try to accommodate at least one piece of seating in the bedroom, whether an upholstered chair, bench or chaise for two.

When selecting flooring, consider texture and comfort. Most people prefer carpeting. There are many new textures that offer a modern look and easy care. If you prefer hardwood, add an area rug that picks up other colours in the room.

If your bedroom windows offer a view, why not take advantage of it by using draperies for effect only, since natural light enhances openness. If privacy is an issue, consider frosted glass or simple window shades that control light and privacy. Fabric shades or sheer panels soften the natural light, creating a soothing ambience, while at night, the shades can be lowered for privacy. For those who have to have absolute darkness in

order to sleep, consider blackout linings for your drapery.

Colour will help to create the mood of your bedroom. Cool tones, including greens and blues, are calming and peaceful. Romantic, warm shades of red, yellow or orange seem to flatter the skin. Remember to add neutrals to your colour palette.

Decorative accessories should be chosen carefully to reflect the theme in your bedroom. These can include tailored bed linens and toss cushions in luxurious fabrics, down comforters, artwork, photos, greenery, candles, jewellery boxes and mirrors. Accessories add visual texture and evoke a feeling of tranquility that make this room a personal oasis. ✨

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