

dream land

Wake up to a beautiful bedroom with our timeless and restful decorating ideas

WORDS CATHERINE McCORMACK

MORE THAN JUST a room where we dress and sleep, “Bedrooms are our sanctuary – they’re our retreat from the demands of work and family, somewhere to rest, rejuvenate and dream,” says interior designer Susie Trainor of Susie T Designs.

A bedroom should be chic, comfortable and thoughtfully designed. We asked the experts for their best ideas on decorating, furnishings and prettying up the place you rest your head.



Look to the natural world

For subdued luxury, incorporate earthy pieces such as linen bedding and sisal flooring, plus accessories in muted blues and greens. Furniture made from salvaged or sustainable materials adds an eco edge – visit Vast Interior for lovely handmade bedside tables and storage units in recycled timber.





Just add flowers

Elegant blooms and fresh greenery make a beautiful accessory. Choose different types and colours each week depending on your mood, or for convenience, opt for long-life orchids.

CREATE AMBIENCE

Flickering candles conjure instant atmosphere. If safety is a concern, consider a flameless wax version, available from Real Safe Candles.



Find the focus

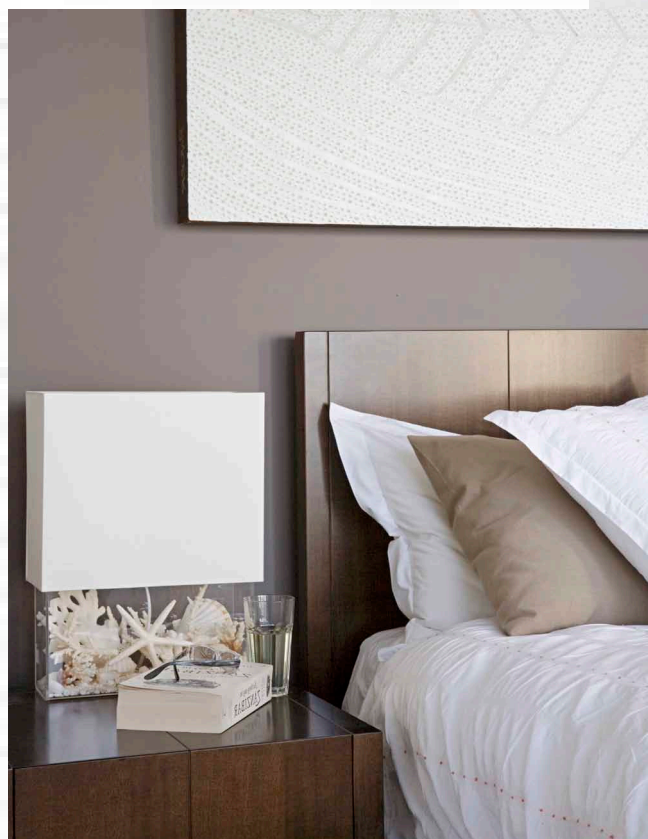
Your bed is a key focal point, so its placement is important. For maximum style impact, position the bedhead against the first wall you see when entering the room. The only time to break this rule is if you have a view. "Always place the bed where you can lie and soak up the vista," advises Susie.

ADD A BEDHEAD

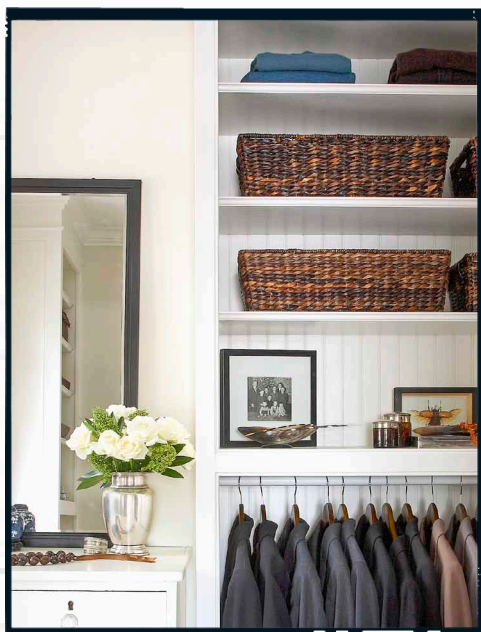
Think of your bedhead as a style anchor – it should ground the look of the room and complement your bedlinen. "If you tend to go for white or plain-coloured quilts, consider an upholstered style with tufting or nailhead detailing," suggests Susie. A simple timber design, such as this 'Casa' bedhead from Hermon & Hermon (left) offers texture and warmth alongside crisp whites.

Light the way

Beyond its functionality, lighting is an easy way to style up your space. This bedside lamp (left), available from Beachwood, has a perspex base filled with shells that tie in with the room's natural scheme. Another subtle way to light your room is with strip lighting above the bedhead. "It looks expensive, but can be done cheaply with options from stores such as Ikea," says Adam Scougall of As You See It Interior Solutions. Whatever light source you choose, always try before you buy to ensure you'll have sufficient illumination. >



PHOTOGRAPHY (OPPOSITE) MATTHEW WILLIAMS/IPC+ SYNDICATION. (TOP LEFT) CATH MUSCAT. (TOP RIGHT) ANASTASIA KARIOFYLLIDIS. (BOTTOM LEFT) GORTA YUUKI



Think fashionably

Building or renovating? "A walk-in room for clothes and shoes is a great bedroom addition and ensures that your sleeping area is separate from the storage and shelving," says interior designer Meg Tuckett. If space comes at a premium, built-ins with customised drawers and hanging space are the next best thing – incorporate a laundry hamper to keep dirty clothes off the floor.



EMBRACE FIVE-STAR STYLE

Bedrooms that incorporate a basin and bath in their design offer hotel-like luxe at home. If a completely open-plan space is too daunting, try a floor-to-ceiling glass wall to designate the ensuite.

The ultimate decorating accessory, **cushions** can elevate a bed from bland to brilliant – play around with different sizes, shapes and **textures**



Make it moody and mysterious

Black is back, and more modern and sultry than ever. Inky walls make the items in front of them stand out, such as this 'Marni Flame' bedding in eye-popping red from Aura By Tracie Ellis (left). Pared back with charcoal and dove grey, the look is striking yet inviting and warm.



GO FOR GLAMOUR

More than any other room in the house, the bedroom is a space that lends itself to sophisticated styling and feminine details. For a glamorous Hollywood Regency feel, pair a padded bedhead with mirrored bedside tables, and choose bedlinen in luscious patterns and prints.

Bring in bold geometrics with Jane Lamerton's 'Enya' quilt, \$199.95/queen set from Myer.

PHOTOGRAPHY (TOP LEFT) ROBIN STUBBERT, (TOP RIGHT) GORTA YUUKI, (OPPOSITE, TOP & BOTTOM) SUE STUBBS, (ARTWORK) (TOP RIGHT) WAIDE OWEN, (OPPOSITE, TOP) HEATH LANDER



Use soothing hues If comfort and calm are high on your wishlist, stick to a peaceful colour palette. Different hues will resonate with different people – while white is always a popular choice, some gravitate to darker shades, like this deep indigo wall paint – for similar, try Dulux Blue Accolade. For a lighter touch, Meg suggests Resene Thorndon Cream or Joanna, two barely there hues that feel “wistful and serene”. To prevent light colours looking flat, use a tonal mix on the walls and ceiling, then add interest with textiles and accessories.

SHOPPING: LAMPS & TABLES

Le Klint '335'
wall light,
\$589, Funkis.



Desk lamp,
\$220, Fenton
& Fenton.



Kartell 'Cindy'
table lamp, \$375,
Top 3 By Design.



Bone inlay
bedside table
in Grey Floral,
\$825, Fenton
& Fenton.



'Stockholm'
bedside table,
\$99, Ikea.



'Sloan' bedside
table, from \$520,
Globe West.
Stockists page 212

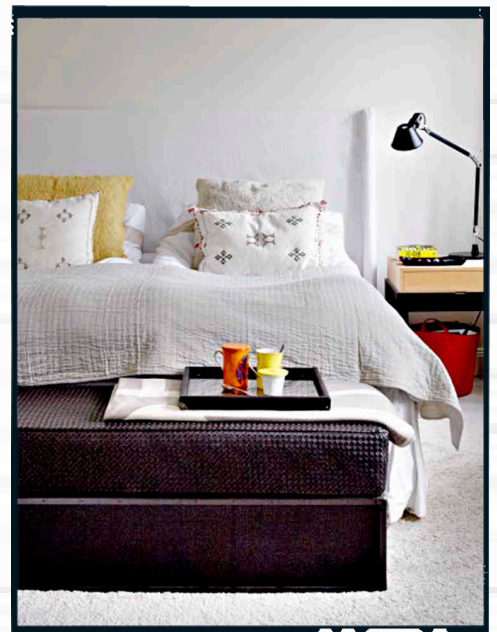


FIND THE RIGHT BEDSIDE
Side tables with drawers are a bed's best support act, but stools and occasional tables can be a stylish alternative. Regardless, the table should match the height of your bed and tie in with the look and feel of the room. We like this chic and economical 'Hennes' side table (left) from Ikea. >

transform {bedrooms}



Introduce perennially chic grey with the 'Bodaway' quilt, \$249.95/queen, from Sheridan.



Consider seating

"Try placing a padded bench with storage at the end of your bed," suggests interior designer Adam Scougall. "This not only provides a space to sit, but also a place to store blankets and bedding." An armchair is another wonderful addition, if space permits.

CREATE A FLOOR SHOW While timber floorboards or polished concrete look effortlessly stylish, they can be chilly underfoot. Carpet offers all-over comfort, while rugs are wonderful for adding colour and pattern; get this look (above) with Armadillo & Co's 'Twine Weave' rug.

DRESS YOUR WINDOWS

While blinds and shutters offer a slick look, it's hard to go past curtains for insulation, privacy and light block-out. "They offer mood in a bedroom – they're warm, cosy and friendly," says Andrew Gummerson of Gummerson Fabrics.



For a soft and cosy bedroom, check out the 'Moonlight' quilt cover, \$249.95/queen set from Linen House.

For an eye-catching update, create a **feature wall** behind your bed – Safari living has wallpaper that resembles timber panels and pressed tin

Choose luxurious linens and pillows

Bedlinen can instantly lift a lacklustre space. For a plush finish, invest in pure French linen, or look for 100 per cent cotton sheets in the highest thread-count you can afford. "The 500 thread-count cotton sheets from Eco Down Under are really absorbent and feel soft and supple for a fantastic night's sleep," says interior designer Susie Trainor of Susie T Designs. Goose down pillows are the ultimate finishing touch; try the 'Nature's Touch' range from Pillow Talk.

STYLE UP YOUR STORAGE

Every bedroom needs a beautiful chest of drawers. More than just practical, these provide much-needed display space for personal pieces and beauty products. They can also be used as a decorative feature. "Bone inlay drawers [see page 157] are a work of art in themselves," comments Susie of Susie T Designs. >



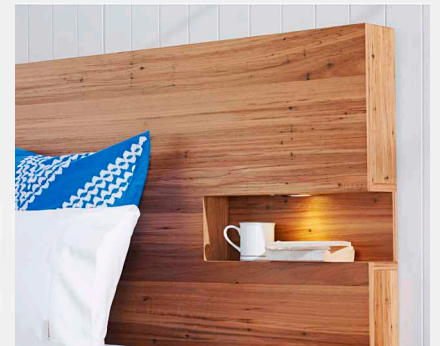
Show your artistic side

A gorgeous painting, print or photograph above or opposite the bed makes major impact, and can be used as colour and design inspiration for the rest of the room. Here, a photograph by regular *HB* photographer Nicky Ryan sets the scene for dreamy blues and diaphanous fabrics. Interior designer Adam Scougall also suggests hanging black-and-white photographs for timeless elegance.

SHOPPING: BEDHEADS



'Art Deco' bedhead, \$699/queen, Snooze.



'Amelie' bedhead with shelf lights, \$1199/queen, Domayne.



'Peacock' bedhead in Pastel Pink, \$459/queen, The Family Love Tree.

CHOOSING A MATTRESS

Take your time when shopping for a mattress and purchase the best you can afford, advises Kimberley Bennett from Sealy. Snooze's free in-store Bed Match system takes your measurements to find the mattress that best suits your needs, while Snooze's My Side and the Icomfort range from AH Beard allow you to tailor the feel of each side of the bed – perfect for couples with different preferences. Ideally, you should change your mattress every seven to 10 years, and in the meantime, look after it: "Rotate it end-to-end regularly so that the comfort layers settle evenly," says Kimberley. **hb**

SHOPPING: BEDDING



Sheet sets, from \$49/single; cotton quilts, from \$129/single; wool quilts, from \$179/single, all Snooze.



'Hampton' bedhead, from \$899/queen, Bednest. Stockists page 212

PHOTOGRAPHY (TOP LEFT) NICKY RYAN, (BOTTOM LEFT) CATH MUSCAT, STYLING JOHN MANGILA