

JUNE 2018

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HB PROJECT

BEDROOMS

PLANNING • TRENDS • ADVICE • ESSENTIALS

Sleep soundly
in style



▲ The no-frills design of the Bow slatted oak headboard bedframe, £450, and Mix It oak open shelf unit, £75, both House at John Lewis, gives a fresh look to this modern room

Your bedroom should feel calm at night when you're preparing to sleep, and fresh in the morning so you're ready to start the day. While the rest of the home is designed and decorated with others in mind, the bedroom is a private space you can truly make your own.

ORDER YOUR PRIORITIES

First, decide what you want. Will you use it just for sleeping and dressing or do you plan to watch TV, listen to music, read, write and unwind there? Will it be a place to relax? Is there space for a chair or a small desk? The size and shape may limit your ambitions but a wishlist will help you formulate a plan.

FIND THE RIGHT BED

It's the most important piece of furniture in the room so choose your bed for both looks and comfort. The general advice is to buy the largest divan or bedstead you can fit in the room, and spend as much as you can afford. Divans often have high-volume storage built

into the base, and while bedsteads may have drawers too, their capacity rarely compares. Both kinds can be a strong focal point: divans rely on the style of their headboard for visual impact, but bedsteads come in a wider range of shapes, materials and finishes, offering greater scope for creative design.

A supportive mattress is the foundation of a good night's sleep, so find one that feels right to you. Try out several in the shop or go for a home trial. Relatively new to the bedding scene are mattresses that can be bought online and delivered rolled up in a box. These are usually made from foam but some contain springs and natural fillings.

GET ORGANISED

Redesigning your bedroom is a great opportunity to review your storage needs. Remove anything that doesn't belong in the bedroom and recycle, pass on or sell clothes you no longer wear. 'Wardrobes are for clothes, not mementoes,' says founder of Smartstyle Interiors, Phoebe Oldrey. Fitted

wardrobes are the most efficient clothes storage solution, accommodating up to a third more than you can fit in to the equivalent freestanding options. To futureproof new wardrobes, Barbara Genda of Barbara Genda bespoke furniture advises: 'Take stock of your existing clothes storage and add 20 per cent. Prioritise hanging rails and use pullout shelves as they're the most versatile for folded clothes and shoes.'

Consider what you want to store and whether you like to hang or fold clothes, then choose interior fittings accordingly. Not everything has to go in the wardrobe. 'Putting shoes under the bed in a flat box on wheels is a great idea,' says Barbara, 'and hanging canvas holders are good for storing handbags.'

ALTERNATIVE OPTIONS

Freestanding furniture has a place in every bedroom, even those with fitted furniture, providing additional storage exactly where it's needed. Freestanding wardrobes hold fewer clothes than fitted models, but well-designed ones have drawers and shelves that ensure no space is wasted. Chests of drawers and bedside tables come in a range of formats and designs. There is a resurgence of interest in dressing tables, with makers producing contemporary designs that are beautiful and useful. Some small but necessary items that may count as clutter need scaled down storage to keep them tidy. 'Trunks, boxes and baskets are versatile, decorative and give you the extra space you need,' says Claire Homby, creative stylist at Barker & Storehouse.

MAKE A HOME FROM HOME

Whether overnight visitors stay in a guest room, a multi-purpose home office or the sitting room, comfort is key. 'Think like a guest,' suggests Phoebe Oldrey, and spend a night in the guest bed to see how well you sleep. Don't skimp on bedding and leave an extra blanket for warmth. Few guests stay for very long, so there's no need to provide a lot of storage. 'A luggage rack like those found in hotels helps people reach into their suitcase more easily,' says Phoebe. 'And I leave an empty drawer so they can unpack small items. A bowl or tray on the bedside table is handy for things such as jewellery and lip salve.'

CREATE A RESTFUL PLACE

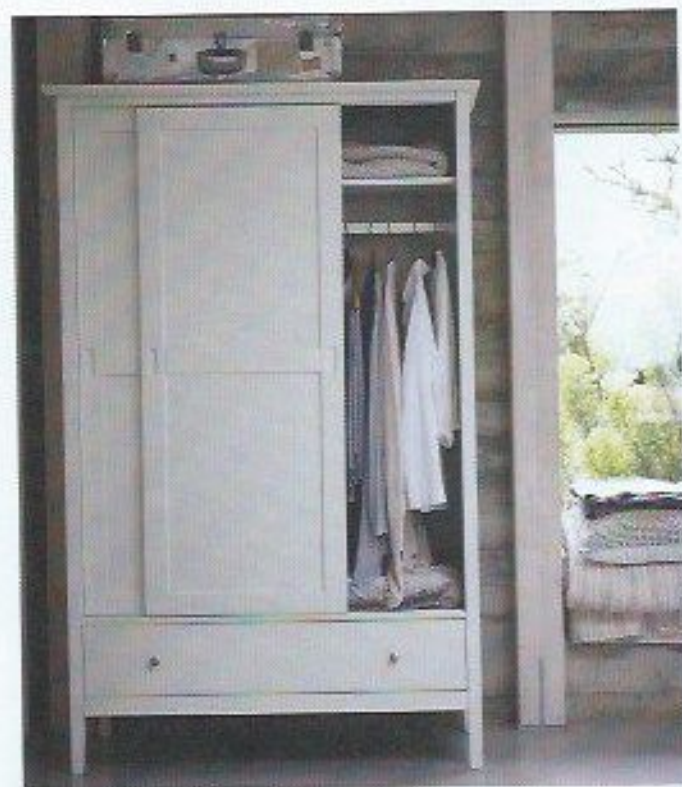
'Our bodies are programmed to sleep at night when it gets dark and the temperature drops,' says Phoebe. To mimic this effect, turn down the thermostat so your bedroom is cooler in the evening and use bedding made from natural fibres so you don't get too hot. Have softer lighting and fit dimmer switches to lower the glow gradually. If light from outside makes it difficult to sleep, blackout blinds will help, but don't block the windows completely as exposure to morning sunlight is the most natural way to wake up.



OFF THE FLOOR 1 Whyte in oak, £1,349, Heal's 2 Harper with herringbone wood doors, £525, Cuckooland 3 Lstymer in dark walnut-effect finish and minimal black gloss detail, £399, Made 4 Bow in oak and oak veneers, £599, House by John Lewis



▲ WALL TO WALL. Bespoke furniture, such as this magnificent storage wall, can be a big investment but it's individually designed to optimise your bedroom space, and you can get it just the way you want it. Barbara Genda, from about £1,200 per linear metre



▲ SIDE TO SIDE In a small room with limited space and nowhere to open doors outwards, a neat sliding door is the perfect solution. Hastings in Soft White (H188 x W120 x D54cm) with adjustable shelves, £499 from Marks & Spencer



BOTTOM DRAWERS 1 Haybarn with antiqued grey-wash finish, £1,195, Loaf 2 Oh Maison Camille, £1,575, Houseology 3 Westcote Blue, The Cotswold Company 4 For ultimate adaptability, look at the New Hampshire modular options, from £700, The Dormy House

WHERE TO BUY

Alexander & Pearl 020 3506
0413; alexanderandpearl.co.uk

Amara 0800 587 7645;
amara.co.uk

Atkin & Thyme 020 3768 7775;
atkinandthyme.co.uk

**Barbara Genda Bespoke
Furniture** 020 7578 2349;
barbara-genda.com

Bedeck 0333 200 7331;
bedeckhome.com

Bluebellgray 0141 221 0774;
bluebellgray.com

Button & Sprung
0333 320 1891;
buttonandsprung.com

Conran Shop (The)
0204 948 3000;
conranshop.co.uk

Cotswold Company (The)
0333 200 1725; cotswoldco.com

Cuckooland 01305 331831;
cuckooland.com

Debenhams 0344 800 8871;
debenhams.com

Designers Guild
020 7351 5775;
designersguild.com

Dormy House (The)
01284 365808;
thedormyhouse.com

Dunelm 0191 378 3151;
dunelm.com

Dunlopillo 01490 442255;
dunlopillo.co.uk

Dwell 0345 675 9090;
dwell.co.uk

Ercol 01844 271800; ercol.com

Eve 0800 808 5766;
evemattress.co.uk

**Fine Bedding Company
(The)** finebedding.co.uk

**French Bedroom Company
(The)** 01444 415430;
frenchbedroomcompany.co.uk

French Connection
0333 400 3385;
frenchconnection.com

Graham & Green 01825
418200; grahamsandgreen.co.uk

Habitat 0344 400 1111;
habitat.co.uk

**Headboard Workshop
(The)** 01291 628316;
theheadboardworkshop.co.uk

Heal's 0333 212 1915;
heals.com

Herdysleep 0800 294 8666;
herdysleep.com

House of Fraser
0345 602 1073;
houseoffraser.co.uk

Houseology 0141 280 4533;
houseology.com

Hypnos 01844 348200;
hypnosbeds.com

Idyll Home 01270 812777;
idyllhome.co.uk

Ikea 020 3845 0000;
ikea.co.uk

John Lewis 0345 604 9040;
johnlewis.com

John Lewis of Hungerford
0700 278 4725;
john-lewis.co.uk

Joined + Jointed
020 7371 7766;
joinedandjointed.com

La Redoute 0844 842 2222;
laredouste.co.uk

Laura Ashley 0333 200 8009;
laurashley.com

Loaf 0845 468 0697; loaf.com

**London Wallbed Company
(The)** 020 3896 3757;
wallbed.co.uk

Made 0344 257 1888;
made.com

Maisons du Monde
0808 254 2178;
maisonsdumonde.com

Modish Living 02073 490057;
modishliving.co.uk

Murmur murmur.co.uk

Neptune 01753 427300;
neptune.com

Next 0333 777 8000; next.com

Oliver Bonas 020 399 0130;
oliverbonas.com

OBI Ella 0800 7713 8688;
obella.com

Organised Home (The)
01425 240163;
theorganisedhome.co.uk

Original Bed Co (The)
0800 464 0875; obc-uk.net

Out There Interiors
020 8099 7443;
outthereinteriors.com

**Painted Furniture
Company (The)**
01285 656041;
paintedfurnitureco.co.uk

Perch & Parrow
020 8629 1166;
perchandparrow.com

Primrose & Plum
01372 750648;
primroseandplum.co.uk

Romo 01823 756699;
blackedition.com

Sanderson 0844 543 9500;
sanderson-uk.com

Scion 0845 123 8815;
scionuk.com

Sharps 0800 789789;
sharps.co.uk

Simba 020 3750 6500;
simbasleep.com

Skandium 020 7823 8874;
skandium.com

Smartstyle Interiors
01895 524036;
smartstyleinteriors.com

Soak & Sleep 01483 437763;
soakandsleep.com

Sofa.com 0345 400 2222

Store 0844 414 3885;
aplaceforeverything.co.uk

Strachan 0800 212637;
strachan.co.uk

Swoon Editions
020 3319 6333;
swooneditions.com

Very 0844 822 2321; very.co.uk

West Elm 0800 404 9780;
westelm.co.uk

White Company (The)
020 5718 9225;
thewhitecompany.com

Willow & Hall 020 8939 3800;
willowandhall.co.uk

Woolroom 01780 461217;
the woolroom.com

Yves Delorme
uk.yvesdelorme.com