

AT HOME

THE MISSING PEACE



Cushions, \$69.95 each, Marble Sunset clock, \$99.95, from Art Club Concept



Style tip \ ANNA KOSMANOVSKI

“Consider neutral palettes with splashes of pastel for colour schemes”



Marble Spice cushion, \$10, from Kmart



Pear and cinnamon candle (standard size), \$39.95, from Palm Beach Collection



Chain of Hearts print by Stefan Gevers, \$49.95, from Paper Empire



Large Wexler hand-painted pot, \$300, from Koskela Homewares

CREATE YOUR OWN OASIS

DE-CLUTTER \ Clutter, even curated clutter, can have a stimulating effect so consider artfully “hiding” it to be dealt with later.

GET IN THE MOOD \ Candles, fresh flowers and good quality home fragrances, as well as good lighting, can help create mood.

BACK TO NATURE \ Take note of nature and incorporate textures and elements that remind you of your favourite places. This could be simply a few shells in a bowl or a nature-themed piece of artwork.

DIY \ Now's the time to make all those Pinterest DIY dreams come true. Paint over or re-purpose those furniture pieces you don't like. ●



Small hanging plant pot, \$49.95, from Sunny Life

The old English axiom says that one's home is one's castle, but in this frenetic world full of buzzing gadgets, ever-growing “to do” lists and just general busyness, let's give this a 21st century update: let our homes be peaceful oases too.

Practically speaking, one way to introduce this idea could be to set apart a room in the house as a relaxation zone. This room might include fresh flowers, indoor plants, a favourite candle, an iPod dock and perhaps a very comfy airchair. The key is to make the room your own relaxing space, decorated in a style you love.

Lately, there's been a trend of bringing the outdoors in as we look to nature and naturally occurring elements such as marble, rock and water in our designs. Doing this could have more than aesthetic benefits, with research suggesting a positive link between relaxing and visual references to nature – be it an indoor plant or room with a view.

One way to create a calming aspect to a home would be to freshen up the space with plants, as interior designer Aimee Wheate from Your Abode Interior Design says.

“They certainly bring something into your home, filling the space with life, colour, texture ... and you can also get some beautiful pots and containers at present, from concrete to Uashmama bags.”

Aimee suggests adding soft furnishings in varying textures and colours. “Choose a colour palette that you love. It may

REFERENCES TO NATURE ARE EASY TO WEAVE IN



Anthology print, \$249, Remix cushion, \$49.95, Vermont two-drawer coffee table, \$799, Vermont single-drawer side table, \$349, Remi vessel, \$39.95, Odyssey floor rug, \$749, Grand Lodge three-seat sofa, \$1899, from Freedom

need to be toned down to create that calm effect, but if it's a colour you love, chances are you'll feel 'at home' ... hence feeling peaceful.

“Obviously there are rules when it comes to certain colours being more intense and active,” says Aimee. “You wouldn't paint red walls in an area that you wanted as a haven of rest.”

When it comes to textures, references to nature are easy to weave in. “The warmth of natural elements, from timber to concrete, and the texture and interest they create is wonderful.”

She suggests using artwork as a central point. “You can pull one or two of the colours out as the highlights in the room,” she says. “It's important to get the balance of colour correct.”

“You may want to add more warmth of tone over the chilly months. Adding white to a room gives a fresher look in warmer weather.” ●

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Art Club Concept \ artclubconcept.com

Freedom \ 9037 5809

Koskela Homewares \ koskela.com.au

Kmart \ 5241 0800

Paper Empire \ paperempire.com.au

Sunny Life \ sunnylife.com.au

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