



PUTTING SOME *life* BACK INTO THE BEDROOM!

Jane Lockhart, BAAID

Jane Lockhart Interior Design

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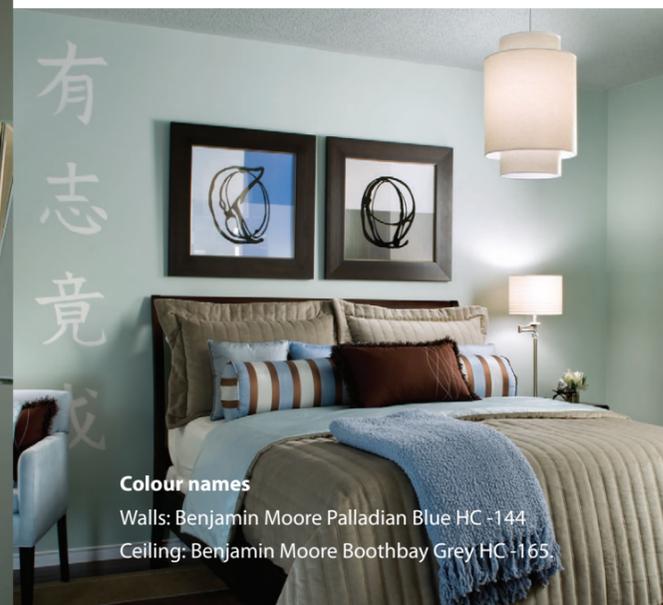
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By Jane Lockhart

Ryan, a television and movie hairstylist, wanted a change. His bedroom had become uninviting and dull. His long hours on the set left him with little creativity or energy to breathe new life into the bedroom and create an inspiring, comfortable space to come home to. With the help of Jane Lockhart of W Network's Colour Confidential Ryan's dreams of coming home to a calm, serene space at the end of a long day's work has finally come true.

Photography by Brandon Barré, courtesy of W Network's Colour Confidential

◀ The clean linear lines of the dresser are reflected in the artsy mirror above. The unique design of the mirror acts as an ever changing work of art reflecting multiple images from every vantage point.



Colour names

Walls: Benjamin Moore Palladian Blue HC -144

Ceiling: Benjamin Moore Boothbay Grey HC -165



Jane says, "To fully achieve Ryan's vision it was necessary to start with the simple things that will make the biggest impact on both the aesthetics and the functionality of a room." Moving the bed to the other side of the room, opposite the entrance, gave it prominence, making it the focal point and creating a sense of balance. The previous layout had felt cramped with the bed shoved down at one end of the room.

To achieve the peaceful and relaxed tone of the room Ryan chose a light aqua colour that reminded him of ocean waves. The light aqua was part of a colour palette of soft blues, pale greens and light greys that were chosen to instantly freshen up the room and help make it feel more open and airy. Jane advises, "To further define the look of a master bedroom, consider the colour and material of the floor coverings." Ryan's pale plush carpet was outdated and added little to the space. A new hardwood floor in a warm nutmeg stain grounds the space and complements the pale green-blue walls for a clean classic look. Under the bed an area rug warms up the room and feels good underfoot. The contrast of dark floors and light coloured walls takes the room from bland and washed out to bright and cheery.

"The bed itself, the focal point in any bedroom, should never be understated," Jane says. A suspended light fixture over the bed illuminates the room while a bedside table lamp provides optimal light for reading in bed. A variety of shapes and sizes of pillows as well as different fabric textures and layers of bedding provide luxury and comfort. Selected from Robert Allen, fabrics with a touch of sheen in shades of brown, beige, pale blue and aqua dress the bed, giving it a masculine contemporary look.

Adding drapery to even small windows can open them up and give them prominence in any room. Floor-to-ceiling striped window coverings visually add height to the room. A classic vertical-striped fabric in brown and blue tones, reminiscent of pajama fabric from the early fifties, reinterpreted in silk, offers sheen and glamour for a modern look.

The finishing touch that personalizes the space for Ryan is four Chinese symbols painted in a glossy white enamel on the aqua walls beside his bed representing an inspirational idea important to Ryan. "Where there's a will, there's a way."

JANE'S DESIGNER TIP:

Freshen things up in your bedroom. Determine how you want your space to feel overall.

For a relaxing retreat use soft colours and add accents in contrasting shades for a modern flavour with a soothing vibe. Adding functional and personal elements including pictures, flowers and even inspirational phrases can transform a room into a nourishing environment for your body and soul.

