

Go with designs that look and sound good



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Does your home spark joy when you walk in the door?

It's more than a matter of what you see in a space, it's more visceral than that, it's how a space makes you feel. Interior design is all about joy, and feeling good in your surroundings.

Design can change your mood through colour, texture, light, scent and sound.

Which do you prefer, white noise or total silence? We're all wired differently so for some a low, constant noise is comforting. Next level sound systems wired throughout homes can access talk and music of every genre.

For people who deal with anxiety, a steady sound can soothe and distract a person

from negative thinking, which can fuel anxiety.

One of the most soothing sounds we know is the sound of water. It surrounds us in utero and provides a cushion to the noises from the world outside.

It's difficult to be tense when we hear sounds that lower our heart rate, and put us at ease. Natural sounds, like a wood fire crackling as it burns, birdsong and the wind in the trees can help us reset, refocus and relax.

Dimplex learned that the sounds of a fire burning added a whole new sensory dimension to their line of electric fireplaces. They took that philosophy and developed a virtual aquarium, the Opti-V™ complete with the sound of bubbling water.

This patent protected technology, features ultrarealistic fish swimming in a tropical underwater environment. Dimplex kindly donated one

of their beautiful, maintenance-free aquariums to the George Hull Mental Health Centre for Children and Families where it is the calming focal point of the second floor waiting area. The bubbling water sound and colourful motion of the fish helps keep children and parents calm and entertained.

Colour can affect moods, we all know red is commonly known to stimulate appetite. For calming we choose tints of teal, lavender and coral. If you look at colour charts they are secondary colours that sit in the middle of the card, not the lightest, not the darkest.

We can't talk about colour without talking about lighting. It's the level of light that makes a room's colour seem too dark or too light, not the colour alone.

The worst lighting at night is blue (cool lighting), it's the light computer screens emit and can contribute to depres-

sion. An antidote to that is red lighting. The best light at night is no light at all. Lighting that is too dim or too bright can affect your mood. Warm light, (2700Kelvins) is optimal for interior lighting.

When interior lighting was invented, our days grew longer, overriding our inner clock, or circadian rhythm. In fact, if your sleep cycle is off, a week spent outdoors camping, in natural light can reset that clock.

Textures and materials that feel good are always in style. We see velvet sofas coming back in rich, deep shades and appliances and fixtures are showing up in shapes and materials that are pleasing to the touch.

Of course, taste means something entirely different when it comes to design, so I'll skip right over to scents. Studies show different scents can be mood changers.

I recently met a profes-



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sional scent designer, a chief perfumer who works with corporations, builders and the hospitality industry, creating a distinct scent for their environment.

Design and designers pay attention to all the details that make your home a place of

joy. Do a sensory inventory of your home to make sure it's working for you.

— Jane Lockhart is a celebrity designer and leading expert in the world of design. Visit www.janelockhart.com.

Let your artwork tell a story



NATALIE DEANE
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There is nothing that can bring the décor of a room together and make it look stylish, sophisticated and elegant like a great piece of art.

It doesn't have to be a painting. It can be a sculpture, porcelain, crystal, tapestry, photography or something completely unique and original like screens or digital art.

So, where do you start? Where do you find that special work of art that will be a conversation starter? That has its own special story? Consider trying a neighbourhood art fairs or smaller art galleries

For example, every year I attend The Artist Project contemporary art fair to find inspiring new talent.

The Artist Project brings together over 250 national and international artists that work in all mediums.

As I wandered the Better Living Centre at Exhibition Place over the weekend, not only did I get to see the works of art, I met the artists and learned what inspired each of their creations.

This is where you get the story to tell your friends and family when they come to your home and see your new artwork.

With so many artists it can be hard to choose. I've picked out a few of the ones I was excited to see. They each have their own unique stories behind what they do.

Anand Jaggernauth

Born and raised in Trinidad, Anand had a decade long career in the oil and gas industry as a Geophysicist.

His process starts with the Scientist in him, using tools to play with various degrees of friction — but never brushes.

Anand is also registered with Vibe Arts for Children and Youth as a volunteer for their art programs and as an ongoing partner with Make-A-Wish Canada.

Sage Szkabarnicki-Stuart

Sage has been part of The Artist project before as an UNTAPPED Emerging Artists. A 22-year old photographer from Montreal with an adventurous soul, she is currently on assignment driving across the United States in a Tesla with a stranger. They sleep in the luxury electric car with his dog and some basic necessities.

Morgan Jones

Jones, a former Director of Sales for a large consumer electronics manufacturer left his career in 2013 to pursue his lifelong passion as a full-time artist. It was a big leap but when you see his art you understand — like him — it is often described as whimsical and uniquely humorous.

Gwynne Giles

Gwynne began painting at age 60 after a successful business career. He has no art training — he just decided to paint. Gwynne's story is an inspiration for all of us out there that



haven't had a chance to follow their dream — there is time and you can do it!

Ariel Adkins

New York-based artist Ariel Adkins' mission is to be a living work of art each day. In 2010, Ariel took her social media management background, combined it with her painting skills, ability to design and contrast clothing and turned it into Artfully Aware — an Instagram account connecting her love for the art with her clothing creations.

Want more information about The Artist Project? Go to www.theartistproject.com.

— Natalie Deane is a lifestyle connoisseur who writes about trends in home decor, travel and entertainment.



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