

## DECORATING: WINTER WONDERLAND

TURN YOUR BEDROOM INTO A COSY COCOON WITH OUR EXPERT TIPS TO LAYERING LINEN, CHOOSING LIGHTING, ADDING TEXTURE AND KEEPING OUT THE CHILLS

Words **FANESSA KEYS**

**W**hen the temperature drops, the sky turns a bruised grey and rain threatens to fall, there's nothing levelier than slipping in between soft sheets, feeling the weight of a woollen throw on your body and relaxing in the soft glow of candlelight. Make this winter your cosiest one ever with our expert tips to getting snug: it's as simple as soft carpet underfoot, a few extra winter layers (the good kind), textures that invite touch and the warmth of atmospheric lighting.

### INVITE TOASTY TOES

Always dreamed of soft carpet underfoot? Autumn and winter are the perfect seasons to make the plunge. "For an on-trend, textured look, you can't go past a wool loop, like Carpet Court's Natural Formations range," says interior designer Darren Palmer.

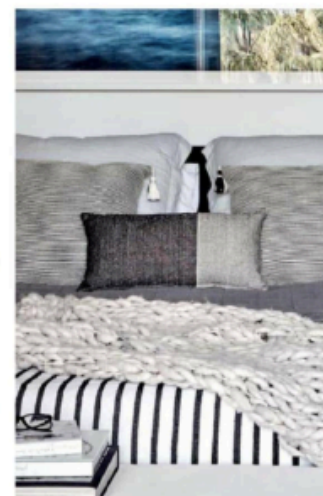
PHOTOGRAPHY: TINA PAGE; FURNITURE: CHRIS WARRINE; SHEETS: STUBBS; PROPSTYLING: EVE WILSON

**EMBRACE WARMING LAYERS**  
"Start with a few extra elements and build from there," says interior designer Shilpa Mohan, who recommends beginning with a jute rug beside the bed, layered cushions and a chunky woollen throw over linen sheets. "Then, add timber bedside tables, lamps and artworks."

### bring in texture

Adding a mix of textured wares (right) is a fail-safe way to create instant warmth in a room, says interior designer Shilpa. "Texture is how something feels - not just with your fingers but also your eyes," she explains. The key to getting it just right is to decorate a room with objects, materials, fabrics or colours that are varied, but still all work together cohesively. "Think soft carpet between your toes, lots of layers of bedlinen in different fabrics, chunky throws and tactile rugs," she says.

### style finds



"THIS WINTER WE'LL BE SEEING LOTS OF *rich apricots* and DEEP TERRACOTTAS" - LIBBY ROBINSON, COCO REPUBLIC

### love your linen

Relaxing in a cosy bed of layered bliss is just what cold winter mornings are made for (left). And linen sheeting is a great staple to dress your bed year-round, enabling you to add more layers when the chill sets in. "Combine natural fibres with soft fabrics like velvet," says homewares buyer Paula Cincotta of Oz Design Furniture. >

*choose earthy tones*

Boost the sanctuary-like quality of your bedroom with colours inspired by the Australian landscape (below). "This winter, I'll be looking to earthy greens, blues, tans and rust hues for inspiration," says colour planning manager Andrea Lucena-Orr of Dulux. "An elegant scheme of blue and crisp white works with accents of soft pinks, peach and greens."



**RUG UP**  
Add warmth to hardwood flooring with soft rugs in flokati (shaggy woven wool), mohair or sheepskin. "In small spaces, place the rug halfway under the foot of the bed," says resident interior designer Libby Robinson of Coco Republic. "This will frame the room and keep your feet warm." For larger rooms, she suggests an oversized rug that sits completely under the bed with a border visible on all sides. >

PHOTOGRAPH BY BEGID ARNOTT





**BOOST YOUR LIGHTING**  
 Natural light is at a premium in winter so, to remedy this, direct your light fixtures toward the ceiling and walls. "This will make the light bounce around the room," says product specialist Denise Hammond of Beacon Lighting. A bedside reading lamp, as in this bedroom by Alessandra Kidd Design (left), is also a must-have for evenings spent curled up with a good book.

*care for your mattress*

It's always best to follow the manufacturer's instructions on whether you need to flip or rotate your mattress, but if there's no guidance and your mattress style allows for it, a good rule of thumb is to flip every season. "The correct way to flip a mattress is to rotate the mattress 180 degrees and then flip it," says interior designer Shilpa Mohan. "This way every part of the mattress is in a different place and the pressure evens out, which increases its life."

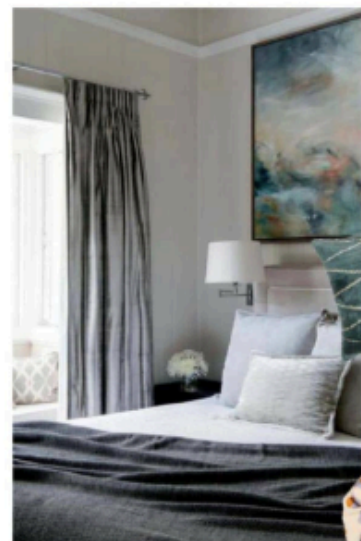
"NATURAL FIBRES ALLOW YOUR BODY TO *regulate* ITS TEMPERATURE, KEEPING YOU COOL IN SUMMER AND WARM IN THE WINTER MONTHS" - ALANNA SANDERSON, ZANUI

*keep out the chills*

"When it's cold outside, insulating your home from the inside is key," says marketing communications manager Vera Meharg of Luxaflex. "Look out for fitting window coverings with insulation air pockets and minimal gaps."

*create a soft glow*

Short days and dark evenings getting you down? Consider swapping out your light bulbs. "Look at the K [Kelvin] rating of the globe," advises Denise. "Anything over 5000K is considered 'cool' and will emit a blue-ish light, while a rating between 2700-3000K is 'warm' and will give you a yellow-ish glow and a cosy feel."



*style finds*

'Half moon' bedhead in Velvet, from \$1095/queen, The Design Edit.

Oly 'Micah' sconce, \$95, Coco Republic.

'Zulta' cushion in Criss Cross Sage, \$220, Fenton & Fenton.

'Frankie' quilt cover, from \$209/queen, Sage Arch Clare.

'Natural Formations' carpet in Swan Rocks, from \$80/sqm, Carpet Court. Stockists, page 208.

PHOTOGRAPHY (FROM TOP) PABLO VEGA/ALLENADRARA KIDD DESIGN, HENRI COOKE