

DESIGN FILE



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 Alexandra 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 \$1035/queen, The Design Edit.

Oly 'Micah' scone, \$995, Coco Republic.

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

'Frankie' quilt cover, from \$299/queen, Sage And Clare.

'Natural Formations' carpet in Swan Rocks, from \$60/sqm, Carpet Court. Stockists, page 202 III

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