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101 IDEAS FOR UPSTAIRS

BEDROOMS & BATHROOMS





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101 IDEAS FOR UPSTAIRS

BEDROOM, BATHROOM

Julie Savill

Good Homes

Published by BBC Books
BBC Worldwide Ltd, Woodlands,
80 Wood Lane, London W12 0TT

First published for
Marks & Spencer in 2003
This edition published in 2005
Reprinted 2005, 2006, 2008
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ISBN-10: 0 563 52258 5
ISBN-13: 978 0 563 52258 4

Edited by Joanna Simmons

Commissioning Editor: Vivien Bowler
Project Editor: Julia Zimmermann
Series Design: Claire Wood
Book Design: Kathryn Gammon
Design Managers: Sarah Ponder and
Annette Peppis
Production Controller: Christopher Tinker

Set in Amasis MT and ITC Officina Sans
Printed and bound by Firmengruppe APPL,
aprinta druck, Wemding, Germany
Colour origination by Butler & Tanner

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Twyford Bathrooms 153

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INTRODUCTION

When it comes to decorating, what's needed is bags of inspiration, a spare weekend or two, and plenty of planning. It's the time you spend thinking and dreaming about what you want that will really pay off in the long run. Put in the effort now and you can be sure that the room you end up with will suit your needs and your taste and be a real pleasure to use.

If you are currently viewing your bedroom or bathroom with a look of less than total satisfaction on your face then this book is for you. In it we've gathered together 101 of the most stylish, desirable and achievable decorating schemes guaranteed to kick-start your plans for your upstairs rooms. Ideas for bedrooms and bathrooms are neatly divided into style sections but I would recommend browsing through from cover to cover because

you never know where your next good idea is going to come from and all the schemes are there to be copied wholesale or mixed and matched to make a look that is entirely individual and personal.

Once you've settled on a style, whether it's cutting edge contemporary or elegantly traditional the next task is to make a list of all the functions a room has to fulfil. A bedroom is first and foremost somewhere to sleep, but it's also a dressing room so you'll need storage and mirrors, a TV and reading room so lighting is crucial and should ideally be flexible, and it's possibly the place you tuck yourself away when you want a little 'me-time'. With all this information to hand you can start planning your new scheme on paper, fitting in all the elements and making lists of what you have

and are going to keep and what you want and will need to source and buy.

The most exciting part is when you get down to planning the actual colour scheme, choosing shades for walls, fabrics for curtains and soft furnishings. The best way to ensure success is to make yourself a colour board. It's the way our team of stylists plan colour schemes for *BBC Good Homes* magazine and it takes all the guesswork out of the process. You'll need a large piece of

white card or paper and some glue then away you go. Gather together samples of all the materials, paints and floor coverings you are considering using then arrange them on the card. It's quite easy to see in this way which shades and patterns look pleasing together and which ones jar. Keep trying different combinations until you find a mix that looks right to you, because at the end of the day this is your room and you are the only one who is to say that a scheme works or not!

Julie Savill, Editor
BBC Good Homes magazine

CONTEMPORARY

The look: Blues in every shade, from bold to soft lilac, give this bedroom a refreshing, dip-in-the-sea feel. Blue is calming and relaxed, the perfect shade to help clear your mind at the end of the day.

Walls: Painting one wall a vibrant shade is a great way to breathe life into a plain room. Then team it with walls in soft lilac and white to keep the scheme feeling light and relaxed. When picking a bold blue, choose one with purple tones that will add warmth – pure blues, like strong navy, can look very stark.

Bed: With its dark-coloured wall, layering up the bed with pretty blue shades is key to the success of this room. It helps lift the whole mood and gives it a delicate, feminine feel. Here, classic white bedlinen has been

piled up with throws and quilts in lilac, misty blue, softest green and silvery shades. You can mix in as many colours as you like, as long as they're all the same strength, otherwise the subtle layered effect will be spoilt by a dominant shade.

Window: To keep the room feeling light and peaceful, a light-filtering, sheer blind is hung at the window. A pretty spot-and-line pattern shares all the same colours as the bedding, for a coordinated, easy-on-the-eye look.

Furniture: A chair makes a good bedside table, if you have space, with the added bonus that you can hang bags, towels or throws from its back. This junkshop chair has been made over to match the painted floorboards and fire surround, looking crisp and smart.



CONTEMPORARY

The look: This simple, modern room relies on three key ingredients: calming white on walls, floor and at the window, sleek, contemporary furniture in metal and glass, and a brightly coloured quilt in shimmering silk. An all-white scheme can look very austere and clinical, especially when teamed with modern furniture, but just by throwing a colourful quilt over the bed, you can warm up the look and create a vibrant focus.

Floor: Soften the blow of getting up in the morning with a soft, toe-tickling carpet. Keep the colour pale and neutral, but to add subtle interest, choose one from the huge range of woven textured carpets on the market today. This one has a thick bubbleweave that not only feels great, but looks beautiful, too.

Furniture: Pared-down and pale, the furniture in this room is unashamedly modern. A metal and glass console doubles both as dressing table

and television stand while a sleek wardrobe fitted with frosted glass tones in beautifully. If you like this look, choose pieces in metal, glass, plastic or Perspex, and avoid wooden furniture, which instantly darkens a room scheme.

Curtains: To ensure a peaceful night's sleep, line curtains with blackout material. For a lavish look at tall windows, be generous with fabric, allowing extra length so you can generously drape it in a 'puddle' on the floor.

Storage: Every bedroom needs storage, but in a clean, light room like this, a bulky chest of drawers or vast wardrobe would look out of place. Instead, choose pieces that work hard. This sleek wardrobe offers both hanging and drawer space, while room under the bed that would otherwise be redundant is filled with a row of storage boxes, ideal for stashing shoes, bedlinen and out-of-season clothes.



The look: This colourful bedroom shouts contemporary cool. A graphic pattern painted onto walls in up-to-the-minute shades of lilac, purple and blue gives the room eye-catching style, and the same palette of shades is found on the bedlinen, giving the room a warm, gently coordinated feel.

The wall: To create a multi-coloured wall like this one, start by painting the entire wall one colour – ideally the lightest shade. When it's dry, mask off areas to be painted in other shades. Mask off a variety of shapes – lines, rectangles, squares – to give the wall energy, then apply two coats of emulsion paint to each block and leave to dry. Peel off the tape and repeat to create more blocks of colour, overlapping them in some places.

Bedlinen: To keep the colourful theme, a stripy pink duvet cover and pillowcases jazz up the bed. A couple of bright cushions add further pizzazz, while a lilac throw ties in perfectly with the main colour on the wall and helps calm the colours down.

Storage: A tall shelf unit, tucked into an alcove, provides plenty of storage. It's ideal for a teenager's bedroom because it has space for files, school books and a stereo – objects you might not find in a less hardworking adult bedroom.

Artwork: Inexpensive, widely available, and made in hundreds of eye-catching designs, contemporary wrapping paper makes a pretty poster above the bed. Frame it in a simple glass clip-frame for a more professional look.