

SINGAPORE

Tatler Homes



Creative Canvas

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enters your bedroom. “If you’re not an early riser, avoid placing the bed next to east-facing windows, as the sunlight will pour in at dawn and can disrupt your sleep.”

NIGHT AND DAY

According to Champalimaud, your daily habits should also determine the curtains and upholstery fabrics you select for your room. “Get the drapery right: some people can’t sleep if there’s too much light, so even a simple roller blind can make all the difference,” she says. “If you like to sleep in, consider installing full shades with side channels to avoid light leakage. If you prefer to rise with the sun, unlined drapery works well.”

Winnie Heimgartner-Wong, managing director of upholstery retailer Cetec agrees, adding that there are various options in terms of curtain choices. “Nowadays, blackout or dim-out curtain fabrics come in many different colours and patterns, so you’ll have a good selection to choose from,” she says.

Consider using layered and full curtains to filter out sunlight while creating a lush effect. “Soft and sumptuous textiles composed of natural fibres such as cashmere, wool, cotton, silk velvet as well as high-quality linen are a great way to create a cosy bedroom. The

tactility and natural softness of these materials promote a sense of well-being and relaxation,” says Victoria Cheung, marketing manager of upholstery purveyor Altfield Interiors. “For those with allergies, avoid fluffy fabrics that may shed. Instead, select lighter natural fabrics such as pure cotton and linen,” she adds.

CALMING PALETTE

Soft, muted colours such as beige, light grey and pastel tones are your best bet for creating a tranquil mood. “Leave fiery red, bright orange and vibrant yellows out of the bedroom as these colours can overstimulate the senses and emotions, making it difficult to relax and fall asleep,” says Cheung.

Tan concurs on the use of a muted palette in the bedroom, and advises going for understated wallcoverings. “If you’re using wallpaper, pick a design in a light hue with some textures instead of one with strong colours and loud patterns.”

Hong Kong-based interior designer Britta Butler, founder of Britta Butler Designs, likes pairing earthy tones with natural materials such as marble and wood, along with bedlinen made of natural materials. “If you want a pop of colour, go with something pastel, like a blush pink,” she says.



Clockwise from top left: The bedroom of a home in Colorado, with interiors crafted by Champalimaud Design; Poliform Onda bedside table by Paolo Piva and Mad armchair by Marcel Wanders, and B&B Italia Tufty bed by Patricia Urquiola, all from Space Furniture; Tacchini Face to Face lounge by Gordon Guillaumier, from Stylecraft



REST EASY

Your choice of bedlinen is crucial to the comfort level of your bedroom. Given its temperature-regulating properties, Bay from Silky Miracle suggests pure mulberry silk bedding for Singapore’s tropical climate. “Pure mulberry silk is mainly composed of protein, which has a very similar chemical composition to that of human skin. Hence, it is almost like a second skin—hydrophilic, sweat-absorbent, and cool,” she reveals.

Filippo Arnaboldi, CEO of Italian luxury bedlinen brand Frette, says that when choosing bedlinen, one should consider the three Fs: fibre, finish, and feel. “First, consider the fibre used to weave the linens,” he says. “Longer fibres make a more uniform, resistant and smoother thread. The higher the thread count, the less air flow, therefore sateens sleep warmer than cotton percale.”



The finish of the fabric is equally important. Adds Arnaboldi: “The silkiness of a fabric is not a result of thread count, but rather the finishing process—a treatment to the woven fabric to increase durability or shine. Additional finishing touches may include embroidery, lace, and other embellishments.” Lastly, the feel of the fabric refers to “the texture and weight of the finished product”. “The best bedding material is one that feels comfortable to sleep in depending on the weather, the surroundings, and body heat,” says Arnaboldi. “Some prefer to be wrapped in

This page: A bedroom featuring upholstery fabrics from ADO Goldkante, available from Cetec

Opposite page: The matching blue velvet fabrics and headboard create a restful look in this bedroom featuring collections from Jab Anstoetz, available from P5; The One silk bedlinen collection, from Silky Miracle; the junior master bedroom of a Good Class Bungalow by Designworx Interior Consultant; Maxalto Taurus storage unit by Antonio Citterio, available at Space Furniture



soft, silky sheets like cotton sateen, while others prefer airy fabrics like cotton percale.”

To make your bed look more inviting, layer it with duvets, decorative cushions and throws, which will add colour and texture. Bay says it’s a good idea to stick to a symmetrical arrangement, and to avoid using more than two patterns. “Place the largest pillows on the outer corners of the bed, and don’t use more than five pillows,” she advises.

THE RIGHT SUPPORT

The centrepiece of an inviting bedroom should undoubtedly be the bed. “It should be well-built, comfortable, and fit the theme of your home,” says Isabella Lim, senior marketing

executive of Space Furniture. Butler highly recommends having a soft headboard you can lean on comfortably. “I like to use a padded headboard, so that even when you are sitting up in bed you have something soft behind your back, even if the pillows move around. Visually, it also softens the look of the room.”

Lim advises choosing curved pieces to complement your cosy bedroom design; options include the Maxalto Taurus storage unit and the Poliform Mad armchair. Tan suggests placing a bench at the foot of the bed. “Put a trunk or backless bench to sit on at the foot of your bed; even better if it has hidden storage that can minimise clutter,” she says.

Don’t forget to include a rug in your bedroom, adds Louise Courtice, managing director of furniture and decor store Stylecraft. “Choose rugs that complement the colours of the other furniture in the room,” she says. Champalimaud concurs: “Unless you’re in a monastery, stepping onto bare floors from your bed is cold and unwelcoming, so place a rug under the bed. When someone wakes up and puts their feet on the ground in the morning, a rug will provide comfort.”

Ultimately, your bedroom should be specially tailored to your needs to become a calming environment. “Bedroom design is totally a personal choice; some people want their bedroom to be glamorous, while others prefer a quiet and calming look,” says Heimgartner-Wong. “Whatever your choices may be, the overall design should create a relaxed and harmonious atmosphere.”