

SINGAPORE

Tatler Homes

Creative Canvas

Improve your well-being with joyful decor ideas
that celebrate your favourite pastimes



Left to right:
Bedlinen from
Frette's autumn/
winter 2021
collection; accent
cushions in
upholstery fabrics
from Weitzner's
Reverie collection,
available from
Altfield Interiors



| Bedrooms |

Blissful Slumber

Design a soothing space that promotes relaxation and a good night's sleep

By Michele Koh Morollo

With more people working from home, the bedroom needs to be a serene space to whisk your worries away and be conducive to sleep. “Every material that is used in a bedroom should feel soft: the rug underfoot, the drapery, the bedlinen,” says Alexandra Champalimaud, founder of New York-based firm Champalimaud Design, which worked on the recent renovation of Raffles Singapore. “This creates a soothing atmosphere that is important for relaxation.”

But our screen time on our gadgets can certainly prove an obstacle to a good night's rest. “As much as possible, remove the TV, mobile phone and tablet devices from your bedroom,” says Terri Tan, design director of Singapore-based studio Designworx Interior Consultant. Here, we present top tips from the experts on how you can create a bedroom that is a calming, distraction-free sanctuary which will get you recharged for the day ahead.

SET THE SCENE

The layout and design scheme of your bedroom are fundamental to creating a favourable environment for sleep. Champalimaud suggests positioning the bed along the wall opposite the door. “Walking into a room alongside the bed feels awkward, and you miss the dramatic moment of seeing the full headboard composition,” she says.

Jennifer Bay, marketing manager of silk bedlinen and lifestyle brand Silky Miracle, agrees that spatial planning is key. “Having a clear pathway from the bed to the bathroom can eliminate tripping hazards, especially in the dark,” she says. “Visual clutter can generate stress, which is a hindrance to quality sleep, so less-is-more is a good approach for bedrooms.”

According to Tan, it is also important to maintain an ideal temperature that's suitable for your body at rest; this means being mindful of the amount and direction of sunlight that

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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



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 Tesauro 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 Tesauro 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.”

The Great Escape

This family home in Spain brings the outdoors in with a harmonious mix of mood-lifting colours and textures *By Michele Koh Morollo.*

Photography by Mauricio Fuertes





This page: The living area, which is furnished with a large L-shaped sofa from Frigerio and Molteni&C Louisa coffee tables by Vincent Van Duysen, offers ample room for the family to chat and bond

Opposite page, clockwise from top: The Sail modern sliding doors from Rimadesio separate the hallway from the main living area; teal blue Viccarbe Aleta dining chairs by Jamie Hayon and the Flos Noctambule floor lamp by Konstantin Grcic contribute to the cosy feel of the dining area; backlit display shelves bring a touch of elegance to the kitchen

In the Catalan town of Sant Just Desvern, just a short drive east of Barcelona, is a three-storey property that blends its indoor and outdoor spaces seamlessly. This enviable Spanish abode not only boasts a beautifully intimate interior; it also has spacious outdoor areas and looks out to a peaceful garden.

The work of Barcelona-based firm The Room Studio, the 7,911sqft property is home to a family of four; the father, an avid sportsman, desired a cosy, liveable interior that was also conscious of its carbon footprint. The Room Studio's co-founders, Meritxell Ribé and Josep Puigdomènech, incorporated solar energy as well as eco-conscious lighting and climate controls to make the interiors as comfortable as possible while minimising energy consumption. Their aim was to incorporate technology in a way that would ensure the spaces were harmoniously integrated and a joy to the five senses.

“Our clients wanted a very private house that was elegant but architecturally simple. They wanted a house that opened out to a garden, and that had functional zones which were visually connected but at the same time, very

private,” Ribé says. Adds Puigdomènech: “The starting point was the idea of creating a project characterised by the elegance of its forms and the serenity of its materials. Each space is independent, but integrated into the common language of the house.”

INSIDE OUT

The living and dining areas, and a home cinema, kitchen and playroom on the first level are connected to an outdoor patio, pool and garden with a playground. “The outdoor area blends perfectly with the interiors of the house,” says Ribé. “A synergy is created between the exterior and the interior to enhance enjoyment of the patio, swimming pool and garden. We used different textures and colours to create specific sensory experiences within each space.”

On the first level, the entire floor is clad in parquet to bring a sense of solidity and warmth to the home. All the rooms were designed to create a strong sense of spatial continuity. Good illumination and thermal comfort were achieved with a smart home automation system that ensures comfort and convenience.





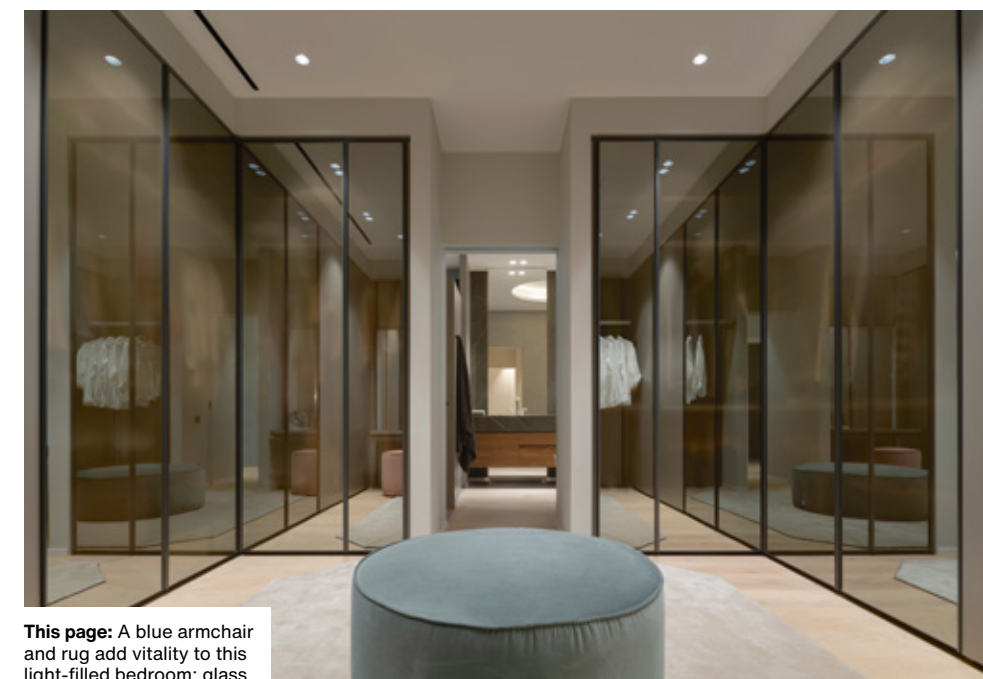
Porcelain floor tiles were selected for their practical, easy-to-maintain qualities; these are applied to the kitchen, outdoor areas and some of the high-traffic zones. The entertainment room also doubles as a game parlour where the family can gather with friends after dinner parties, while the basement level houses a garage and a fully equipped gym.

On the second storey, the master bedroom features its own living and dining areas, dressing room and bathroom. Two ensuite bedrooms for the children, along with a storage and laundry room, are also located on the second level.

COLOUR AND FORM

Besides maximising the amount of natural light that enters the home, The Room Studio also sought to implement a versatile design concept. “The programme was based on a sequence that adapts to the needs of our clients, and includes exterior spaces that encourage communal activities as well as areas that allow the adults and children to have their own private space,” says Ribé.

As such, the designers selected a soothing colour scheme as well as a clever mix of natural materials to create a tranquil ambience, while simultaneously adding tactility to each space.



This page: A blue armchair and rug add vitality to this light-filled bedroom; glass doors and mirrored panels expand the sense of space in the walk-in wardrobe

Opposite page, clockwise from top left: The oval bathtub echoes the curvature of the cove ceiling in the bathroom; a bouldering wall and play area keep the children entertained; the entertainment room also features the Roche Bobois Temps Calme sofa

Left to right: The tiger-shaped Ferm Living Safari rug and animal motifs on the wallpaper are lively touches in the nursery; the children's room features the Little Architect chair and Fruiticana wallpaper from Ferm Living; a play tent brings a dose of fun to this corner in the kids' room; geometric wall tiles enliven the monochromatic children's bathroom

“We created an interior design based on a few timeless materials that provide a calming range of colours and textures,” says Puigdomènech. “We chose these colours and materials in order to allow the interiors to remain streamlined and fuss-free. This makes it easier for the owners to refresh their furnishings or transform their home in the future without having to redo the whole interior.”

COME TO LIFE

To separate the main hallway from the living room, the designers used Sail wood veneer sliding panels by Rimadesio. Signature loose furnishings used in this project include a sofa from Frigerio in the living room, and a Ribot XL teakwood table by Ethimo and a Hamp armchair by Point on the patio.

The lively Ferm Living Fruiticana wallpaper is used in the children's bedrooms; carpets from Gan Rugs and Ferm Living add a plushness to the otherwise minimalist look. An assortment of stylish illumination options from Flos, Santa & Cole, Marset and CTO Lighting is used as accent pieces, which also contributes to the warm and welcoming atmosphere of the abode.

Altogether, the designers have created an interior that's elegant, timeless and clutter-free. The project took three years to complete, but the result makes the time and effort evidently worthwhile. “Everything was made to measure, such as the scale and the bar, which is different on each floor although it follows the same characteristics,” says Puigdomènech. Adds Ribé: “It's a house that invites you to enjoy its exterior and to share it with friends.”

