

Brilliant BEDROOMS

Shereen Lurie shares the latest lighting, bedding and décor trends for a sumptuous and stylish bedroom

Having a luxurious bedroom to retreat to at the end of the day is one of life's greatest pleasures. As the one space where you can completely relax and unwind, it is important to transform it into an area that looks stylish and supports a restful night's sleep.

CREATING A SANCTUARY

There are a combination of elements that work together to create a luxe bedroom. Susan Kemp, Sloom art director and Rudo Kemp, Sloom founder, say these include a luxury bed – the focal point of a bedroom, top-quality, pure linen, and lighting. Riaan Strydom, Sealy brand executive, adds wallpaper and furniture to the list of requirements. Strydom believes that a serene environment starts by cleaning out clutter and reminders of work. By keeping your room well organised, decluttering your bedside tables and cabinets and removing unnecessary furniture you will have a room that prioritises function as well as aesthetics.



Audi Snýman, owner of Audi Snýman Interior Design, finds that there is little to beat a tall, beautifully upholstered velvet headboard framing a high, comfortable bed (the biggest that you can fit into the space). "The bed should be properly dressed using soft-to-the-touch cushions and a throw – the colours of which can be picked up again in your loose rugs. This luxurious atmosphere can be enhanced with ambient lighting and a seating arrangement comprising comfortable chairs or a sofa." Elisha Annandale, owner of Décor Identity, believes that an emphasis on layering

will make your bedroom comfy and glamorous. "Your bedding needs to be plush and luxurious. Having scatters and throws will also create interest and provide warmth."

LUXURIOUS LIGHTING

As with most rooms in the home, you need to layer lighting in the bedroom. Kelly Klopper, Eurolux brand manager, says ambient lighting provides general illumination which is needed for one to move about the room comfortably and safely. "Fixtures that typically

offer ambient lighting in the bedroom are flush-mount ceiling lights, pendants, and chandeliers. Task lighting is required for activities that require focused light, especially next to the bed. Table lamps and wall scones flanking the bed will provide illumination for reading, as will low-suspended pendants. Accent lighting in the bedroom will give the space dimension and make it feel more interesting. Accent lighting is used to highlight certain features or objects. In the bedroom, this could be picture lights, tilted downlights, and spotlights." Kemp adds >



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that dimmer lights are always a fantastic option for the bedroom as they offer flexibility.

Lighting should never overpower the room but rather set a warm tone. Strydom recommends you consider adding accent lights to create subtle bright spots, adding to the ambience and calm feel of the room. "Also remember our bodies naturally follow a dark-light cycle, which means if too much external light comes into your room, your sleep will be affected. Invest in good-quality blackout curtains to help you sleep longer and deeper, especially in summer."

In addition to artificial lighting, candles work well in the bedroom. Gift Mazibuko, @home bed and bath senior

buyer, says if you want to meditate, then candles of various heights and sizes set on a beautiful metal or glass tray will do just the trick. Cheryl Herweg, owner of Changing Spaces Interior Design, adds that soft lighting in the form of candles or a fireplace instantly creates a relaxing ambience in a bedroom. "Scented candles are a must."

SELECTING A MATTRESS

Herweg's top tip for purchasing mattresses is to choose the best-quality mattress you can afford. "This is of paramount importance for a restful night's sleep." Strydom agrees. "Get the foundation right. Nothing beats a good-quality comfortable mattress. When choosing a mattress, ensure you have your mind set on the long-term benefits it can offer you. There is no one-size-fits-all approach when it comes to picking the best support mattress. We each have different sleep patterns, different physiques and vast preferences so take time to do your research and test different comfort options that best suit you.

"When testing a mattress in-store ensure you wear comfortable clothes that allow you to try different sleep positions for at least 10 to 15 minutes."

When choosing your mattress, Kemp says the following

"Considering the importance of sleep and how it impacts the quality of our lifestyles, investing in a good mattress goes without saying." – Susan Kemp and Rudo Kemp

are what you need to consider: guarantee and warranty, weight limit, type of foam, motion transfer, comfort preference, and last but not least, value for money. "Each one of these is an indicator of the quality of a mattress. The weight limit is usually an excellent indicator. Higher-quality materials can hold more weight. Another good indication of the bed's quality is the service warranty the manufacturer is prepared to give. Entry-level mattresses start with a five-year service warranty, if any, and go up from there. Top-of-the-range beds typically come with a 20- to 25-year service warranty. Different sleeping styles require different types of firmness. Everyone's financial situation is unique, but a better perception of a bed's value in one's life could help one decide effectively. Considering the importance of sleep and how it impacts the quality of our lifestyles, investing in a good mattress goes without saying."

LUXURIOUS LINENS

The ultimate indulgence is top-quality bed linens. Mazibuko says if you are discerning about your fabrics you can opt for either cotton percale with its crisp and matt look, or splash out on luxurious Egyptian cotton. Kemp recommends bedding with a thread count higher than 300, and then, the more natural and purer the textile, the better. "White linen is perfect because you can dress your bed up with scatter cushions to add a personal touch and some colour



Sealy

"Add colour with a wallpaper feature wall, accessories or art. But always remember to create a space to relax in and enjoy."

– Elisha Annandale

to your bedroom. White covers make it easy to change your bedroom's look for different seasons or when you feel like a change." Annandale is also a fan of white linen: "White sheets are still my favourite colour to use as it always reflects clean and neat."

Strydom believes it is imperative to invest in a mattress protector. "Stains are hard to remove and may void the warranty of your mattress. Good mattress and pillow protectors are invaluable additions to your bedding collection. Also purchase sheets that are not only durable but make you feel comfortable too."

According to Kemp, luxury throws are also a great way to cosy up your bed, and you can change it up for winter and summer. "Think thick fur for winter (really on-trend) and then cooler linen throws that star one of your accent colours." 🏠

With thanks to @home, Audi Snýman Interior Design, Changing Spaces, Décor Identity, Eurolux, Sealy and Sloom

TOP TRENDS IN THE BEDROOM

Mazibuko: "Jewel or bold colours in bed linen remain a big trend – think ochre, emerald green and deep clay. How you layer these colours is equally important as featuring the colours i.e. ochre or emerald green bed linen layered with charcoal sheeting provide a beautiful and bold modern look."

Snýman: "The bedroom should be an inviting space and support your mental well-being through the five senses. I like to incorporate fresh fragrance, introduced via linen mist or sweet-smelling roses or lilies."

Kemp: "There's been a big shift towards creating bedrooms that are 'unplugged' – with less or no place for devices to be plugged in to tempt you into being online. With this movement, the décor trend is moving towards the use of more natural materials and textures as opposed to high-patterned and geometrical prints and focus on colour."



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