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REVAMP THE BEDROOM

Want to refresh your bedroom? These fixes for common decorating mistakes will give you sweet dreams.

1 THE RIGHT RUG

Stepping onto a soft rug first thing in the morning should be a year-round pleasure, and that's especially true in winter if you've got cold-on-the-toes hardwood, laminate, vinyl or tile floors. Don't skimp by buying a too-small rug; ensure it extends beyond both sides and the end of the bed by at least one foot – or, ideally, two to three feet. That will do the trick and allow for at least two steps of softness. Nightstands should either sit fully on the rug or the rug should start a foot or so down from the head of the bed so the nightstand sits on the bare floor. The goal is to ensure that the nightstand is flush on the floor or rug and not teetering or imbalanced. If space is tight, opt for smaller throw rugs on both sides of the bed.



2 MIX & MATCH

Don't buy a matchy-matchy suite of furniture. That's a recipe for a one-note decor where nothing stands out. Instead, start by finding the bed of your dreams. What material appeals to you? A wood frame, an upholstered headboard, or a platform bed? And what style do you love? Next, choose bedside tables. Look for something that complements the frame/headboard, but perhaps in a different colour or

material. If you've got room for a dresser or chest of drawers, find something that echoes the style but is unique. **TIP** Mixing wood tones isn't a no-no, but do it right. Consider the largest wood piece as the room's dominant wood tone. Is it a warm or cool hue? Stick to that "temperature" when choosing additional wood elements, but feel free to contrast light and dark woods in the same "temperature zone."



3 LIGHT PLAY

Bedrooms evoke ideas of rest, tranquility and soft lighting, but, in reality, they're multi-functional spaces where we need light for activities like reading and getting dressed. While ceiling lights can be great for certain times of the day or for particular functions, relying only on light from above can leave a room feeling flat and uninviting. A layered lighting plan (ambient, task and accent sources) includes pendants, floor lamps, sconces and bedside lamps, and lets you play with intensity and mood. Task lighting, like bedside lamps and sconces, offers a focused glow that's perfect for late-night reading and gives a softer light, which encourages relaxation. For an extra layer, incorporate fun accent lighting like fairy lights for a whimsical feel, or LED strips under the bed, along with moulding or on the ceiling.



4 POWER OF SCALE

Do choose bedside tables that are in proportion to your bed and headboard. A wide headboard and large bed call for substantial nightstands that make a statement, while a narrower bed without a headboard works beautifully with more delicate or even wall-mounted designs. Crucially, consider height: ensure the top of the night table aligns perfectly with the top of the mattress.



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5 COLOUR PSYCHOLOGY

Do choose tranquil colours for a restful mood. While "wrong colour" might be a bit harsh when it comes to selecting paint for a bedroom – after all, everyone has their preferences – softer, more soothing hues are preferred. You can always add vibrant accents for a pop of personality, but for the walls, consider serene shades like creamy whites, powder blues or sage greens. These choices will create a calming accent.