

Autumn the good, the bad and the beautiful....

Autumn is the time of year when we face up to the coming winter and say a sad Farewell to summer. It is a time of changing colours and stunning sunsets, a great time to get out walking or busy in the garden.

Along with the spring, I feel nature is at its most spectacular over autumn. As nature prepares for winter, we (along with all creatures) need to do so too. While we humans don't have the good Sense to hibernate, we can look forward to cosy evenings by the fire.



The colours of autumn never fail to inspire –we all love the rusts, reds, golds and yellow/greens of this season- and Scotland puts on a fabulous display. These are great colours to us in the home- Particularly in the living areas, halls and dining rooms. Check out ideas via the Room Categories on www.sandralawsoninteriors.co.uk. Studies have shown that rooms in any of the colours listed above can actually make people feel warmer – how is that for saving on heating!?



However you don't have to re-decorate- a few chosen accessories will give you that warm, cosy look and feel. Throws, rugs, cushions and candles all make a big contribution to the winter home. This year try adding deep purple to reds and rusts, petrol blues or olive greens to creams and golds for truly inspiring autumn colour schemes. Try Buttercream, Ivory, Teal Tension, Overtly Olive, Mulberry Burst, Roasted Red, Tuscan Terracotta or Bamboo – all paint colours from Dulux and available through Sandra Lawson Interiors. Remember design advice on combing these colours for your home is available FOC when you buy the paints from me.

Back to the warming touches – throws for sofas and beds can really make a visual and temperature difference. Fleece throws are available in a myriad of shades and are a cheap, cheerful and practical option for kids and teenagers rooms and family/TV rooms.

However luxurious throws in wool, faux furs and chenilles work beautifully in the lounge. Padded silk bedthrows just shout luxury and comfort as well as keeping you warm. A made-to-order throw will last for years and become a bit of an heirloom. At www.sandralawsoninteriors.co.uk there is an impressive array of silks, velvets and a satins available to choose from so treat yourself to a unique throw and glam warmth for years to come.



Good lighting is essential for the darker months and also help to warm our interior spaces. Low level lamps on side tables create a warming glow to lounges, halls and bedrooms. Use low energy bulbs to keep the lights on but the cost down. For safety make sure there is a high level of light available for areas such as halls, stairs, landings and kitchens. Lighting is not easy to get right with a large array of lamps and fittings available -not to mention the ever-changing light bulb shapes/sizes/types that our

politicians and eurocrats revel in interfering with!! For advice and help with lighting choices give me a call and check out the "lamps" section of my website for ideas.

The glow, and aroma, from scented candles I feel are a must for those winter evenings. Choose a scent that befits the season (cinnamon, apples, nutmeg or cranberries), or a scent that reminds you of summer (rose, lavender or lily of the valley). DIY stores and supermarkets often have a good selection of candles at modest cost.

Borrowing light is a trick to help overcome the lack of daylight through the autumn and winter. Using mirrors to reflect the available natural light is a great method to beat the shorter days. Mirrors will of course also maximise artificial lighting as well, so position them opposite a window or above a lamp to double the light value. Do however pay attention to what else a mirror may be reflecting! Who wants to see double on clutter/TV screen/blank wall/bathroom door etc?!

Another good light maximising trick is to have a feature wall papered in a metallic/reflective wallcovering. I have a great selection of wallpaper pattern books to choose from so give me a call for a home consultation on 0131 558 7441. I will bring the pattern books to your home so that you can see the effect for yourself! Check out my website wallcoverings section for ideas www.sandralawsoninteriors.co.uk.



Halls The entrance and hall take a bashing from family life and never more so that over the autumn and winter months. Hard or wood floors make cleaning off the muddy paw/foot prints easier as well as being hardwearing of course. Another good option for halls is Amtico or Karndean designer vinyl tiles. I work with an excellent supplier and fitter for all of these flooring options so give me a call for help choosing from the fabulous, but bewildering selections available. Try adding a runner rug to deaden the sound of footfall and give a warmer feel to the hall and landing. An attractive lamp on a console or chest of drawers will ensure that the right impression is created for your hall and ensure at least a low level of light is available from the lamp. Low energy bulbs mean that a lamp can be left on all evening in halls and landings for safety.

A great help for keeping out the draughts is to have a lined curtain made for across the front door. The cost of this will easily be recouped in saved energy. The curtain can be taken down over the spring and summer months to make the most of the daylight of course.

This brings me neatly to my next subject – the insulating benefits of

Curtains.

A beautiful pair of curtains will look stylish and do a fabulous job of keeping out the draughts/cold air and keeping in the heat. Even if you have double glazing, the cold glass soaks up the warm air resulting in a drop in room temperature. If you have tall Georgian sashes, a Victorian bay or patio doors you will soon notice the cooler air detracting from the cosiness of a room **SO CURTAIN IT!** Save on heating bills, improve the look and value of your home. If curtains are not your thing, then opt for interlined roman blinds instead. Believe me you will never be wasting money by ordering made-to-measure interlined curtains or blinds- the will give you years of service and save money in the long term. Remember too that full-length curtains can be taken with you if you move house and used again (and again).

Try warming wool plaids, crushed velvets, chenilles, tapestry fabrics or plain woven cottons – all warm but timeless and classic. I have an extensive range of fabrics from all the main design houses available – check out my website Soft Furnishings section for list of suppliers stocked www.sandralawsoninteriors.co.uk. Alternatively call me on 0131 558 7441 for a free measure and curtain quote.



Finally while we are all sitting cosy in our winter-proof homes, we start to think of and plan a summer holiday. Why not add a few touches from exotic far-off locations or cultures to inspire or remind you of summers past and future? Accessories with a hint of Africa, Southern America, The Far East etc are now available to buy without travelling further than the High Street (of course it doesn't beat going to these locations but.....). These items give your home an inspired decorative touch to sustain you through the winter months.



The following are credited with images or products mentioned in this news letter:- Harlequin, Amtico, Kardean, Villa Nova, Mulberry, Prestigious and, Dulux. Also thanks to my clients whose interiors may be featured.

My next **Interiors Newsletter** will be for the *festive season*, so see you then..... **Sandra**

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