



HEDGEROE

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ESTABLISHING A SANCTUARY

The run-up to Christmas can be a hectic time. Make your bedroom a haven to escape to this winter, with warming textures, flickering candles, and a calm space that's all your own.

COMPILED BY LAUREN HESKIN



LAMB DESIGN

1

Begin with the spot where you'll spend most of your time – tucked up in bed. "It's recommended you **REPLACE YOUR MATTRESS** every 7-10 years," advises Peter Flanagan of Flanagan Kerins. With a number of excellent Irish mattress options available, it all comes down to firmness. "Pocket springs, while more expensive than open coils, will mould better to your body. Memory foam is supportive and pressure relieving, but can cause overheating if you're prone to it." For the **HEADBOARD**, consider something soft you can comfortably prop yourself up against with a cup of tea. "Velvet fabrics will create a textured statement," says Louise Higgins of Perfect Headboards. "However, **LINEN** has become another popular choice for an understated, relaxed vibe, and a mixed blend will add depth to your bedroom scheme."

2



"Nothing creates an ambience like a beautifully **SCENTED CANDLE**," says Alix Mulholland from Field Apothecary, "from the evocative fragrance it casts to the gentle flicker of the candle." Avoid sweet scents that hark back to summer days, and opt for comforting winter notes like wood and spice. "With essential oils of Baie rose and incense, rock rose and cedar, amber and musk, vetiver, patchouli and vanilla, the Peat candle is such a soothing scent." Peat candle, €35.

3

It's a fine line between a calm bedroom and a sparse one.

LAYER up your **FABRICS AND TEXTURES** for a cosy effect, advises Rebecca Roe of Hedgeroe Home. "Pairing plantation shutters and curtains together gives a real sense of sanctuary and richness." Textured cushions and throws will also add warmth during winter, like this Tribal Zebra Stripe cushion, €32 from Hedgeroe Home.



4

Add some **PLANTS** to your bedroom, like aloe vera and spider plants, which require minimal maintenance and are excellent air purifiers. Mark Grehan from The Garden in Powerscourt Townhouse suggests philodendrons or ferns, which will offer beautiful texture and their flowing nature will imbue the space with a sense of calm.





A NEW LIGHT A modern update on the classic candlestick, this brass and stoneware Around Candle Holder, €85, from Ferm Living is perfect for a reading of *A Christmas Carol*. fermliving.com

TIPPLE TIME From the right glassware to the liqueur you shouldn't be without, create a statement cocktail collection this festive season with Vanessa Dina's styling and recipe guide, *The Art of the Bar Cart*, €19, from Chronicle Books.



ECO ADORNMENTS THESE REFLECTIVE BAUBLES OF RECYCLED GLASS WILL LOOK BEAUTIFUL HUNG ON ANY BOUGH THIS FESTIVE SEASON. AROUND €20 FOR A SET OF FOUR. rowenandwren.co.uk

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EVERYDAY LINEN With 360 shades of brushed cotton and linen blend, the Linara collection by Romo (from €52 per metre) is a spectrum of versatility. Washable and extremely durable, the collection is the perfect base for any cosy home. kevinkellyinteriors.ie

OLIVE THAT As we prepare to throw a blanket over just about everything from now until February (sigh), our days are brightened by Paulette Rollo's reversible lambswool blankets now available at Hedgeroe Home. Wrap up in this warm olive and brown number, €250. hedgeroe.com



playtime Pull out the Nordic-style children's party decorations because Industry & Co is opening its new kids' concept store, Barn. Stocking a variety of effortlessly sweet children's clothing, accessories and, of course, homeware, Barn has also collaborated with AB Projects for an exclusive furniture range, including toy boxes, tables, desks, and storage. Pop by the new Exchequer Street shop for some childlike exploration. industryandco.com