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BEDROOM STYLE

Rest & Refresh

The way you start and end each day clearly impacts your mood, so designer *CINDY RINFRET* suggests paying close attention to the bedroom. "A soothing color palette, beautiful patterns and a luxurious, soft rug are all important components for a bedroom that feels like a sanctuary," she says. "I love a hand-painted Gracie wallpaper in a bedroom to create a truly magical, dreamy ambiance." Beautiful window panels bring a sense of warmth and relate the design of the bed to the rest of the room.

For an instant update add fresh cut flowers, scented candles and new pillows. The bedside tables should have ample storage so it's easy to keep them clean and uncluttered. Curating the nightstand is important to creating a beautiful first and last impression each day. Keep the space pared down to flowers, a book, a lamp and one or two special accessories. For the linens, details such as embroidered pillows and contrasting welting on upholstery add dimension, Cindy says. On the floor she recommends a silk rug. "There is nothing more pleasing than having your first step of the day feel comforting."

