

# The ENGLISH HOME

2022  
Spring  
Edit

*Celebrating the essence of English style*

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## THE NEW CLASSIC

Irresistible style updates for timeless interiors

### Blissful bedrooms

Designs for the  
best night's sleep

### Easter tablescapes

Set the scene for  
celebrations  
to remember

### SPRING REFRESH

New season fabric &  
wallpaper collections

### EXPERT GUIDES

- Custom-made designs
- Growing tulips for pots & borders

## HERITAGE HOMES

From a magnificent ancestral hall to a colourful Victorian townhouse





# Bedded Bliss

Ensure the best night's sleep possible with soothing, stylish decor, a comfortable bed and cossetting, sustainable soft furnishings and accessories



**T**he desire for a good night's sleep should be the requisite behind every bedroom design. Mattresses that provide the right level of support for the neck and head, combined with pillows and duvets made from sustainable materials, should be the foundation for quality rest and relaxation.

Take a cue from timeless looks and combine beautiful shades of colour, furniture designs and accessories to give the bedroom a seasonal refresh. Be inspired by the calming effect of soft neutrals, the reassuring charm of classic heritage designs or the fanciful exuberance of a romantic style and prepare to dress the bedroom with finesse. ►

**ABOVE** No2 The Icon Felix bed, £32,270, Savoir Beds. Headboard, Malmo linen, £250 a metre; Cream Wool Waffle bedspread, £891; Linen/Wool Bouclé cushion (*far left*), £231; bespoke cushions made using (*from left*): Hoxton Linen £180 a metre, Malmo Linen £250 a metre and Hunter linen, £225 a metre; curtains, Cricket linen, £145 a metre, all de Le Cuona



# Calm

Create an environment conducive to good sleep and relaxation with colours, textures and materials that are calming to behold.

White is often seen as a safe option for walls, bedding and accessories, but its ability to induce a sense of order on the senses means it is an excellent choice for creating a welcoming sanctuary to retreat to at the end of the day. To maximise the effect, use a palette of off-whites and pale neutrals in rooms that are blessed with natural light, ensuring, of course, that windows are sufficiently covered for blocking out any light at night. As Dr Rebecca Robbins, Savoir Beds sleep expert, points out, "Whereas bright light wakes us up, darkness is what allows the sleep-inducing hormone melatonin to secrete in the brain, so ensure your curtains can close and your bedroom can be completely dark when you are attempting to sleep."

Natural materials also have a calming effect, so source furniture and accessories in pale oak, ash or whitewashed pine. Rustic-style benches, side tables and baskets provide a relaxed, summer coastal-style bedroom that is light and airy. Use bedlinen and accessories to add hints of soft colour and for a seasonal update. Pale aqua, duck egg and blush pink will feel refreshing in a predominantly white bedroom, whereas darker, muted lilacs, soft greys and taupes will add warmth in the cooler months.

Introduce subtle decorative detail with a simple pattern such as a utilitarian or nautical stripe or a contrasting trim. Even a textured white throw or a knitted cellular blanket will add interest yet keep the look light, bright and beautiful without being visually overbearing. ▶

TOP Hatton 3 Pendant £315, Original BTC  
RIGHT Osaka seagrass storage baskets small £85, large £95, Ella James  
FAR RIGHT Axel cream rug £499, Danetti



ABOVE Charlie headboard, from £1,110, Ardel linen bedspread, large, £370, all other products Neptune



LEFT Natural oak Teramo two-door wardrobe £1,780, Ercol

RIGHT Emilia double bed in Alabaster brushed linen cotton, £860; Taylor side table, £290; Ecclestone scatter cushion in Millennial Pink, £35; Ecclestone scatter cushion in Cornish Fudge, £35, all [Sofa.com](http://Sofa.com)



ABOVE Natural Ticking Stripe linen bedding bundle with double duvet, two pillowcases and white linen fitted sheet, £224, Chalk Pink Linen Company



ABOVE Lana Dressing Table II in European Oak, £5,380, Pinch Design



LEFT From top: Bexley Stripe cushion cover, £35; Somerton Oxford pillowcase, £25; Selby throw, £140; Bexley Stripe bedspread, £140, Burnham bench, £325, all The White Company  
BELOW Bedroom designed by Albion Nord



Lime-washed Parquet chest of drawers, £695, Cox and Cox



ABOVE Rose Blush Pink Merino throw, £132, Tolly McRae

