

DESIGN SENSE

Prepare your home for fall with these decor tips



Metallic tones such as brushed gold and antique brass are found naturally in nature and can add warmth to your living space. Photo courtesy of Laura Stein Interiors.

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Special to QMI Agency

As the days get shorter and the weather cooler, spending time indoors begins to hold greater appeal. Toronto interior designer Laura Stein says changing home décor with the seasons helps you to connect with Mother Nature's transformations.

While summer décor may have tended toward bright colours and light, breathable fabrics to cool you down from the intense heat of summer; the start of autumn signals a return to the earth with rich, warm tones and heavy layers to create a warm, comfortable atmosphere indoors.

"It's important to be in tuned what your body needs and what your psyche needs [in each season] and to nurture that in your home," says Stein.

Follow these five tips and transform your home into a cozy fall retreat.

Layer Textiles

Just as you layer your clothing in the fall to preserve heat, Stein says layering textures and patterns in your home décor is an easy way to create warmth in your abode. "The more sparse [a room is], the less cozy it feels," says Stein.

Add pillows in soft fabrics and a woven throw blanket over the back of your sofa or the end of the bed that make you want to curl up and snuggle on a cold, blistery day. "Things that have really nice knits or woven textures add a lot of warmth," says Stein. An area rug not only keeps your feet toasty but is an easy way to bring in another design element to add pattern and colour, making the space feel even more comfortable on colder days.

Colour with accessories

Accessories are a great way to introduce colour to the room without having to paint the walls. Stein says accessories and accent furniture in metallic tones such as brushed gold and antique brass are trending this fall for their ability to instantly add warmth to a space. Along with the typical fall colours of golden yellows and orange, the same colours that were popular earlier in the year — emerald green and blue — are still trending in the fall, but Stein says they're richer and more sophisticated to complement the colours of the season. "Orange really goes nicely with the blues and greens," says Stein.

Play with greenery

Just because your garden roses are in hibernation doesn't mean you can't have flowers indoors.

Bright coloured flowers can uplift your mood and make your home feel fresh and lively. "Having those fresh bits of green and life in your house throughout the colder months helps to keep those winter blahs away," says Stein.

Bring the outdoors in

Instead of flowers, add a few branches with beautiful coloured autumn leaves to a vase. Gourds and pinecones adorning your fireplace mantle or dining room table can give your home a rustic feel and help you get in touch with the emotions of the season.

Set the mood with lighting

As the daylight hours shorten, interior lighting is required to supplement the loss of natural light in your home. Stein recommends layering lighting, incorporating three or four types of lighting into each room from overhead chandeliers to table and floor lamps, under-counter lighting in the kitchen and task lighting in an office or over a kitchen island. "Having different levels of lighting creates mood and lets you control what that mood is going to be," she says. For maximum mood control, replace your regular light switches with dimmers.



PHOTO COURTESY OF LAURA STEIN INTERIORS.

Layer textiles to create a cozy look for fall using pillows, throw blankets and a patterned rug.



Fall Preview