

# Bring sexy back to the master bedroom



PHOTO: SUBMITTED

The use of colour and texture in the master bedroom will help create an atmosphere of relaxation and romance



Dara Wyton

ours that excite you, soothe you, or that you just plain love. Try for a more muted scheme with accents of brighter tones. This will keep the mood intimate but exciting. Don't just think about paint colours but also about fab-

rics for luxurious drapes, bedding, and pillows. And it's time to banish the television—we don't need to be reminded that there's a hockey game on! Now adjust the lighting, because bright overhead lights do not scream

Okay, men, this one's for you! If you want to bring romance back into the bedroom, then it's time to set the stage.

Time and time again I have seen the master bedroom become a dumping ground, a storage room, or a forgotten, unloved room. The master bedroom should be a room for relaxation and romance. Reclaim the bedroom as a sanctuary for yourselves. This can be achieved in many different ways, ranging from a full bedroom renovation to just a small makeover.

First, think about colours—col-

romance. Install a dimmer switch to the main light or bring in table lamps, floor lamps, or candles—anything that casts a more delicious glow and throws shadows around the room.

What makes sleeping in a hotel so sexy? It's the soft, crisp, easy-to-slide-between sheets. The best sheets you can buy are crisp 100 per cent cotton with at least a 250-thread count. Reflect the romance! Mirrors can go a long way toward creating an inviting atmosphere, and I don't mean mirrors on the ceiling! A mirror across from a window will reflect light around the room during the day, and in the evening it will reflect the sparkle from a beautiful chandelier or the glow from a candle. Strategically placed, a mirror adds a sexy twinkle to the room.

Everyone needs a little drama in the bedroom. A well-chosen,

striking, and prominently-placed bit of eye candy can spice up your bedroom faster than a truckload of oysters. Think bold, sexy colours and prints, like one wall painted your favourite dramatic shade or some gossip-provoking wallpaper.

Setting the stage is easy but there are still some don'ts everyone should remember. Don't ever use '80s inspired satin sheets—unless you want to slip off the bed! Don't install mirrors on the ceiling (worth repeating). Don't keep your exercise equipment in the bedroom—no one needs reminding that they need to lose weight. And finally, don't bring work, bills, laundry, pesky pets, or stress into the bedroom with you. ■

Contact Dara Wyton Design for a design consultation: 604-989-4000 or [www.darawyton.com](http://www.darawyton.com)