

HOMESTEAD

HOMES & INTERIORS FOR THE HAM & HIGH AREA



ISSUE X

PICTURE: JD WILLIAMS HOME



The GOODNESSES of GREENNERGY

Open rooms up to the outdoors with large glass patio doors, recommends Absolute's Jo Sampson

North London designers offer tips on how to continue reaping the benefits of nature in the colder months *By Blyth Brentnall*

WHEN THE NIGHTS DRAW *in and it gets colder, you're less likely to want to step outside. In a city, where you already have limited exposure to nature, there are various possibilities for continuing to enjoy a little greenery from the warmth of your home. We spoke to three designers to hear how they like to incorporate nature into their designs.*

BIOPHILIC BENEFITS

JO SAMPSON AT ABSOLUTE'S *interior design team in Barnsbury, explains how to open up your interior to your outdoor space.*

As well as looking lovely, biophilic design, involving plants and nature, has a positive impact on our happiness and wellbeing by improving air quality and supporting our circadian rhythms, which results in better sleep.

You can achieve this in a way that benefits you all year round by creating views you can enjoy from inside with large, minimally framed, patio doors. To keep it joyful and attractive use bright outdoor furniture, striking feature walls and work with a gardener to design a planting scheme that looks good all year round.

A cleverly placed mirror will amplify the impact of your outdoor and indoor greenery, as well as reflecting natural light.

You can also reap the benefits of nature indoors by adopting other principles of biophilic design, such as the use of natural materials and patterns.

Our previous interior designs have featured full-width patio doors in an open plan extension, making the outdoor space a real feature throughout the design.

One Earl's Court property we designed made maximal use of the small patio space with large patio doors, a beautifully lit feature wall and miniature rockery garden. In another project we used well-placed mirrors and trailing houseplants to create a warm and welcoming space.

absoluteprojectmanagement.com



Designer Roselind Wilson recommends indoor plants to create a relaxing space

NATURAL HARMONY

QUEEN'S PARK DESIGNER ROSELIND Wilson offers tips for mimicking nature indoors without the need for gardening skills.

The stress and urgency of our day-to-day lives, with deadlines and to-do lists disappear when we surround ourselves with the beauty and tranquillity of nature.

Adding plants or flowers into your indoor space is one of the best (and easiest) ways to bring greenery into the home. However, try to be creative with your approach. If your space is compact consider hanging plants or if you are short on time for maintenance or just don't have a green finger, consider faux greenery. Faux plants and flowers for the home have seen a massive rise in popularity recently. They last longer and there is much less maintenance. In our Eaton Mews North residential project in Belgravia, we incorporated a faux living wall in the basement kitchen and dining area to give the effect of natural light and create a green, natural space.

roselindwilsondesign.com



PICTURE: RICHARD WAITE

An artificial wall opens up the space in this design by Roselind Wilson



PICTURE: CUCKOOLAND.COM

PICTURE: NATALAN HOMEWARE AW19

Garden Igloo 360 Dome with Weatherproof Cover, £849, cuckooland.com

OUT IN ALL ELEMENTS

MANAGING DIRECTOR OF STUART Garden Architecture Paul Thomas recommends creating a warm space outdoors.

A comfortable insulated outdoor room with heating lets you enjoy the garden all year round. Together with some well sited lighting it can make a nice focal point for the garden, casting shadows in the shapes of the plants around you. A glass roof or skylight can provide a view of the night's sky which can be atmospheric and creates a peaceful haven to enjoy candlelit dinners and relax.

For our projects we construct a wide range of trelliswork, landscape structures and bespoke garden features. These both provide shelter and are made in premium hardwood, which introduces warm colours that tend to give outdoor spaces a cosier feel.

stuartgarden.com