



# Interior Inspirations

## Your Own Winter Haven

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With the cold of winter so arrives the hustle and bustle of the holiday season. It's a joyous time of year spent making memories with family and friends; however, it can also be a time of stress, fatigue and frustration. I know at one time or another we've all spent many hours at the mall with tired feet and weary arms. Finding the perfect gift at a great price is not all it's cracked up to be as the television commercials show. Don't get me wrong; I love the holiday season, but it's always such a nice feeling to walk into my warm and comfortable home after shopping amongst the crowds. My home is my haven, a retreat from the world outside.

So this winter, I ask you this: Do you truly enjoy your home? Is it comfortable? Does it represent you and your style? Do you need to create more space? Do you feel like your "stuff" is caving in on you? Do you already have cabin fever and find your home to be a place of distress versus rest?

If so, this year, take some time to think about what changes you would like to make in your home. Create a wish list. If money weren't an object (how nice that would be!), what would be on your list? Once you've got your list complete, go back and see what's doable and begin to prioritize each item. Determine a

timeline for completing each project and a budget.

This issue focuses on creating a bedroom that represents a haven within your home. We all need a space to get away from everyday stresses of work, the kids, the phone ringing, etc.- a place where we can truly relax and call our own; a sleep sanctuary, if you will.

Do you look at your bedroom and say to yourself "I don't know where to start! It's just too overwhelming, so I haven't done a thing!" Well, believe me if you are saying this to yourself, you're not alone. Often our bedrooms become the "catch all" room. You may have a pile of magazines that "someday" you are going to read. Or maybe you have a routine of paying the bills while sitting in bed and watching TV, so you have a constant flow of paperwork surrounding you. (I don't recommend carrying out this task in the bedroom, by the way!) Are there clothes everywhere but in the closet? Can you see the top of the dresser? You may be chuckling by now, but believe me, I understand. Been there, done that, and now creating my own bedroom haven this winter!

Need some help this winter creating the bedroom of your dreams? I'd love to help!

Happy Holidays & Sweet Dreams,

### Dragonfly Interiors

Heidi Caron-Guay  
41 Ash Street  
Rehoboth, MA 02769  
508-252-4525  
Fax: 508-252-4525  
[www.dragonflyinteriors.net](http://www.dragonflyinteriors.net)

## Did You Know?

I am now offering home staging services. Are you preparing to sell your home in the future? Do you want to showcase your home in its best light? Do you know any real estate agents who are looking to sell their listings for top dollar in a short amount of time? I can help!

## Reader Resources

Looking for a professional with an exceptional reputation? Tired of taking chances with someone you found in the Yellow Pages? Below is a list of highly recommended professionals that I have personally worked or networked with. Looking for a profession that isn't listed here? I'd be happy to help you find the person who suits your need.

- ♦ Financial Planning: Edward Jones Investments, Colette Stukas, 508-222-7105
- ♦ Real Estate: Re/ Max Real Estate Center, Foxboro, MA, Lori Rudd, 508-543-3922, [www.LoriRudd.com](http://www.LoriRudd.com)
- ♦ Insurance: Cavallo & Signoriello Insurance Agency, Mansfield, MA, Mary Steeb, 508-339-2951, [msteeb@onceanddone.com](mailto:msteeb@onceanddone.com)
- ♦ Administrative Solutions: Officebees, Inc., Teresa Rizzo, 508-543-6388, [www.officebees.com](http://www.officebees.com)
- ♦ Marketing Services (traditional & Internet): USA Marketing Assoc., Jim Conant, 508-223-3653, [www.usamarketingassociates.com](http://www.usamarketingassociates.com)

Look for more great resources in the next issue!

## Creating A Restful Retreat



Did you know that 50% of Americans have trouble sleeping? Are you one of them? Designing your bedroom with rest and relaxation in mind is especially important. Here are some tips on how to create a place for a good night's rest.

- \* **Calming Color**: Restful hues of blues and greens as well as neutrals and gentle earth tones, are good choices. Deep rich colors such as chocolate and eggplant are not off limits, but be sure to choose colors that are on the warm and cozy side of the spectrum. Avoid stimulating colors such as bright yellow, vibrant red, etc.
- \* **Pillow Talk**: Replace synthetic pillows at least every three years and natural pillows every seven years. Generally speaking, a medium pillow is best for those who sleep on their back, a firm pillow if you are a side sleeper, and a soft pillow for those who love to sleep on their stomach. Buckwheat pillows are also great for providing proper support.
- \* **Once Upon a Mattress**: Be sure to rotate your mattress every few months to ensure it wears evenly. If your mattress is more than seven years old, it's probably not giving you the proper support. Look for a mattress with a coil count above 375 and a coil thickness of 13 or less (the lower the number, the thicker the coil).
- \* **Clean & Simple**: If there is too much going on in the room, it won't feel restful. A clutter-free bedroom means a clutter-free mind. Get rid of items associated with work and the reminders of everyday life. Keep it simple.
- \* **Sheets That Are a Treat**: 100% cotton is the way to go (see *Lowdown on Linens* on page 3). Avoid polyester, satin and fleece sheets which tend to trap heat and moisture.
- \* **Touchable Texture**: Your bedroom is the place for luxe and sensual. Textures from a cashmere throw to a suede headboard, to a fluffy area rug add that wonderful tactile experience that elicits a sense of comfort.

## Lowdown on Linens

We all love that feeling of sliding between soft, luxurious sheets on a cold winter night. But what sort of things should you look for when shopping for quality linens?

- **Thread count:** This means the number of threads per square inch and is often used as a guide when choosing linens. Usually, the higher the count, the softer and more luxurious the linens. However, thread count shouldn't be the only thing to look for. Be sure to consider the variety and quality of the cotton itself.
- **Egyptian cotton:** This type of cotton produces a long fiber that, when woven, yields a strong, stable fabric. The sheets are soft and breathable. Egyptian cotton keeps you warm in winter and cool in the summer.
- **Percale:** Percale is a domestic cotton and is woven with shorter threads. Although Percale linens are resistant to shrinking, they are also thinner and don't last long. They may also tend to pill.
- **Pima:** Pima is the American version of Egyptian cotton. They are less expensive than the real thing. Since the fibers are shorter, they will not last as long as true Egyptian cotton.

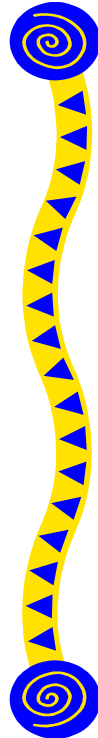
### **Consider this:**

- Bed linens should be at least 200 thread count and made of Egyptian cotton.
- Top producers of bed fabrics are Germany, Switzerland, and Italy.
- Do not use fabric softeners when washing sheets and pillowcases.



## Household Tips

- ♦ To stop wooden floors from squeaking, dust the cracks with talcum powder.
- ♦ Use a hairdryer on low heat to clean pleated lampshades.



Dear Heidi,  
From our very first meeting, you listened to my ideas, figured out what I might like, and combined those things with your experienced sense of color and design. I loved your ideas for improving the function as well as the appearance of my home. Your suggestion for switching the dining room and the family room gave us a more open and practical floor plan. I feel like I am living in a new house! And I get tons of compliments from everyone who enters my home about the colors that you picked for each room. You were also able to use many of my existing furnishings and rearrange them in such a way that enhanced my entire decor. You truly understood what I was looking for, and I am eager to have you help me with all of my additional improvements. In fact, my husband, who was initially skeptical, now prefers that I consult you in regards to every single decorating decision we make. I guess that says it all!

Colette S., North Attleboro, MA

## *Ask Heidi!*

*Q. What is the correct height for hanging artwork? I heard that a rule of thumb is 18" from the ceiling? Is this correct?*



*A. Ceiling heights vary from home to home and new homes will tend to have 9 ft. ceilings, often with cathedral areas. There are so many variables along with ceiling heights in hanging artwork properly and effectively. Are you hanging a mirror or a grouping of like items? Are you creating a wall of art with family photos? Are you positioning a piece over a sofa, table, near a lamp, etc.? Is the artwork cascading up a stairway? As you can see, there is a lot to consider. However, a quick rule of thumb for that one picture on the wall is to hang it so it is visually appealing for someone who is 5'4" to 5'6" in height.*

***"Helping others is what helps ourselves."***

***~Natalie Locke***

## Happy Holidays To:



41 Ash Street  
Rehoboth, MA 02769  
Phone: 508-252-4525  
Fax: 508-252-45245  
www.dragonflyinteriors.net

"From Concept to Completion"

- Design & Consultation
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### Bedroom Basics



- ⊗ Be sure to dress your bed for comfort.
- ⊗ If possible, do not use the bedroom as a workspace. If your desk and computer are in the bedroom, try dividing the "work area" from the "sleeping area" by using a decorative screen.
- ⊗ Customize your personal retreat with things that bring you happiness, rest, comfort, and peace.
- ⊗ Avoid placing the bed close to the door and allow for at least 2 feet on both sides of the bed for easy bed-making (don't forget to make your bed each day)!
- ⊗ Create a restful mood with candles, music, beautiful artwork and accessories. Appeal to all of the senses.

### Easy & Delicious

#### Peanut Butter Cookies



*These have got to be the easiest and moistest peanut butter cookies ever!*

*~1 cup of peanut butter (creamy or crunchy, your choice)*

*~1 egg*

*~1 cup of sugar*

*Mix all ingredients together. Add chocolate chips if desired. Form into round ball, place on ungreased cookie sheet and press with fork. Bake at 350 degrees 10-12 minutes or until lightly golden brown. Makes approx. 14-18 cookies. Serve with a tall glass of milk, and be sure to leave some for Santa!*