

# Bedroom Styling: A Guide to Creating Your Dream Space

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THE  
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# The Philosophy behind Creating Your Dream Bedroom Space

Welcome to "Bedroom Styling: A Guide to Creating Your Dream Space." Whether you're embarking on a complete bedroom makeover or simply looking to refresh your current space, this mini e-book is designed to provide you with practical, easy-to-follow advice and inspiration. Your bedroom should be a sanctuary—a place where you can retreat, relax, and rejuvenate. With the right styling techniques, you can transform it into a space that not only looks beautiful but also feels inviting and personal.

## **Why Bedroom Styling Matters**

The bedroom is one of the most important rooms in your home. It's where you begin and end each day, and it significantly impacts your mood and well-being. A well-styled bedroom can improve your quality of sleep, enhance relaxation, and provide a sense of order and tranquility. By paying attention to the details of your bedroom's design, you can create an environment that supports your lifestyle and meets your personal needs.

## **What to Expect from This Mini E-book**

This guide covers all the essential aspects of bedroom styling, from choosing a calming colour palette to selecting the right bedlinen, cushions, and throws. You'll find practical advice on picking bedside tables and lighting that complement your overall design. We'll also discuss the importance of window treatments and how to use them effectively for both style and function.

Additionally, we'll explore the added extras that bring personality and style to your space, such as artwork, rugs, and decorative elements. Each section is filled with tips and examples to inspire you and help you make informed decisions. Whether your style leans towards modern minimalism, rustic farmhouse, or coastal Hamptons, this mini e-book provides guidance that you can tailor to your unique taste.

## **My Approach to Bedroom Styling**

At the heart of this guide is the belief that style and function should go hand in hand. Your bedroom should be a reflection of your personal style while also serving its primary purpose as a restful retreat. We've curated tips that balance aesthetics with practicality, ensuring that you can maintain a stylish and functional space without feeling overwhelmed.

By the end of this mini e-book, you'll have the knowledge and inspiration to create a bedroom that is not only visually appealing but also a true haven of comfort and relaxation. Let's begin this journey together and transform your bedroom into the dream space you've always wanted.

# Colour Palette

## Relaxing and Calm Colours

Opt for soft, muted tones like pastel blues, greens, and greys for a soothing effect. Neutrals like beige, white, and taupe serve as versatile bases.

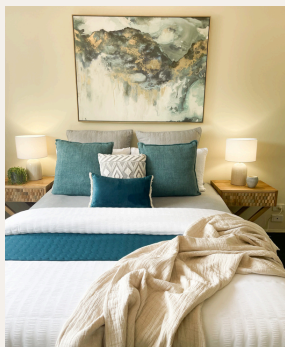
## Using Artwork

Artwork can tie your colour palette together. Choose pieces that incorporate your chosen colours to create harmony and introduce additional shades and textures.

## Building Your Palette

A well-balanced palette should consist of:

1. A base colour (for walls and large furniture).
2. A secondary colour (for bedding, rugs, and curtains).
3. An accent colour or finish (like timber, metal, or a brighter hue).



# Bedlinen, Cushions and Throws

## Choosing Linen

Your linen choice influences your cushion and throw selections. For patterned linen, keep other elements simple. For solid linen, be adventurous with textures and patterns in cushions and throws.

## Cushions and Pillows

Layering cushions adds depth and comfort. Euro pillows can enhance the look, especially without a bedhead. Use fluffy pillows exclusive to your quilt cover to keep the bed looking fresh.

## Layering

Layering with throws and blankets adds coziness. In summer, keep layers light and airy. Use a throw or blanket strategically to enhance the look.



# Bedside Tables

## Function and Style

Choose tables that fit your style and space needs. Consider storage for books, glasses, or other items.

## Height and Proportion

The height of your bedside tables should complement your bed and lamp choice, balancing the overall look.

## Colour, Finish, and Texture

Ensure your bedside tables blend with your chosen colour palette. The colours should be tonal to your pallet with textures reflecting your style and personality.





# Lighting and Window Treatments

## Lighting

**Choosing Lamps** – Lamps should suit your bedtime routine. Table lamps are practical, providing adequate light, especially if you read in bed.

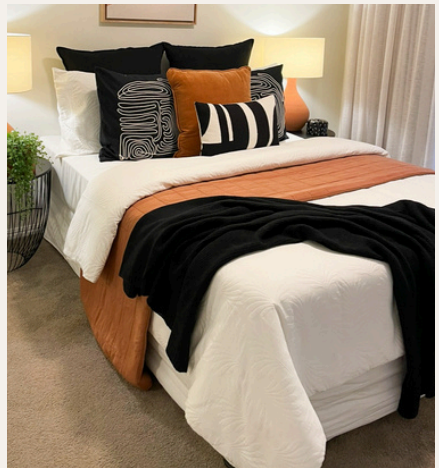
**Dimmable Options** – Consider overhead dimmable lighting for ambiance control. Match light temperature to your colour palette—warm lights for beige and neutral tones, cool lights for white and grey shades.

## Window Treatments

**Day and Night Solutions** – Choose treatments for both day and night use. Layering sheers with blackout curtains or blinds provides excellent light control.

**Avoid Shutters** – Shutters can be bulky and limit light flexibility. Curtains that blend with your wall colour create a seamless look.

**Rail Choices** – Hidden rails are less distracting, but decorative ones can work in certain cases.



# Style and Personality



**Art** – Choose artwork that reflects your personality and enhances relaxation.

**Rugs** – Rugs add warmth, especially in larger rooms or with hard flooring. Ensure the rug size and placement are proportionate to your space.

**Décor** – Keep bedside tables free of clutter. Use décor sparingly on dressing tables or consoles.

**Bench Seats and Ottomans** – These add practicality and a touch of luxury. Ensure they complement your bed's colour palette while adding contrast.

**Occasional Chairs** – In larger bedrooms, create a sitting area anchored with a rug and side table.

**Dressing Tables and Console Tables** – These pieces add function and style, providing storage and display space.

**Plants** – Incorporate greenery to soften the space and enhance relaxation.