

# the guide to *cool*

It's sweltering outside and you feel like a prawn on a barbie. Stay blissfully cool with our chill-out tips

STYLING MIA ASKER ASSISTED BY GEORGIA HARVEY SUTTON WORDS CHRIS PEARSON PHOTOGRAPHY ELSA HUTTON

There's an art to keeping cool in the heat of the moment – and it isn't just about what you wear and whether you have aircon! Our guide to cool reveals how everything from the shades of paint on your walls to furnishings, plants, even dining accessories, can all help lower the temperature indoors.

## get fresh with colour

White is as tingly fresh as a block of ice, and its impact has been shown in many studies. In fact, the effect is not just psychological – because white reflects the light rather than absorbs it, the temperature of the room actually is a degree or two cooler.

Team it with a fresh blue, but, to avoid it becoming too chilly, opt for aqua, marine or teal shades with a splash of green. They're like taking a dip in the ocean. Use white on sofas, floors, furniture and tableware, and the warm blues as colour accents in soft furnishings or a fabulous feature wall.

**BELOW** From top: Iris cashmere **throw**, \$1750, Ruby Star Traders. Francesca **throw**, \$59.95, Bed Bath N' Table. Cot **quilt set**, \$95, La Lavande. Kinder ocean **quilt**, \$175, Ruby Star Traders. Bemboka **blanket**, \$380, Peter's of Kensington. Fräken **bedspread**, queen \$160, and Alvine **bedspread**, queen \$160, both IKEA. Hampton cotton **quilt**, queen \$650, La Lavande. Norton **throw** (on bed), \$49.95, Bed Bath N' Table.



Bright and breezy: antique zinc-top **table**, \$3900, Parterre Garden. Zoe dining **chairs**, \$299 each, Fanuli Furniture. 18<sup>th</sup>-century pine **settle**, \$1800, Judy Porter Interiors. Medicine **cupboard**, \$295, Judy Porter Vintage Store. Zabo **blind**, 120x180cm, from \$69, Lagoon striped **cushions**, from \$21.95 each, both Freedom Furniture. Balmoral box **cushions**, \$69.90 each, Bed Bath N' Table. Rosalinda Veck **curtains**, \$69/pair, Serig **chandelier**, \$39, both IKEA. Country **vases**, from \$36.95, Jedo's Beach House. Mini **buckets**, \$14.95 each, daisy **plants**, \$14.95 each, both Citron Gardens. Cider **bottles**, from \$33, ramekins, \$25 each, **beaker** (on plant stand) medium \$30, (on table) small \$20, all Bison Australia. For stockists see page 200

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### sip on something zesty

The ultimate non-alcoholic spritzer quenches the thirst as soon as it touches your lips. All you need is a dash of lime juice cordial (not the kids' stuff), a few sprigs of mint and soda water. And for dessert at the end of a long hot day? Mouthwatering sorbet that won't cling to hips in quite the same way as ice-cream!

### hang loose in pjs

Pjs aren't just for sleeping in – wear them around the house for comfort. So what if you're accused of being a lounge lizard when pjs give you that laid-back feeling? If your budget's also free and easy, opt for silk. It's ultra-lightweight and heaven against the skin, although today's breezy, light cottons are giving it a run for its money.

### let the breeze rush in

Cross-breezes are eco-friendly: leave windows open at opposite ends of the house, or install louvres to let the air flow freely. It's safe to leave them open – neither burglars nor rain will intrude unless they're really determined.

**LEFT** Iittala Aarne glass jug, \$124, highball glasses, \$118/two, both Peter's of Kensington. Tray table, \$169, Jedo's Beach House.

# lavender



The real test. Sissy Grandier ensemble, queen \$1499, Zest. Metal bedside tables, \$275 each, Flash Trash Antiques. Georgette armchair in Playtime Blue, \$2532.50, Living Edge. Norton throw, \$49.95, Warwick quilt cover, queen \$139.95, pillowcases, \$34.95/pair, Camilla sheet set, queen \$139.95, all Bed Bath N' Table. Rödalg check pillowcases, \$85/queen quilt set, Rosalinda Veck curtains, \$69/pair, both IKEA. Luxy2 arm lamp, \$555, Orson & Blake Surry Hills, turquoise bowl, \$29, Orson & Blake Woolahra. Pail, \$80, Bison Australia. Desk fan, \$89, Omega. Water jug and glass, from \$9.95/set, Freedom Furniture. Witty Ltd. paint in Tahiti Blue, \$62.98/four litres.





### blaze a trail with white floors

Ever thought of painting those floorboards white? If you're worried about scuff marks, heavy-duty, high-gloss enamel paints can take a beating. Or use a semi-gloss acrylic if you want a more rustic look that wears over time. Coat it with a sealer, like marine varnish, to give it more durability.

### buy an ultra-light sofa

There's nothing like a white sofa for a fresh, clean look – and the sofa above, covered in cream, is almost sinfully luscious! Just make sure the covers are removable so, when spills occur (and they will!) you can whip them off and send them to the cleaners.

### relax in a natural oasis

Go on a high-fibre regime. When the temperature rises, rich winter fabrics give way to natural, woven furnishings in rattan, cane or straw. They're wonderfully informal, and isn't that what summer's all about?



A little white relief: **TOP** Ektorp corner **sofa**, \$1595, IKEA. 19<sup>th</sup>-century Bentwood **rocking chair**, \$790, House of Green. Zabo **blind**, 120x180cm from \$69, Freedom Furniture. Rosalinda Veck **curtains**, \$69/pair, IKEA. DCO Concepts **frames**, \$40 each, Shack. **Shelf unit**, \$329, **baskets**, \$40 each, **tray table**, \$169, all Jedo's Beach House. **Lamp base and shade**, \$185, striped **cushion**, \$65, all La Lavande. Shakti **cushions** in pale blue, \$120 each, Ruby Star Traders. Tigris **cushion** in ice blue, from \$26.95, Freedom Furniture. Flower **cushion**, \$345, Orson & Blake Woollahra. Watty i.d **paint** in Aqua Frost, \$62.98/four litres. **ABOVE** Ramekin, \$25, Bison Australia.



tune into flower power

Hot weather's no time for hot tempers. Instead of feeling frazzled, take a walk in the garden and smell the roses, gardenias, jasmine, frangipanis – they're all in season now. Or place them in vases for instant calm.

bliss out with lavender

Ah! Inhale that lavender, the scent of summer. For centuries, it's been used to refresh clothes drawers, repel moths, and relax us. Spray lavender water on your face, wrists and feet, or on your pillow. To make one litre, you need at least 600g of lavender sprigs. Heat a litre of water, place it in a jar with the sprigs, leave in the sun for at least a day, then filter out the sprigs. Store in a bottle or atomiser in the fridge.

**ABOVE LEFT** Lack shelf, \$49, IKEA. Mirror, \$695, Shop 19, Sydney Antique Centre. **Bottles**, stylist's own. **LEFT** Libeco pyjamas, \$320, Plane Tree Farm. Jacqui pillowcase, \$26.95, Bed Bath N' Table.



join the coolest fan club

Take a tip from Marilyn – Monroe, that is. In the classic movie *The Seven Year Itch* she kept her cool by standing over a grating – remember her dress wafting up in the breeze? A fan will provide lots of soothing air (although we don't recommend you stand over it in this instance, we can't all be movie stars!). Here's another tip: don't be fooled into thinking fans cool the air, they just circulate it. So don't leave them on when you're not in the room – you're wasting energy.

**ABOVE RIGHT** Pedestal fan, \$125, Omega. Ektorp corner sofa, \$1595, IKEA. Flower cushion, \$345, Orson & Blake Woollahra. Shakti pale blue cushion, \$120, Ruby Star Traders. DCO Concepts picture frames, \$40 each, Shack. Watty i.d. paint in Aqua Frost, \$62.98/four litres. **For stockists see page 200**

create an airy indoor garden

Bring outdoor flowering plants such as daisies and lavender indoors – making sure they're in an area with lots of natural light. Some bloom for months, so it's cheaper than buying bunches of flowers every week. The cooling power of those leafy greens is not just psychological. When plants breathe, their vapour actually cools the air – it's called transpiration. Just walk past the park in the evening and notice how much cooler it is than when you're surrounded by buildings.

**LEFT** School bench, \$299, Flash Trash Antiques. Mini buckets, \$14.95 each, daisy plants, \$14.95 each, all Citron Gardens. **Lantern**, \$24.95, Jedo's Beach House. Rosalinda Veck **curtains**, \$69/pair, IKEA. Wraparound **cardigan**, \$159, Country Road.

white

be a cool entertainer

With its white plates and linen, this table is definitely good enough to eat off! The pure white not only gives the metal top a welcome lift, but the plates also enhance the freshness of food – imagine them covered with lush green salad drizzled with olive oil and lemon dressing. Meanwhile, the white chairs lend a relaxed, summery feel. **hb**

**RIGHT** Antique zinc-top table, \$3900, Parterre Garden. Zoe dining chairs, \$299 each, Fanuli Furniture. Dining plates, \$38 each, side plates, \$26 each, all Bison Australia. Lucina placemats, \$19.80/four, Vienna napkins, \$23.80/four, both Bed Bath N' Table. 365+ cutlery set, \$49, IKEA. Vases, from \$36.95, Jedo's Beach House. Iittala Verna glasses, \$54/two, Peter's of Kensington. For stockists see page 200