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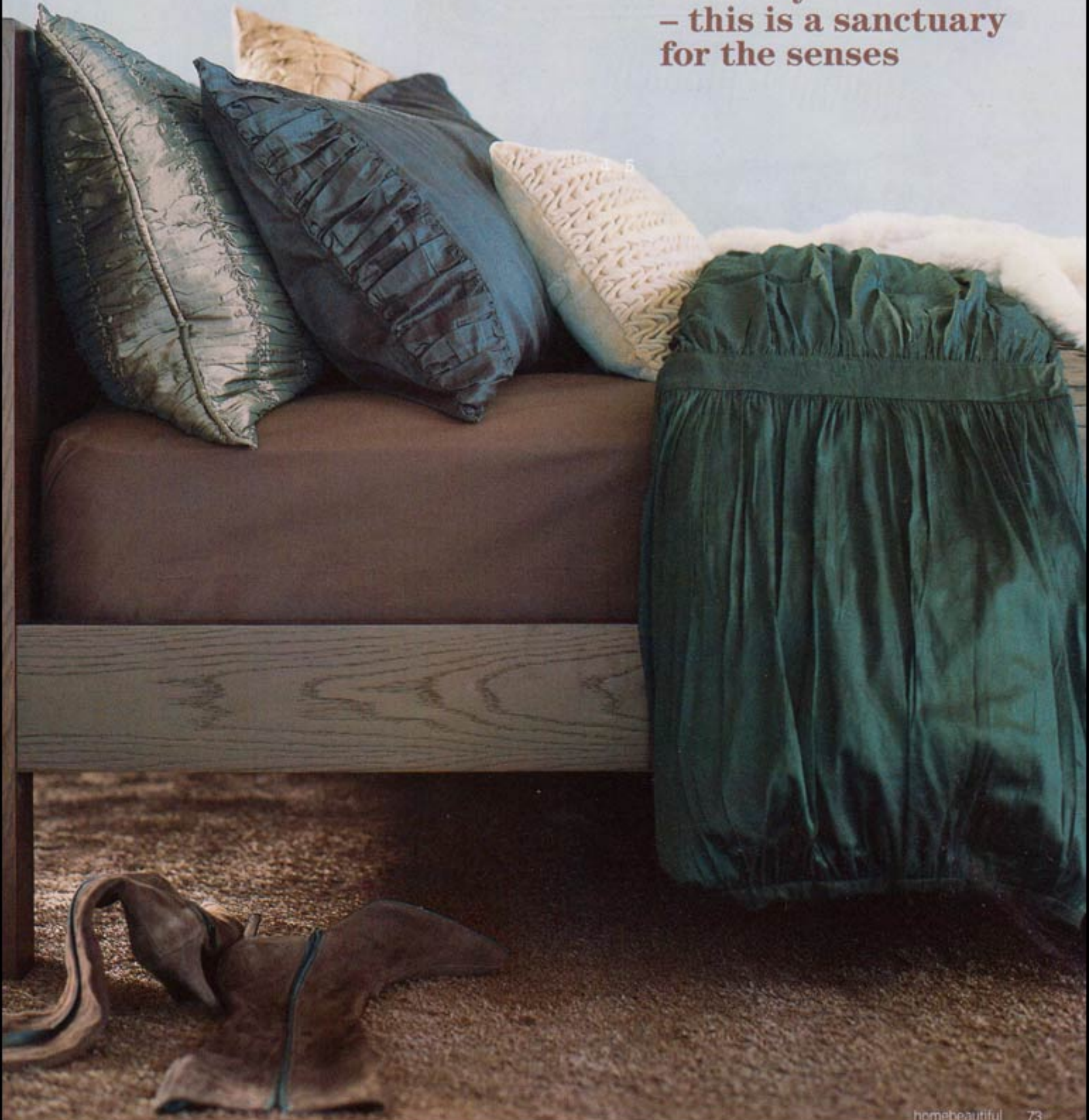
**this uncluttered,
contemporary bed
setting is soothing
to the eye as well as
the weary body**





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**warm ebony and
rich chocolate hues
beckon you to bed
– this is a sanctuary
for the senses**



prairie chic Pretty and romantic, this style harks back yesteryear – the florals and pinks are oh so feminine

Wattyl **untinted white paint**, matt \$18.82/litre, Wattyl Paints. French **day beds**, \$3000, bedside **table**, \$180, wooden letters (beneath bed), \$6 each, Portobello Princess. Baltic **floorboards**, \$4.40/lineal metre, Synzeel. White **wood wash**, \$34/litre, Porter's Paints. Rosali Multiruta rag **rug**, \$1.20/metre, No Chintz. Bed at rear: **quilt cover**, \$159.50, **pillowcase**, \$9.95/2, Versailles flat **sheet**, \$105.50, Sheridan. Velvet/silk **quilt** (hanging over bed railing), \$850, Ruby Star Traders. Antique cot **quilt**, \$310, Portobello Princess. Bed in front: Velvet/silk **quilt**, \$850, block-printed **cushions**, \$6, Ruby Star Traders. Sassy breakfast **placemat**, \$39.95, Sheridan. Patchwork **rug**, \$280, Pomegranate.





pillow talk When choosing a pillow, decide between down, polyester fill and latex. While down's the most luxurious and synthetic fill is kinder on the wallet, latex is best for allergy sufferers and it will keep its shape for years. Then look at your sleeping position: if you sleep on your tummy, go for a low pillow, on your side, go for a high pillow, and, if you prefer your back, go for something in between.

doona v duvet debate Basically the same thing – if you live on the east coast, you probably sleep under a doona, on the west coast, that doona becomes a duvet. Whatever, you call it, it has a removable cover that can double as a top sheet. A quilt, by the way, has a permanent cover with a layer of wool, feathers or down, all stitched together.

lofty thoughts The loft of a quilt will determine its bulkiness and its insulating properties; the more down and feathers, the warmer it will be. Ultra-fluffy down is warmer than feathers, but can be too hot for many people.

Baltic pine **floorboards** \$4.40/lineal metre, Bruynzeel. White **wood wash** \$34/litre, Porter's Paints. Bresa **cube**, \$119, Designers Guild. **Throw**, \$625, Caravan Interiors. Rosa Bleu velvet **cushion**, \$295, Portobello Princess. From top to bottom: Orcia **quilt cover**, single, \$129, Designers Guild. Rosali **quilt cover**, queen, \$45, IKEA. Penny Morgan & Finch **quilt cover**, queen, \$139.95, Antigua Morgan & Finch **quilt cover**, queen, \$139.95, both Bed, Bath N' Table. Bracciano **quilt cover**, single, 129.95, Designers Guild. Patchwork **quilt**, \$585, tulip **quilt**, \$275, both Pomegranate. Raspberry toile **quilt**, \$200, Linen & Moore.