

WINCHELL INTERIORS

Design TIMES

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GO GREEN!

There is a lot of discussion these days about "green design" and new ways to go green. One may ask "what does it all mean? And how can I do it? "

Let's first define the term: Green Design is sustainable. It is the use of natural products and safer procedures to protect people's health and well being. It involves the design of services, products and buildings that are sensitive to environmental issues and achieve greater efficiency and effectiveness in terms of energy and materials. It considers the environmental impact of the product throughout its life. A green building, for example, might use solar panels for energy or skylights to maximize natural light.

With all that said, you might think, "it's too late for me" -- But it's not. Even if you are not starting from scratch and building a new home, there are small things that you can do to "go green".

Let's look at this from a design and décor standpoint. Here are just a few basic things you can do to add some "green" to your life.

- Add some live plants. Believe it or not, living plants clean the air and actually remove harmful chemicals from your home. Chemicals from building materials, furniture, carpet, and even air fresheners can make indoor air toxic. House plants give off oxygen and can help remove chemicals like formaldehyde. Formaldehyde in the home can cause respiratory and neurological problems. Five great picks from your local nursery can help detoxify your home and clean the air: English Ivy, Bamboo palm, Peace lily, Lady Palm and Rubber plant can get you started. A good rule of thumb is to put two plants (in 10 – 12" pots) per 100 square feet of living space.

- Choose hard flooring. If you are looking to replace your carpet, consider wood or tile. The life of carpet is short. Wood and tile can be easily cleaned and do not hold the dirt and dander that carpet does. Maybe consider bamboo or cork for its durability and beauty. If you have an older home and the wood flooring is in bad shape, consider refinishing it. This can add character and an element of authenticity to your space.

- Use natural textiles for your furniture and household linens. Cotton, silk and linen are better for the environment and for you. Polyesters and other synthetic materials are petroleum based. They tend to hold onto dirt and smells more than natural fibers do. Natural fibers feel better against your skin and cause less irritation. Be sure to purchase sheets and towels that are made from natural fibers like cotton or linen.

- Do it with COLOR. When the mercury is rising, refreshing splashes of soft greens can transform your room into an inviting oasis! Dab on some simple green colored accessories such as pillows, artwork, a small area rug or chair. Or consider filling a bowl with limes or granny smith apples. They will add color, texture

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Jen's Picks

Camelot Cabinets

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Mattress Dr.

813-889-9020

Lighting Unlimited

813-963-0722

Massage by Johnnie

813-933-3653

L.A. Gallery Hair Salon

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Beeson Medical Spa

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HOW TO LIVE

Large IN A SMALL HOUSE

So many people think that a small house is a bad thing or an impossible design challenge. I have to say that some of the most rewarding projects that I have tackled were small homes.....and just because they were small, does not mean that they didn't feel big when we were through. A small space can still give you a big WOW!

If you are struggling with living in a small house, consider these design secrets and see what happens.

Go basic and natural: What I mean by this is pick a couple of timeless decorating elements and stick to them. For example, keep all the walls the same color and use the same window coverings to pull together the rooms in the house. When you change elements frequently in a small area, you chop up the space and create too much activity for one to absorb. If there is cohesion, then the space flows and appears larger.

Pick oversized furniture: Believe it or not, larger items in a small room will make it feel bigger than it actually is. Don't think that because the room is small, that

you must fill it with lots of little things. This is a mistake that so many people make. One big piece of artwork or a large mirror can really change things. Fewer, large scale pieces are a better choice than many smaller ones. Just remember: Less is more! This can also apply when choosing a tile for a small room. Think big. Less grout lines will give the illusion of space and expand the room.

Restrict the color palette: One color can glue lots of different styles & objects together. Monochromatic color schemes are calming and less busy in small areas. So, once again, wall color can establish a blank canvas for a mixture of furniture and art.



IN THE MOOD TO MAKE A STYLISH STATEMENT?

Some fun inexpensive things you can do to jazz up the place:

- Paint your front door or replace the door hardware. Make the house look fresh and new by just changing your door color. It might even postpone exterior painting one more year.

- Buy an antique side chair or unique accent table. Second hand stores, vintage antique shops or even your neighborhood garage sale may have just the perfect one of a kind thing for your foyer or sitting area. Don't worry, it doesn't have to match anything you have! Maybe re-cover the seat or paint it to coordinate with your décor.

- Re-frame some old photos and make a collage. As you sort and organize those closets and trouble spots, I'm sure you are finding photos you forgot you even had! How about making a gallery wall somewhere in the house? Re-frame old family photos or have them changed to black and white or sepia tones so they look aged. Tell a story on the wall with different shapes and sizes of your favorite places or people. Mix up different textures and styles of frames but keep the color similar.

- Change your bedspread or comforter for the summer months. Consider a cotton coverlet or matlasse. Choose a light pastel solid or even white to add freshness. Accent it with some new throw pillows or new linen shams. Lighten up the color and you will feel cooler all summer long!

Jen's FAQ's

Q: How do you decorate when you have "round" walls? And is that a hard thing to do?

A: Well, that is a really good question. That clever round detail that the builder/architect decided to give you, can sometimes pose a challenge to the designer. Without seeing the space for myself, it is difficult to answer this fully. Let me start by saying that it often depends on the actual setting and style that you choose to decorate. Furniture and art can be difficult to place on curves. Also, when defining a space with color, the curve is not the place to stop or start a new color, the line will attract your eye every time. It is much better to continue the color around the curve to keep things flowing. If the curve is column-like, it can sometimes be fun to do a tromp l'oeil mural on it so it looks like an architectural column. I hope that helps. Thanks for the question!!

Jen

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and freshness to your kitchen or family room. Buy some fresh flowers, a potted orchid or a tree to bring the outdoors in. Bring in the cool freshness and leave the Florida heat outside!

- Recycle, reuse and refinish. Think twice before you throw something old away. Sometimes the "old" just can't be replaced. Bring a family heirloom back to life by cleaning it or using it in a different way. For example, that old quilt which used to be your grandmother's and is falling apart – have it professionally cleaned, frame it, or maybe make it into pillows for the sun porch. Be creative and have fun with it. You may love it again and have a precious one of kind treasure! Do you have some old iron outdoor furniture that you were thinking of getting rid of? Consider having it sand-blasted and powder coated. Powder coating is considered a green technology. It will look brand new and live with you for many more years. Remember: It's always good to add something old to your space. It is part of your story and adds unique character and personality to your home.