



“Your bed should create a focal point that grounds the scheme”

rising trend of utilising the ceiling as a canvas for artwork. “It is a great way to make a bedroom look and feel bigger,” he says. “Incorporating wallpaper or hand-painted murals on the ceiling draws the gaze upwards and encourages you to take in the design from the bed. Not only does this encourage relaxation, but it also creates the illusion of a larger bedroom.”

While decorating overhead is a consideration, what goes on underfoot is also of importance when planning a new scheme, and there’s nothing like a soft rug or carpet to make a room feel cosy.

Sarah Jenkinson, product manager at Kingsmead Carpet, reveals that natural-coloured carpets remain the most sought after. “Neutral shades of carpet can also provide a foundation for homeowners to experiment with colour and pattern elsewhere,” she says. “Our newly launched Sanded Tone, from the Thinking Beyond collection, is designed to be more sustainable and hard-wearing, while still providing a soft, luxurious feel underfoot.”

At the heart of any bedroom, of course, is the bed. Upholstered bedsteads, scalloped headboards and even dramatic canopied beds are good ways to add a pop of colour and an element of interest. Oversized headboards, made of luxurious fabrics such as velvet, and even headboard feature walls, are also in demand and add a sophisticated, hotel feel to a space.

Reeds, with branches in Downham Market and Ely, offers a superb range of fine furniture, with high-quality and



**DO LOOK UP** Interior design studio Tomè’s suggestions (above and top left) include adding interest to the ceiling – such as a mural or other artwork – to encourage relaxation

affordable bed frames in a choice of styles and sizes from top brands. For timeless sophistication, we love The Camilla, which takes its inspiration from a classic French design and has gorgeous ornate detailing.

Another must-visit when bed shopping is Glasswells, where you can try hundreds of different styles before you buy at the large showroom in Bury St Edmunds. The Helmsley collection is a stunning natural oak collection in a clean, contemporary style. Bringing your space a slice of Scandinavian chic, the range features first-rate, durable bed frames, chests and wardrobes in a variety of sizes suitable for any bedroom. There’s currently up to 30% off in the summer sale (Bury St ➡)

