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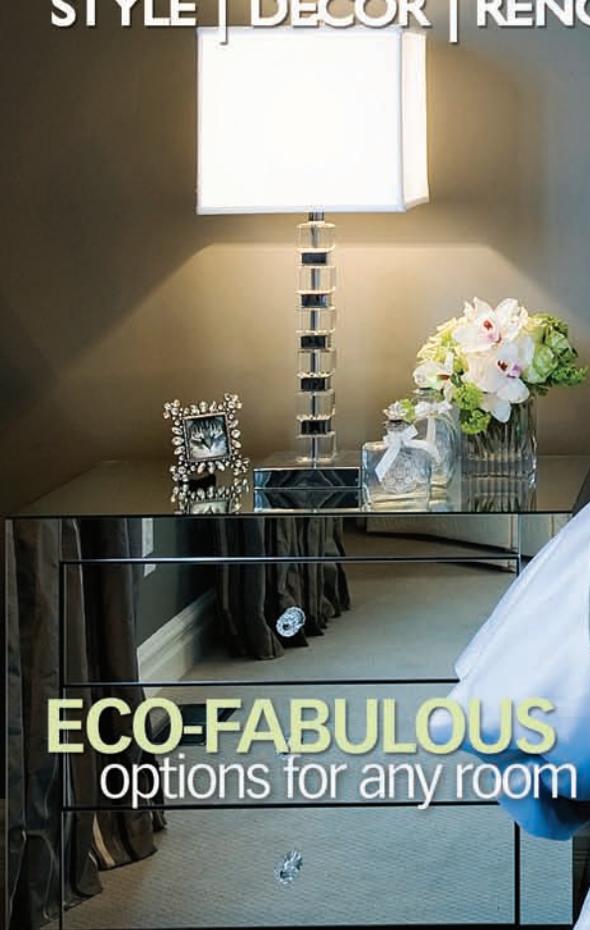
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**Yanic Simard**  
refreshes your home

**ECO-FABULOUS**  
options for any room

**Glen Peloso**  
DESIGNS A

**sweet RETREAT!**

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SECTION!**  
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# Sweet RETREAT

By **Glen Peloso**

**WITH MARCH BREAK BEHIND US AND THE SUMMER HOLIDAYS ON THEIR WAY,** the

importance of having a guest room becomes all that more apparent. Being able to entertain friends or family in your home is one of the elements that makes a house so much more of a home. It can be trying to have people on sofas in the living room, not only for you, but also for your guests. The ideal situation is to be able to provide them with a room and if your home is large enough, their own bathroom as well, so they are able to feel as though they just checked into "hotel chez toi." With this client, the idea was to provide them with a room that would work for any gender and almost any age.



We started by having the carpet replaced and we chose Carpet One Floor & Home to provide us with a wool carpet. Not only is this a great eco-friendly choice in that wool is a completely renewable source, but it is also great as it works well for those who have any sensitivity to the chemicals that are normally associated with polyester-blended carpets. It is soft underfoot and a great wearing choice for those occasions when the traffic to and from the guest room is heavy. The next thing to deal with was a good quality bed. All too often people use an old mattress in the guest room, which unfortunately isn't the best choice for the guest. Remember that your guest is already out of sorts as they are not able to sleep in their own bed, which is always the most comfortable sleep for them. But to add insult to injury, you have asked them to sleep on an old and used mattress. For this bed we chose a Sealy Posturepedic, semi-firm mattress to ensure guests would have a hotel-like sleep every time they stayed with our client.

To continue with the function, we provided the room with two night-side tables in venetian mirror, which don't have much esthetic weight in the room as they reflect all that is around them and add an element of sparkle. Travelling usually means you have tickets and passports, books and papers to deal with and providing your guest with a place to put them allows them to unpack and relax without feeling disorganized. In this room, we repurposed an old bed frame that belonged to the client that was neutral enough to have the room feel gender neutral.

Having taken care of the functional elements we were able to turn our attention to the colour of the room. In a deep grey, the room feels relaxing and sombre enough to induce sleep, while still being

suitable for either a male or female guest. The colour is reflected in the bedside tables in mirror to keep the room feeling simple as the headboard wall was already complex with the headboard, night-side table lamps, and the door to the bathroom and window wall on the opposite side. Monochromatic colours always help to provide calm in a space while making appear larger than it really is.

The window on the opposite wall was slightly small in scale, so in order to make it appear larger and more opulent, we combined the venetian blinds with floor-to-ceiling draperies that hide the edges of the window to give the illusion of a larger window scape. We chose a silk fabric in a tone-on-tone grey stripe to enhance the height of the space again and to provide and elegance to the room.

The fabric on the windows worked well with the sheets on the bed. We used nice Egyptian cotton sheets in a 400 thread count. I know many people think that a higher thread count is important to the quality of the sheets, however, I have learned from experts in this area that beyond 400 provides little difference in the quality of the sheeting fabric. These sheets were purchased from David's Fine Linens, and if you have a chance to speak to David, you will leave with an entire education in the world of bedding, not to mention an eye-popping selection of choices from all over the world. I always recommend a down pillow, which was originally recommended to me by a rheumatologist as an excellent choice to keep your spine straight while you sleep.

Finally we crowned the room with an interesting ceiling fixture that is a combination of crystals and a semi-transparent shade. We spread around some simple art work, as well as topped off the bed frame with a series of mirrors to pull together the venetian mirrored night-side stands and the full-length mirror on the opposite side of the room.

What we ended up with was a guest room that would suggest "hotel chez toi" gets a great rating. With a space as lovely as this, the only problem you may have is getting your guests to "check out!"



## supplier list

[Wool carpet](#) by Carpet One Floor & Home, [carpetone.ca](#)

[Hardware and custom drapes](#) by National Drapery, [nationaldrapery.com](#)

[Drapery fabric](#) from Designer Fabric Outlet Toronto, 1380 Queen St. W., [designerfabrics.ca](#)

[Floral arrangements](#) from Creations By Gitta, [creationsbygitta.ca](#)

[Artwork, bed and table décor](#) from HomeSense, [homesense.ca](#)

[Side tables](#) from Zilli Home Interiors, [zillihome.com](#)

[Water flask and bottles](#) from French Feathers, 905-265-1400

[Lighting and mirrors](#) from Prima Lighting, [primalighting.net](#)

[Mattress](#) from Sealy Canada Ltd., [sealycanada.com](#)

[Feather bed and duvet](#) from Feather Factory, [featherfactory.com](#)

[St. Pierre bedding](#) from David's Fine Linens, [davidsfinelinens.com](#)

[Paint](#) used is Benjamin Moore's Aura Paint in Chelsea Gray HC-168, trim is CC-130, [benjaminmoore.ca](#)

