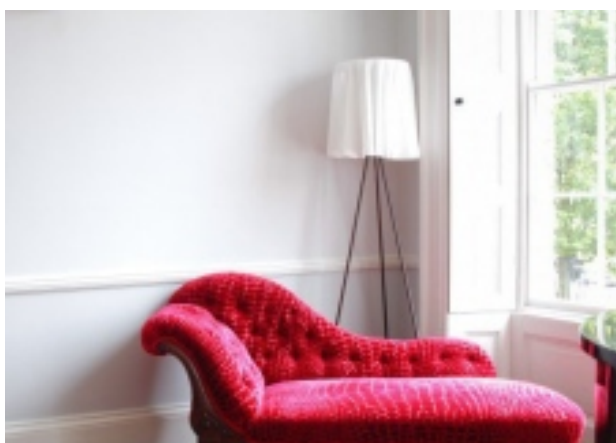


# Home Improvement: Think white for a fresher feel to your interior design

13:05 20 March 2015

There is no better way to embrace Spring than with a pot of white paint.



Jane Cappleman

1 shares



But how can you make your home dazzle without it ending up cold and clinical? Ellen Widdup talks to some of Suffolk's leading interior designers to find out more.

A white environment is unequivocally fresh.

It provides a blank canvas on which to splash a touch of colour or add in layers of texture and allows you to change these elements frequently.

It is also on-trend.

So much so that The White Company, a high street store selling a range of products, principally in white, has become one of the UK's fastest growing retailers in the last decade.

## Uncomplicated chic

White is light and versatile and easy to maintain.



Jane Cappleman - Black and White chic



Yes, it shows up imperfections but life isn't perfect.

Besides which, applied correctly, it is not just luxurious but affordable and easy to touch up.

Paula Gundry, owner of Paula Gundry Interiors, has designed homes across Suffolk, Norfolk and London.

She said: "White is a surprisingly versatile colour that works in both period properties and modern, contemporary rooms.

"When decorating you should consider the age of the property, it's architecture, fixtures and fittings.

"Contemporary rooms suit more edgy furniture and a starker, brighter shade.

"Period properties work better with a creamy white, which is softer and warmer."

She said one of the most frequently requested shades was Farrow and Ball James White, which "adds light and depth."

### **Bedroom bliss**

In the bedroom, white bed linen is hugely popular.

Crisp and clean it creates a cloud of comfort, ready to envelope you at the end of the day.

But you can also use white throughout the room so that shadows become colours, texture becomes a focal point and the room changes in every light.

### **Accessorize**

Paula said: "Using decorative accessories are also a wonderful way to lift a white bedroom.

"And they are easier to change – even from season to season.

"I would suggest lemons and yellow accents in spring, turquoise and pink in summer, taupe in autumn and rich grey in winter."

### **White is never simply white**



*White dressing table - The White Company*

*Provencal White Rattan - The French Bedroom Company*



*The White stuff - children's bedroom*

“As anyone who has looked at a paint chart lately can attest, deciding to paint a room in a neutral colour often isn’t as simple as it first appears,” said Jane Cappleman, an interior designer from Bury St Edmunds.

“There are a vast number of whites, off-whites, beiges and taupes and the differences between shades might seem subtle but can give a totally different mood to a room.”

Jane also believes that the key to finding the right tone is picking a colour with a base pigment that suits the light that a room receives.

For example, a warm tone works well in a room that gets lots of natural light because the walls will always appear lighter than they are.

### **North or south?**

When decorating north-facing rooms, avoid off whites with a green or grey base as these will make the room seem darker.

Choose yellow based, creamy neutrals to bounce as much light around the room as possible.

South-facing rooms have a better quality of light which means you can choose either warm or cool colours.

The light in east facing rooms can appear to be a little blue, so it is best to work with this and choose green or blue tones in your white.

West facing rooms work well with bright white walls which are natural light reflectors.

Jane said: “Don’t just look at light quality but also examine the surface you are painting on.

“Smooth shiny surfaces will make a colour look very different to those with a textured surface.

“Always try a sample first and see how it sits before going the whole hog.”

### **White works wonders, whatever your style**

Whether you like a minimalist feel, a vintage look or a romantic style, white can work wonders.

Paula said: “Those looking for a contemporary feel should combine it with bold, modern furniture, steel and chrome accessories or glass.

“If you are romantic soul, then try using textured quilted bedspreads and vintage furniture.”

### **Get white to the point**

White is a limitless tool of design - classic and contemporary, tranquil and vivacious.

Jane said: “Anyone who thinks white is boring is not grasping it’s versatility.

"There really is so much you can do with it."

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19 minutes ago |  | Emma Brennan





The work of a talented 20th century artist is to be put in the spotlight more than 80 years after her heyday, following the rediscovery of 34 significant works of art – in a garden shed in west Suffolk.

## Delight as Woolverstone Macmillan Cancer Centre appeal reaches £300,000

07:00 | Matthew Bunn



Fundraisers from across Suffolk were praised yesterday as it was revealed an ambitious appeal to create a new cancer centre at Ipswich Hospital had reached £300,000 in just seven months.

## Top-end Ipswich Town tickets among most expensive in Championship league

06:58 | Jason Noble





Top-end ticket prices for Ipswich Town Championship games have emerged as some of the most expensive in the league.

## Police appeal for information after crooks spirit away four chickens and a pig from a field in Sudbury

Yesterday, 16:07 | Edmund Crosthwaite





A pig and four chickens have been stolen from a field in Sudbury.

Eight ways to entertain the kids on a rainy day in Suffolk

Yesterday, 15:53



Sadly, rainy days are not a rare thing when it comes to the Great British Summer, so when the heavens open we are well-stocked with things to do.

## Around 200 tonnes of straw destroyed in Little Wratting arson attack

Yesterday, 15:45 | Edmund Crosthwaite



A stack of straw bales was deliberately set alight in Little Wratting on Monday night.

## Renewed appeal to trace Hollesley Bay absconder Carl Robbins who could be in Essex

Yesterday, 15:34 | Edmund Crosthwaite





The search for a prisoner who absconded from Hollesley Bay earlier this month is still ongoing.

**Opinion: Jeremy Corbyn's views have been branded old fashioned - but that's no bad thing, says Matt Gaw**

Yesterday, 15:13



There's something about Jez (as we hip young things on social media call Jeremy Corbyn) that thoroughly warms my cockles. Perhaps it's his air of humility, his open-necked honesty or simply his dogged under-dogness?

## Rainfall fails to deter visitors to SESAW charity's annual open day

Yesterday, 13:49



More than 300 people turned out to support a local animal charity at its annual open day – despite the inclement weather.

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