

reside



BOUDOIR BASICS

Trying to create the perfectly inviting bedroom can be a nightmare. Go too far into the cozy corner, and your décor becomes a snoozefest. Overindulge your sultry side, and you could end up with a space suited for Austin Powers instead of Don Juan. But it is possible to pull off a sexy boudoir makeover — without installing a mirrored ceiling.

"A sexy bedroom is not about satin sheets and va va voom," says Annsley McAleer, owner of Boston design firm **Annsley Interiors** (50 Commonwealth Avenue, Boston, 617.266.1426). "It's all about the perfect bed, the perfect lighting, and the perfect partner."

McAleer, who's been named one of *Traditional Home* magazine's 20 young designers to watch, gave us a few suggestions on how to create our own "happy haven."

Her first tip for creating a feel-good space? Think about how you plan on using it. We're thinking a nice sleep/action ratio of 50/50 ought to cover it.

Hue Hefner

"Most people veer on the softer side for a bedroom because too much bold color can be a bit stimulating for a place where you sleep," McAleer explains. Glossy paint in whites, beiges, pale blues, greens, or yellows is a nice way to up the sexy quotient without bringing in colors that may be too overpowering for the relaxing space of a bedroom.

But never underestimate the power of a little wink-wink-nudge-nudge of color. In this case, size doesn't matter: a small dose of a bright hue can have a big impact. "Lamps are a great design element," McAleer says. "They're the best place to add a pop of color." Consider the new Genevieve lamps (\$295) from **Mitchell Gold + Bob Williams** (142 Berkeley Street, Boston, 617.266.0075), which have classic shapes but come in glam, modern colors like honey gold, cinnabar, and tangerine.

Lights, Action

Overhead lighting is a cruel mistress, so it has no place in the bedroom. "Everybody wants to look good in the bedroom, and overhead lighting doesn't do the trick," warns McAleer. Bedside lamps and sconces are great

ways to soften the scene and pull a room together.

To add a little twinkle twinkle to your bedroom, hang a fixture with cutouts. McAleer suggests Worlds Away's Leona Pendant in silver leaf (\$660), available at **Hudson** (312 Shawmut Avenue, Boston, 617.292.0900) "Turn it on alone at night and watch the patterns on your wall," she says.

Soft Is Sexy

"There's nothing more fabulous than an upholstered bed," says McAleer. "Queen for the newlyweds or the very in love, king for those of us who have to make a little extra room from time to time for children and animals," she adds. **Jonathan Adler** (129 Newbury Street, Boston, 617.437.0018) has both types covered with the Templeton bed (starting at \$2,950), available in a wide range of fabrics in both queen and king sizes.

For even softer touches, add a faux-mink throw to the bed and a comforting rug on the floor. "New England is cold. Who wants to step off the bed onto a cold floor?" asks McAleer. "I like a nice big area rug or wall-to-wall carpet in a bedroom." And a faux-sheepskin rug (\$105-\$205) from **Koo de Kir** (65 Chestnut Street, Boston, 617.723.8111) gives off a fun and potentially sexy vibe.

Turn It On

Get ready for a shocker: the boys always want something to turn on in the bedroom. Unfortunately for the ladies, sometimes it's a TV.

"TV in the bedroom is always a debate between men and women," says McAleer, who warns that bigger isn't better in this case. "Keep the size of the TV under control because there's no hiding a really big one," she warns. But a built-in — one that has the television fitting snugly between bookshelves, let's say — can help integrate it into the space. Armoires are always an option, or you could even consider framing a wall-mounted flat-screen.

"Although the sexiness of a TV is debatable, at the end of day, there's nothing better than watching a movie in bed," she says.

We could think of a few other things that aren't that so bad either.

— Cheryl Fenton

Cheryl Fenton is a freelance writer who also blogs at EasyPeasyBlog.com.