



Continuing our practical series giving advice on lighting different areas of the home, REBECCA WEIR considers

sitting rooms

▲ Sitting rooms require **flexible lighting**, particularly soft, ambient lighting to make them feel warm and welcoming, in addition to lighting that is sufficiently versatile to accommodate the varied activities that take place in today's sitting rooms. Here, mirror-glass panels in the alcoves maximize the impact of the pair of table lamps, which were designed by Rasmus Larsson (website: www.design-by-us.com). Recessed uplights in the bay window softly backlight a set of embroidered panels, drawing attention to an area that is often neglected.

► In this sitting room, designed by Bellhouse & Co (tel: 020-7221 0187), in a listed town house, the general lighting is provided by a combination of **uplights, which create gentle, reflected light**, and large table lamps by William Yeoward (tel: 020-7498 4811), which can be used to increase the overall light levels. Additional freestanding uplights have also been added to the scheme, which at night silhouette the sculptural ceramics on the chimneypiece (reflected in mirror, far left of picture).



▲ The structural and decorative features of this sitting room, designed by Beverley Barnett (tel: 01923-857029), are enhanced by **carefully placed spotlights**, which illuminate the central flower arrangement and chimneypiece. These crisp points of focus contrast with soft background lighting created by table and wall lamps. *Rebecca Weir is design director of Light IQ (tel: 020-8749 1900, website: www.lightiq.com)*



Tools of the trade

The 'Cuboluce', set behind the chair in this picture, creates drama by uplighting the curtains. A design classic, the lamp, included in the permanent design collection at MoMA in New York, has an adjustable lid which directs light output. It can also be used as a reading light. It is available in red, white, black and satin silver, measures 10 x 10cm square, and costs from £58, at Light IQ □