



# LIGHT FOR LIVING



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**L**ighting a bathroom and a bedroom may seem worlds apart. In the first, excellent task lighting is key for completing one's medicinal-sounding 'ablutions' and the second is traditionally a place for low level lighting and total relaxation.

Increasingly though, the bathroom has overtaken the bedroom as the sanctuary of the home. The days where bathroom light emanated from a single fluorescent bulb with a shaver socket attached are as far gone as soap-on-a-rope. The smallest, most functional room has finally become the one place where we can be alone

to take time out from our technology fuelled, 24-hour lives. Monsoon showers and wet rooms have become standard client requests and, ironically, the technology has followed us in, in the shape of integrated bathroom TV screens. Whether in the bedroom or the bath, it's hard to recline in regal splendour without great mood lighting and it's time we all brushed up.

When planning lighting for your living quarters, some may say photophobe Blanche Dubois had the right idea. Low level light can be flattering but flexibility is the key. **Here's what you need to know >>**

**1.** A dimmer switch is your best friend. Don't let anyone tell you they can't be used for bathroom lights. Get your electrician to fit them safely on the wall outside.

**2.** For shaving, applying make up etc. cross lighting a mirror (with a spot light either side pointing towards your face) is the best way to avoid shadows.

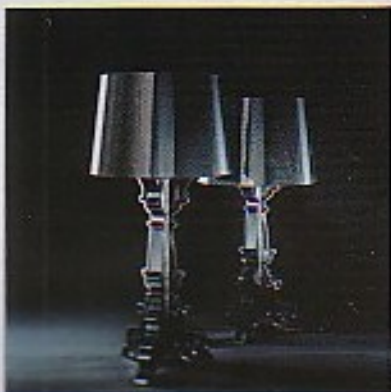
**3.** If you're doing a major reft, consider including fibre optics in your lighting scheme. They can be particularly good for bathrooms and wet rooms as the light source can be placed some distance away from any moisture.

**4.** Never, ever use halogen downlights as the only source of light in a bedroom. Their harsh, white light is inherently unflattering, not to mention the glare if you happen to be lying looking up at the ceiling. If you must use them, put them on a separate circuit and use a dimmer.

**5.** Bad lighting is not cool, glamorous or sexy. As far as I know, no one has ever swung from a glaring 100 watt central pendant light fitting. Lamp based lighting in a bedroom is a must, and wall lights can be a gentler substitute to harsh pendant bulbs. Consider installing a separate 5amp circuit for lamps to turn them on together at the flick of a switch.

**6.** Think good hotel. Wall lights by a bed can be an excellent replacement for bedside lamps, directing light where you need it, whilst freeing up space for the latest Ian McEwan tome.

**7.** Lighting is not a fixed entity. Don't be scared to move (or even remove) a central ceiling light fitting for example just because that's where someone put it forty years ago.



**MAIN IMAGE CENTRE:** Brand Van Egmond 'Hollywood' chandelier & wall lamps w/ [brandvanegmond.com](http://brandvanegmond.com)

**LEFT MIDDLE:** Cuba wall light £40 John Lewis

**LEFT BOTTOM:** Ribbon table lamp copper £105 Habitat

**ABOVE TOP:** Studded ceiling - fibre optic Swarovski crystals Light IQ w/ [lightiq.com](http://lightiq.com) t: 0208 749 1900

**ABOVE MIDDLE:** Kartell Bourgie Table Lamp by Ferruccio Laviani £129 w/ [postmodernesigns.co.uk](http://postmodernesigns.co.uk)

**ABOVE BOTTOM:** Hanscanyon basin mixer - water stream is illuminated from blue to red according to temperature £2,069.92 w/ [hansa.com](http://hansa.com)