

Strike the perfect balance between luxury and elegance

Give your bedroom that touch of opulence without going over the top.

By Cheryl Chia

FEEL like royalty in your own home with quality pieces in the bedroom that add a touch of fine living without veering into the gaudy.

For most, the bedroom is more than a place for sleep. Some literally take their work to bed, do reading or catch up on the latest movies or drama series online.

It makes sense to give your room a comfortable and luxurious feel given the amount of time spent in it. But there is a fine line between opulence and looking tacky.

Ms Lynne Goh, an advertising and promotions executive from Pure Interior said: "One has to keep in mind that furniture alone is not sufficient to create a sense of opulence and finery. It is about creating the right ambience where furniture is one of the key factors in the setting."

Although subjective, Ms Goh recommends the general rule of "less is more" to avoid making a room look too dated. The trick is to keep the design clean and uncluttered with a strong focal point

Four-poster beds give a regal look to your bedroom, but if space is an issue, try playing around with other fixtures in your room instead.

Mr Lee Sheau Pin, managing director of Meroni Furniture said: "One should not choose furniture that would overwhelm the space. Having too many complicated pieces would affect the ambience in the house."

Ornate styles of furniture lie within themes like baroque, art-deco, modern and classical furniture. Both Mr Lee and Ms Goh recommend having a good blend of fixtures within the room to keep things timeless. Ms Goh said: "For example, within the baroque theme that has a lot of carved wood, certain designs can be timeless but others tend to



be over the top. Ultimately, it depends on your taste."

Apart from picking the right theme, another important point to note is the workmanship. Mr Lee said: "A good piece of furniture should have excellent finishing and quality. It should be well-crafted and functional."

High-quality furniture can last without going out of style.

Photos courtesy of Meroni and Pure Interior.



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Is the bed the new sofa

With the latest advancements, the bed has evolved to take centre stage in the home.

By Hector Tan

WITH the trend of smaller living spaces to cope with the demand for housing in land-scarce cities, more people are using their bedrooms as a central space rather than the living room.

Tempur Singapore recently launched an adjustable bed system called the Zero G Prestige that is equipped with a wireless remote control and even Bluetooth connectivity, allowing the user to control the bed using a mobile device.

Ms Janet Soh, country manager of Tempur Singapore said: "With the right mattress and an adjustable bed, you can turn your bedroom into a comfortable space for watching your favourite shows or catching up on reading material."

Care for your posture and comfort

Adjustable beds come with bases that allow people to adjust their mattress to the angles they desire.

Ms Soh said: "Most people stack pillows to prop themselves up to watch television, but pillows only support the head, not the back. You end up having a backache after a while."

"An adjustable bed allows you to position your body at an angle that exerts the least amount of pressure and stress. The best angles for using the Zero G Prestige are 17 degrees at the head and 46 degrees at the foot."

The Zero G Prestige bed system comes with four different preset bed angles to choose from for reading, watching TV, surfing the net or sleeping.



Photo courtesy of Tempur Singapore

The right distance and mattress

The ideal distance for the TV to be placed away from the bed is two metres. If you are using an adjustable bed, angle your mattress such that your body is propped up and the mid-section of the television screen is at eye level.

"Memory foam mattresses are most suitable for adjustable beds. Their natural conformity ensures flexible and versatile support for your back, while also providing a snug feeling," said Ms Soh.