

# The Bedroom Retreat

## Take Your Bedroom from *Blah* to *Boudoir*

Bedrooms are intimate spaces: a cozy place to retreat to and rejuvenate away from the world. When designing bedrooms, these are the most important qualities to keep in mind for this room. So, how do you begin the process of transforming a blah bedroom into a beautiful and comfortable “get away” room?

To design a bedroom well, you need to create this room to speak to your soul. For some design clients, this can be a hard sell: not everyone understands the value of making one room in their house a kind of designated “unproductive space.” In some people’s minds, a bedroom is for sleeping, and so it has a bed in it, and that is its purpose. It also may contain a closet and a dresser for storing clothes, because it is also a space for dressing.

Sleeping and dressing: those are in many people’s minds the two purposes for a bedroom and nothing else. Sleeping and dressing are certainly important activities in our daily lives, but to make the bedroom space purely utilitarian like this is to completely miss out on the advantages of a well-designed and meaningful space in your home.

First, take a lesson from the French and the term [\*boudoir\*](#). A boudoir is a woman’s private sitting room or salon, usually between the dining room and the bedroom, but the term could also refer to a woman’s private bedroom. This term derives from a French verb which means “to sulk”, since the room was intended to be a room for “sulking” in, to remove yourself to, or withdraw.

How lovely does that sound? Who does not need a space to withdraw to, to be, to process the day and let go of those things that bother you and find peace again? How many of you are right now raising your hand (or both hands) over your head?

Ready to make a space that speaks your soul? Here are a few design tips for making your bedroom (or *boudoir*, if you will) a more intimate space:

## Ban Clutter

The stack of bills, the work you brought home, the stack of clothes that don’t fit, the shopping bags of things to return. Just. Get it. Out. Clear the space so you can rest and breathe and be.

## Dim the Lights

Yes, the bright overhead light is useful when you need it, but don't neglect small lamps and candles that give the room a small amount of light to see but allow your eyes and mind to rest. Turn everything down a notch and sit in semi-darkness. Flank the windows with beautiful treatments that will also dim and cool the room.

## Take Care with Electronics

Electronics like TVs and other devices allow the outside world to invade a space that is best kept quiet and undisturbed. They also have been [proven to disturb our sleep](#) if we use them too much right before bed. Watch carefully to monitor whether you are giving them priority over your own solace and ban them outside the door or in a drawer if necessary. If you already have a TV in your room and don't wish to remove it, try covering it with a beautiful tapestry or scarf when it is not in use. Try it! You will notice a different feel in the room.

## Don't Forget the Bed

Choose a comfortable Bed! [Mattress comfort](#) is a personal choice, so be sure to find one that's right for you. Add a beautiful quilt or comforter and feel how this delights and invites you to into the room.

## Make Affirmations Visible

Consider [choosing wall art](#) and accessories that affirm your dedication to your well-being. Find things that remind you to rest, release your worries, and be at peace. Or you can also choose items that express healthy self-love or romantic love that speak to your heart. This can be really fun because there are so many accessories available. Pillows with phrases are everywhere! Also easy-to-do wall decals in every inspirational quote imaginable. Have fun and go with what speaks to your soul right now...pictures and pillow covers are easily changed when your mood changes or you want a fresh perspective.

Want to make some bigger changes to create a new, beautiful space to retreat to? At [Cobblestone Home Interiors and Gifts](#), we are here to help you get inspired to enjoy the beauty of being in your bedroom...we all need a place to find peace. If you are in the Cincinnati or Dayton, Ohio area, we are just a short drive away. We love helping our clients make their homes beautiful and comfortable. We have a full line of quilts and comforters, luxurious rugs, fun pillows, wall art, and decorative accessories to help you create your bedroom retreat! You will be surprised at how transforming your bedroom can transform your life into one that is more gratifying and meaningful. Happy Decorating!

