

URBAN LADDER DESIGN -PAGES-





STORAGE STARS WE CAN'T GET ENOUGH OF



BE GUEST-READY (EVEN IN A 1BHK)

THE DEFINITIVE GUIDE TO ALL THINGS HOME

In these pages SEPTEMBER 2016

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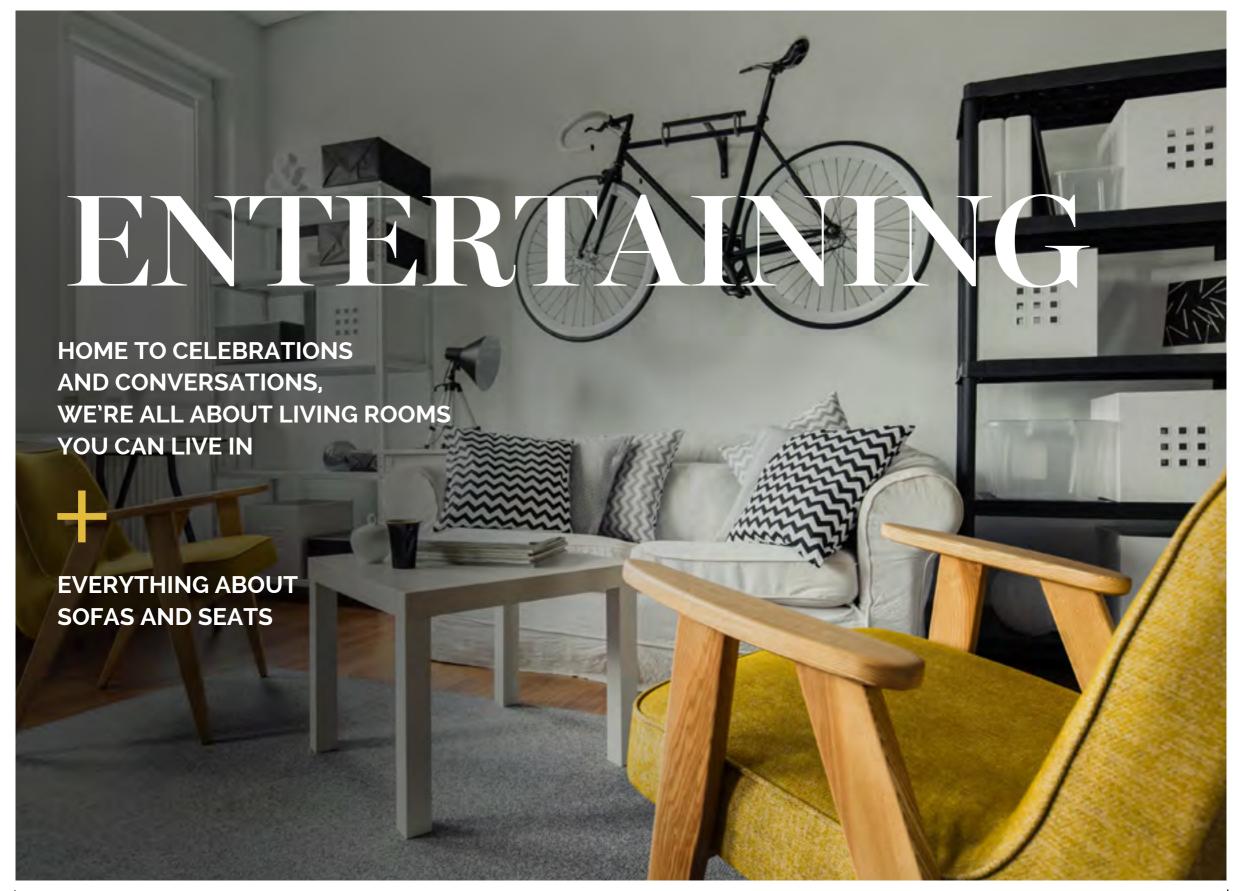
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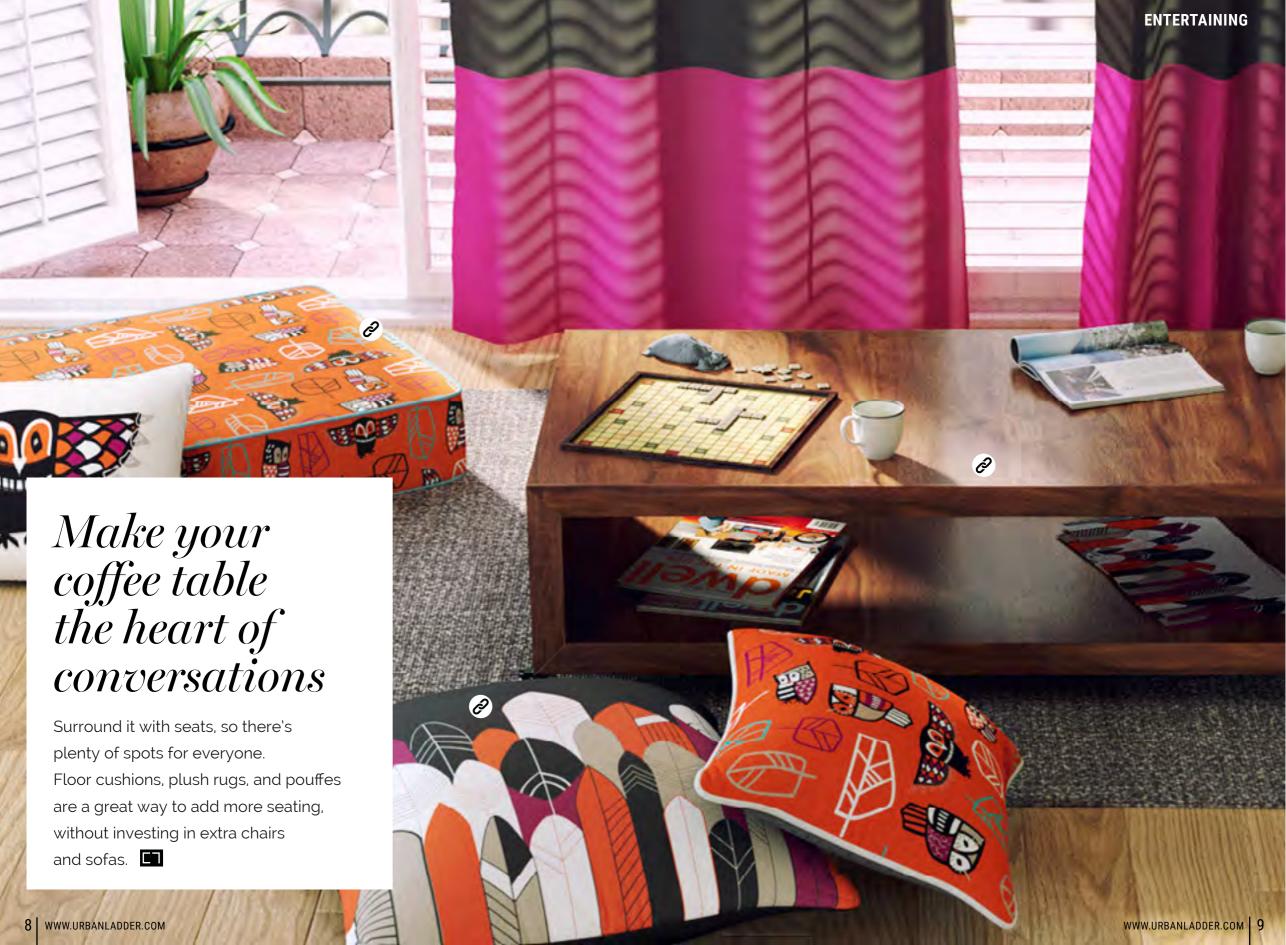


A LIVING ROOM YOU CAN LIVE IN

The living room is regaining its status as the heart of the home, as more and more people are making a conscious effort to keep technology out, and bring back the art of conversation.

Consider large, striking pieces of art for your walls, or pepper the room with photo frames and souvenirs. They make for interesting focal points and also serve as great conversation





COUCH SURFING

Buying the right sofa can be a stressful exercise. While a
Tinder-style type app where you get matched to the sofa of your
dreams would be ideal, we've come up with the next best thing.
A guide to simplify the process, and take the confusion out of it.



Wooden sofas are the more traditional choice. Exposed frames, clean lines, and airy silhouettes give this Indian-home staple a modern facelift. Designed to be more compact than traditional two-seaters, loveseats allow for more cosiness and intimacy



Sectional sofas are the perfect choice for contemporary living rooms. It's designed for modern-day living, where we lounge and watch tv, and nap, all on the same couch.

Sectionals create linear seating space, compared to the traditional "C" seating style of three-seaters and two single-seaters.



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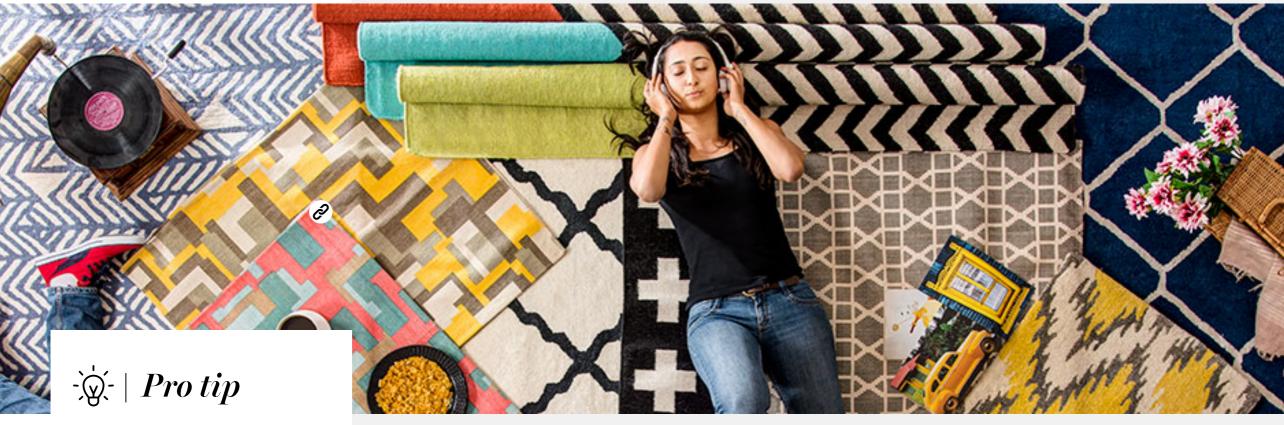
There are few things that can compete with leather sofas in the statement making department. It's instant drama, and instant focus. And the key to keep the look soft and away from cold and imposing? Mix it up with colours, patterns, soft walls, and plush carpets.



A foam or fibre filling will keep your sofa looking and feeling firm. A feather filling creates a softer and relaxed looking sofa.

Want the same look for less? Opt for sofas upholstered in leatherette. They mimic the look and feel of their more expensive counterpart, and are usually more affordable.

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Carpets are an underrated game changer.
A floor rug or carpet can add contrast, texture and cosiness to a bare floor.



If you love having people over, introduce varied seating to your space. Accent chairs, nested stools, ottomans and floor cushions - these are always company-ready, and give your room a warm, welcoming look.

WHERE'S THAT ACCENT FROM?

Accent chairs are resourceful and versatile. Use them to augment seating space, amp up aesthetics or harmonise motley elements in the room.



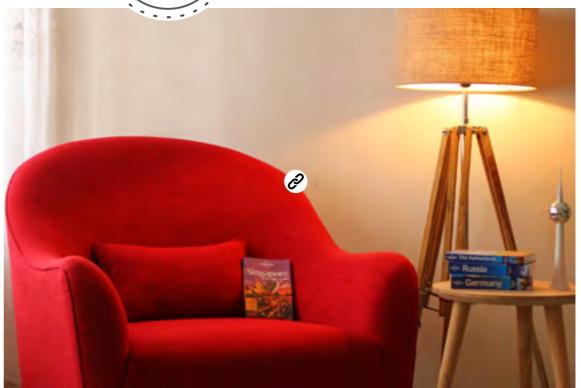


Whether as a reading chair, a lounging chair, or in pairs and threes to complement your sofas, accent seating is perfect to make a statement.





We love the cosy, yet dramatic corner our customer has created with the gorgeous Torino armchair



Sufine Gazeeb



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SET THE BAR

While a large, stationary bar unit is recommended for collectors, a mobile bar unit lets you move the party from room to room, or take it outside.



A concoction
of designs
for different tastes

What's a bar without bar talk?
Add some stools that are high
on style to keep the
conversation flowing. Keep in
mind that standard bar stools
are 30 inches tall and allow
you to rest your elbows on
the bar counter.

There are a variety of bar stools out there, including those with with back rests, upholstered ones, stools with adjustable height, and revolving bar stools.



ENTERTAINING

Designing your space for the first time

This can be an overwhelming exercise. Here are a few simple rules to keep in mind when putting together or redecorating your living room.

Start with the Sofa Since the sofa takes

centre stage in your living room, it's always better to let it dictate the theme and flow of your space. So decide on this first before buying the coffee table, curtains, carpets, and more.

Let furniture

people tend to make is to push all their furniture against walls. While the intention is to "free up" space, what this actually does is create awkward, dead space in the middle.







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SPACE ACES

Clutter-free homes are not just clean homes. They're efficient, streamlined places where you find and do things with ease. Chaotic spaces create a chaotic state of mind. Studies show that they trigger the release of cortisol - the dreaded baddie related to elevated stress levels. Peace out and make design choices that don't mess with your mojo.

> Use every square inch of storage available: the bottom of the sofa-bed, the TV cabinet, the back of doors. It's also wise to keep ten percent of your closets and cabinets free for new additions.





purpose of showcasing book collections, bookshelves are delightfully mutating. They can be used as display units, media units, and room dividers. Going vertical with storage also helps ensure that your space doesn't look crowded.

Having landing strips and resting places for all your things ensures that they don't float around your space. Catchalls for keys and loose change on your console table, a rack for your jackets and helmets. Keeping the same things in the same space everyday makes tidying up a thing of the past. It's always tidy.



**STORAGESTARS

A trunk is a magical solution for tackling the tricky conundrum of Things that Take up Too Much Space. It's as good as a second closet. You can neatly fit in heavy jackets, sweaters, and travel and adventure clothes, without ending up with a tangled mess. Oh joy!





Instead of relegating sideboards to full time crockery duty, why not turn it into a sometimes-bar when you entertain? Use the top surface to display all your happy hour gear – liquors, mixers and garnishes. Store glassware and other paraphernalia in the drawers.

A coat rack frees up space in your closet and adds character to the room. Pull out a few of your (best) dresses, shirts, jackets and/or bags and put them on display. Style it interestingly. Bohemian, minimalist, ethnic – go play.



Add a mirror above your chest of drawers to make it double as a dresser. Place it by a window so you get plenty of natural light (it's the best light to do your make-up by). The table top can hold cosmetics, perfumes, accessories, and more.





Use open shelves and display cabinets to store handbags and jewellery, instead of knick-knacks.

Primarily intended as a footrest, we love ottomans that do more. Especially ones that have storage tucked in to their design. It's perfect for stowing away magazines, books, newspapers, and board games. Out of sight, and yet within reach.



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Yes, this scrumptious space must reflect your style, but it needs to be super comfortable as well. So we rolled up our sleeves and got to work. What does it take to create dining rooms that appeal to your taste and senses? What if there are an unexpected number of dinner guests? What if we don't want space for dinner guests?

$Small\ dining\ space = No\ elbow\ room$

Try swapping your dining chairs for armless ones. This will make your space look less congested and will leave you with more elbow room. Another neat trick? Round dining tables make the perimeter of a room seem larger and create more distance between diners.



Love hosting but always run out of room for people and dishes?

Large rectangular tables and expandable tables are perfect for those who love having people over. There's plenty of room for everyone and conversation flows easily. Adding a sideboard allows you to keep your crockery neatly organised and within reach. Plus, the top surface doubles as a buffet or service counter, making more room for dishes and glasses.



No More than Four

Even if you have 6 (or more) dining chairs, with a table to match, keep fewer chairs around the table.

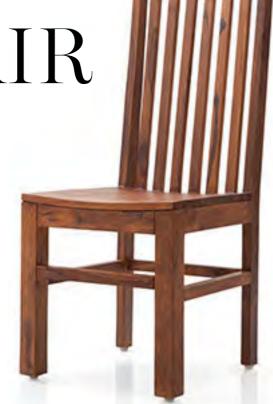
Distribute the rest in other rooms, to create an open, airy dining space.





PULL UP A CHAIR

Comfortable and definite lookers. high back chairs are also ideal for those who like to linger at the table over a meal, or over a conversation. We also love that they do a fantastic job of anchoring larger dining rooms.



Low and medium height dining chairs help to maintain a sense of lightness, and space. Which is why they're our favourites for compact dining spaces.





Adding dining benches and stools to your seating mix keeps things interesting and helps create a warm, informal dining room. Dining benches that can be tucked under the table also opens frees up space around the table, giving you more room.

Fully upholstered chairs are preferable in large spaces, thanks to the visual weight they lend to a room. If you love upholstery and can't get enough of it, but have a smaller space, opt for chairs with only the seats upholstered so you get the best of both worlds.





LIGHTS OUT!

Research shows that sleep quality improves significantly in a completely darkened bedroom. Invest in thick, heavy curtains that shut out all light, or if you're bold enough, paint the walls of your bedroom in deep hues. We're in love with navy blue, charcoal grey, and black wall paints for sleep spaces.





LOVE LAYERS

Sheets with a thread count of 200 or more are softer than sheets with lower thread counts. Plush pillows, plump cushions add more softness to your bedroom. Furniture with more curves than angles can transform your space into a warm, welcoming sleep nest.

Quilts and duvets are ideal for cooler weathers. Dohars, made with soft, breathable cotton, are perfect for Indian summers.









BEDROOMS WE LOVE

Country

Country comes in various styles and we adore them all.

Panel detailing on the bed and floral bed linen, with plenty of white furniture thrown in is one way to go. What we love more is French country style. Vintage chic with slight feminine touches. Pastels and furniture in a distressed finish bring the whole room together.





Minimalist Contemporary

Spare, simple, and instantly invokes a sense of calm. Complete it with bare walls and single-colour sheets and bare floors. Add discreet storage with beds that have drawers tucked into the frame, or shelves. Side tables (sans shelves and drawers) can double as bedside tables. Add floor and wall lamps to bathe the space in a soft, warm glow.

Be it classic, modern, or bold and bright, there are several ways to do contemporary. Keep these rules of thumb in mind and you'll nail the look, no matter the hyphenate. Clean lines that keep the space looking airy, with one central piece that holds its own. The focal point in your bedroom – a dramatic headboard, a painting, or anything else that has plenty of character.

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SLEEPING

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WAKE UP CALL

All about mattresses and everything you need to know before you hit buy.

If you're waking up tired and achy, sleep better in hotels, or if your mattresses is lumpy and saggy, it's probably time to change your mattress.

So that you don't lose sleep over which mattress to buy, we've put together some quick things-you-need-to-know.





TYPES OF MATTRESSES

What's it made of? What's it good for?

Memory foam mattresses are a favourite with people who suffer from back and joint pain. Memory foam ensures that all pressure points are in contact with the mattress, relieving the stress. Another good option? Coir. Mattresses with coir also offer plenty of back support.

Spring mattresses usually come in two types of construction – Bonnell and Pocket spring. Anywhere between 600 to 1000 springs is the mark of a quality mattress. While both offer support and comfort, pocket springs have a greater degree of support.

Catnap, power nap, or nap-nap. Wherever sleep comes calling, we've got you covered.

ATTACK OF THE ZZZs

Re-runs on TV, re-reading your favourite book. Perhaps the patch of warm sun is too hard to resist.

Whatever it may be, there's simply no escaping it. So why not get comfortable instead?

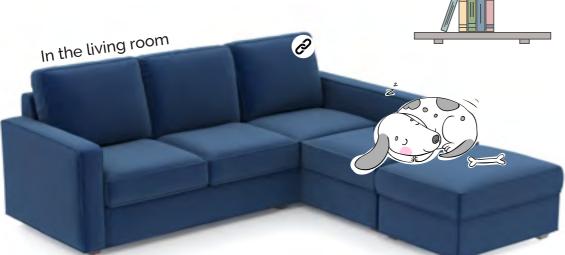


in the living room









SLEEPING



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SLEEP RIGHT



If you often have trouble falling asleep, your bedroom may be too bright. Use thick curtains to keep the light out and get 8 hours of uninterrupted sleep.



A room that's too warm or too cold can also interfere with sleep. Experts say that snuggling into **cool sheets** helps trigger the sleep switch in your brain. While 18 - 22 °C is considered ideal, find what works best for you.



The **right pillow** can go a long way in eliminating twisting and turning in bed at night. Find your perfect fit depending on your preferred sleeping posture and allergies, if any.



Set an alarm – to go to sleep. Research shows that going to bed every night at the same time (weekends included!) helps you rest better.



Find your favourite **audio book** (not a new one) and push play. The familiar voices and intonation will help lull you to sleep.



- Pro tip

Do the chair and desk see eye to eye?

Adjust the chair such that your feet are flat on the ground and your arms are at the same level as the table. This takes the heat off muscles and tendons in your back and limbs.

#LIKEABOSS(

Working from home has its perks. No hysterical alarms, or traffic snarls. Just some peace, quiet and productivity. All in your pyjamas. What's not to love? The trick to creating the right environment is choosing your work nook with care. That way you are at your efficient best even at home.













Window Seat

Natural light is believed to have beneficial health effects, invigorating you and improving creativity.

So snag the biggest window you have and build your workspace around it.

Chair Affair

Wrong chairs are like
a bad romance. Uncomfortable
to be in, and a general pain in
the back (side).
Here is our checklist to find one
that is ergonomic, posture-friendly,
and keeps your musculoskeletal
system in good shape.



A chair with a good backrest

supports key regions of your back

- lumbar, mid and upper back.

It keeps you from slouching forward.

Adjustable armrests that can be raised or lowered, ensure your arms and shoulders are relaxed.

Ergonomically sound chairs come with **adjustable back rests** that allow you to recline, change positions, and shift back and forth.











Let your outdoor space flow from the room it's attached to. So if it's a sprawling balcony attached to your living room, let the space echo the colour tones and style of your seating area.

Gardens, while hard to come by in their erstwhile sprawling form in cities, can be created in even the tiniest balconies. A chair to lounge in and a table to hold your books and beverages are all you need to create a cosy unwind zone.





TREND ALERT

Food bars

With this new trend, guests can fix their own snacks along with their own drinks, and you can save yourself a whole lot of prep time! Keep noodle bowls, tacos, and crostini on a sideboard with plenty of toppings, and let your guests do the rest.







BRING THE OUTDORS INDORS

From indoor gardens to living walls, lush pockets of greenery inside your home can be uplifting, oxygenating, and offer a sense of connection with the natural world.



Terrariums are open or closed glass containers layered with pebbles and soil, with plants growing inside them. Ideal for apartments with small square footage, these visually transfixing jars and globes can contain whole miniature gardens and forest floors.







Create a cosy herb garden in your kitchen. Use old mugs and colourful utensils to grow mint basil, rosemary, and thyme.

Perfect houseplants

LEMONGRASS

Banishes mosquitoes and adds a heady fragrance to the air.

ALOE VERA

Needing minimal fussing-over, it clears the air of fumes released by chemical cleaning solutions.

RUBBER PLANT

With glossy, dark leaves, this is a natural air purifier.



