



## **do you have a 'master' bedroom? you shouldn't!**

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The word 'master' is an antiquated term suggesting domination and inequality; and, in today's cooperative partner and/or single parent household, the label 'master suite' has become obsolete. In that light, master bedrooms would more properly be called '*main* bedrooms'.

Far removed from the activity of family rooms and busy kitchens, the bedroom is the place where your day begins and ends. Surprisingly, however, main bedroom redecorating frequently ranks near the bottom of most people's home renovation lists. But if you want an immediate uplift of your emotional state, there are few projects that will do that more effectively than remodeling your main bedroom.

### **Remodeling Your Main Bedroom for Happiness**

The main bedroom, with its softened textures, serene artwork, and muted patterns, intimately captures the warmth of a home. Passion colors—such as red, purple, royal blue, rose, or the gilt of gold—add drama and indulgence. Plan your main bedroom design with private times in mind, beginning with the purpose of the bedroom. Do you want a Passion Boudoir, Reading Room, or Private Sanctuary?

#### **Passion Boudoir**

French women are known to create the sexiest bedrooms in the world and, in like fashion, today's homemakers, planning for sex, often decorate accordingly, creating evocative, enticing bedrooms. Here are a few suggestions for creating a Passion Boudoir:

- Flattering colors contribute to personal beauty and are erotically appealing. Choose seductive colors like rouge red, lipstick reds, creamy peaches, and subtle pinks. Make sure the colors enhance your natural beauty. Be daring and use bold colors on the walls.
- Luscious fabrics will set the stage for sensuousness. Use silky, velvet, and chenille textures in combination with nubby textures. Use fabrics that remind you of a favorite shared memory. Exotic patterns (i.e. animal prints, tropical florals) conjure images of faraway journeys.
- Locating mirrors in unusual places, such as the tops of dressers or side tables, reflect dancing candle light. Tropical plants and trees, uplit with special lights, also cast exciting shadows.

- An intimate bistro table, set with two chairs, invites private conversations. Dressing tables, furnished with feminine accessories and intimate objects, add mystery and romance to a room.
- Just the presence of a bed tray suggests the possibility of the ultimate pleasure: breakfast in bed, while soft lighting, essential oils in a diffuser, and gentle oscillating fans effectively complete the décor in a Passion Boudoir.

## **Reading Rooms**

If you're one of the many people who love to read in their bedrooms, you might consider designing your main bedroom with reading and lounging in mind. Since eye experts warn that it's bad for a person's eyes to read while lying down (because we tend to hold the book too close), you might enable proper reading posture by installing padded headboards.

Another consideration is lighting. Those in the know claim that readers need at least two reading lamps of at least 175-200 watts, but that type of lighting would seem quite harsh in a bedroom setting. In fact, as my friend Madi, a devoted bedroom reader, says: "My reading time is some of my most important time—intellectually, spiritually, and emotionally. It's the most intimate time I give myself; it compares to what others may call meditation. Just being in a space that's warm and comfortable with a good book is the greatest thing in the world to me, and any bright light would change the ambience of that quiet time."

Madi certainly isn't alone in cherishing her reading time, or in opposing harsh lighting in the bedroom. So, instead of individual lights, consider equalizing the overall lighting scheme by adding other less obtrusive lights across the room.

Good colors for Reading Rooms include Old World Ivory, Antique Amber, Sage Green, and Slate Blue. These soft colors reflect light without glare and also support peaceful feelings.

Squishy pillows, luxurious Afghans or throws, landscape paintings with distant horizons, and mirrors for private reflections add feelings of indulgence. A great lounge chair with a floor lamp and nearby tea table completes the additions to a perfect Reading Room.

## **Private Sanctuary**

Perhaps you'd rather turn your main bedroom into a personal retreat, where you can escape and unwind from a busy day. Surround yourself with photos of friends, family, and places you love, as well as your favorite artwork and meaningful mementos. Under-furnished private sanctuaries can also give you the space to contemplate and daydream.

Good colors for private sanctuaries include dark forest greens, rich chocolates, mochas, navy or cobalt blues, and eggplant. Darker colors create a womb-like feeling and aid deep sleep.

A writing desk, accompanied by a comfortable chair, induces journal or letter writing. A small refrigerator will make you feel as if you can enjoy your time in the bedroom without interruption, and a television offers the opportunity to watch your favorite movies and shows. Room-darkening window coverings also encourage sound sleep and aid in the restoration of your soul.

## **Living Room Furniture in Bedrooms**

Bedrooms can truly become living rooms when they're furnished luxuriously, made into private suites. Adding furniture usually considered living room pieces automatically upscales the importance of your bedroom. Sofas, rocking chairs, or matching overstuffed chairs help create the feeling of an oasis.

The bedroom is the most personal of all the rooms in our home. In fact, as a realtor, I've been in houses on home tours where the main bedroom was off-limits. That may seem strange, but it only served to add to the mystery of the home. I've also been in a delightful home where the living room had actually been *turned into* a fabulous main bedroom!

Only you can decide the best bedroom setting for your personal preferences and lifestyle, but if you want to make a positive dramatic change in your life, there's no better way to accomplish that than remodeling your main bedroom!

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*Jeanette Fisher teaches homemakers five easy steps to makeover their homes for happiness. She's the author of interior design and real estate books and teaches interior Design Psychology. For free Design Psychology eBooks, visit <http://www.designpsych.com/>.*

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