



## Wake Up Your Bedroom and Your Relationship with a Makeover

By Shandra Hill Smith  
Doug Smith Photography



The changing temperatures might have you thinking a little more about getting away. But you don't need to jump in the car or hop on a plane to treat yourself to that much-needed escape.

Thanks to the increasingly popular "staycation"—today's alternative to a vacation—you may not have to go farther than your own home, in particular your master bedroom.

For many of today's couples, bedrooms are turning into relaxing getaways—a place to unwind from life's stresses.

"Outside of work, we spend the most time at home—so why not make home the escape you look for when you go on vacation," says Corinne Matthews, owner of and principle designer for Dream Room Designs, LLC. "Your bedroom can be a place where you can go on a daily basis to get away from the day-to-day hustle and bustle," explains Matthews. "It can be particularly helpful for a couple with young children who may not be able to get out of the house like they once did."

"When you close your bedroom door you should feel you are in another place," adds Meddy Mills, CEO and creative director of Visualizing Change, LLC Events & Décor. "When we redecorate the bedroom, we enliven our rooms and our relationships."

An easy way to give your bedroom a new look is by painting the walls, suggests Matthews, an allied member of the American Society of Interior Designers (ASID).

Matthews urges you to choose colors that won't eventually wear on you. Following paint, she suggests that you consider replacing your window treatments.

For a more complete way to create an amorous atmosphere in your new sanctuary, you also may change bedding, furniture, lighting and flooring.

Mills points to a few other extras, such as "a small table and light for reading. Comfortable chairs, if you have the room, are wonderful for sitting back, relaxing and enjoying the company of your mate." Additionally, "consider adding a porch to take in the wonderful morning or evening air."

Matthews, who also provides staging services and custom items—such as duvet covers, window treatments and pillows—through her company, says be careful not to overlook the accessories. She also believes art, including photographs turned into art, can help dress up the walls.

"If you're going to pay a lot of money for a project, you want to see where your money is spent," Matthews says, "meaning you don't want to spend \$10,000 on a bedroom makeover and end up with only furniture and a rug. Accessories can help personalize your space. Simple things such as pictures in frames, a vase for fresh flowers, candles and scented oils can help create a romantic atmosphere."

One that could add up to an investment in the value of your home—and in your relationship, she adds.



Matthews combined warm colors in transforming this master bedroom. She says colors such as gold, orange and brown help to create a cozy feeling in the room, while "cooler colors such as blue and gray create a relaxing open and airy feel in the room."



### Makeover Details

Dream Room Designs, LLC  
Duvet cover, pillows, panels, design services  
[www.dreamroomdesignsinc.com](http://www.dreamroomdesignsinc.com)

Visualizing Change, LLC Events & Décor  
Floral arrangements (flowers, Van's Floral Products)  
[www.visualizingchange.com](http://www.visualizingchange.com)

Brownstone, Marin collection  
Bed, dresser, highboy, nightstands

Coaster America  
Bookcase, bench, accent table

Sam Moore  
Lounge chairs

Sherwin-Williams  
Paint

Lowe's  
Lamps, ceiling fan, moulding, hardware

RM COCO  
Fabrics for bedding, pillows and window treatments

York Wallcoverings  
Wallpaper

Fairfield Processing Corporation  
Soft Touch Poly-fil Supreme

SA Painting  
Paint work

Sam Flax  
Frames, mats

Doug Smith Photography  
Artwork

In 2008, Corinne Matthews became one of three finalists in the Second Annual ASID Georgia/Archstone Apartments Interior Design Contest. Each designer had four weeks and a budget of \$10,000 to complete the transformation of a one-bedroom apartment at Westchester at Peachtree Valley in Atlanta. Members of the public got a chance to tour the apartments and vote for their favorite. Matthews' creation came in second.