



My interior stylist

Expert advice from Zoë Brewer on re-vamping your home this Spring

Spring is here and it's the perfect time for a detox. According to a recent survey, tidy people live longer. So here's some tips for a stress free home – and mind!

You will need to clear a day in your diary for a serious sort out. Empty out all those cupboards you've been scared to open for the months and be tough. If you haven't used something for 2 years or more, it's usually time for it to go. I find paperwork is a major problem in just about every home. Scan and store as much as possible electronically. For small sentimental items, you can arrange in a box frame, so that you can enjoy them every day, rather than allowing them to gather dust in a drawer. Then e-bay, freecycle, or trash. It often helps to get a friend round to help with this process, as they will be less sentimental about your things and what to junk. If it's still all too frightening, a day with an expert is well worth the money (de-cluttering is one of my services and I love it!).

Spring is also a great time to give your walls a facelift. As a stylist, I know the instant way to update your home look is to grab some of the latest accessories, style and enjoy. At this time of year though, it's a great time to re-vamp on a larger scale. This can be easily done by giving your walls a fresh look – here are some ideas:

1. A new lick of paint – paintwork gets dirty and tired very quickly, especially in a family home. A new coat of paint is a quick way to make a room feel fresh. Paint 1 or 2 walls in a different shade for a subtle but interesting look, or a bright feature wall for something bolder. It's worth getting in the professionals – call Steve at Flaunt-it Decoration on 07930 473 222

2. Wallpaper/digital art – you can change the whole feel of a room simply with a couple of rolls of wallpaper. Use as a feature wall or either side of a fireplace. Bright colours and geometric 50's designs are the trend for this year. With patterned paper, it's imperative to line up the pattern correctly, so again it's worth getting in a skilled tradesman (Flaunt-it – as before).

3. Wall coverings – for something unusual, check out Dreamwall. They provide wall coverings with a difference, specialising in imitation brick cladding systems. www.dreamwall.co.uk

4. Wall Stickers – for an instant new look, apply wall stickers which are now available in a huge selection, and easy to remove at a later date. Try www.acte-deco.fr/en who will make things in different sizes and colours to your requirements.

5. Art – if a whole wall make-over is just too much hassle, why not decorate your wall with a bespoke oil painting? At Fabulous Masterpieces you can commission a portrait, or any design you fancy for a fraction of the normal cost. Paintings cost from £200 and for larger pieces they will send round an interior designer to help you plan what would best suit the room. www.fabulousmasterpieces.co.uk.

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