

The Femina Book of  
**INTERIORS**

Focus On Finishing Touches And Young Designers



Rs 75

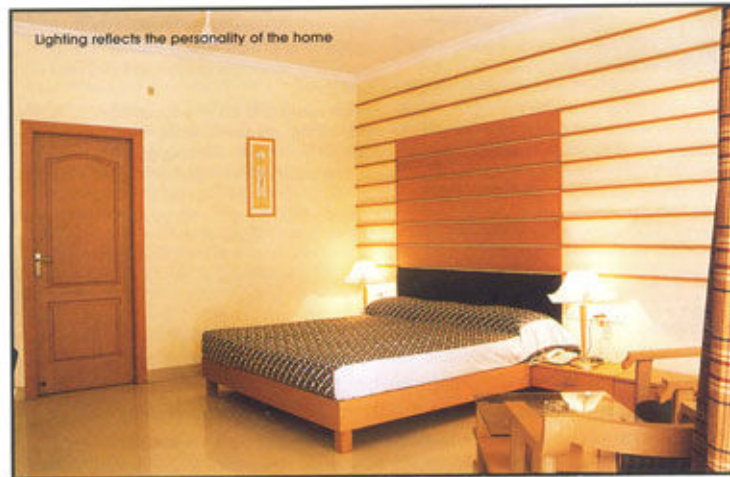
## Finishing Touches

You must keep in mind a few things before you set out to light up your home, says Yeshwant Ramamurthy

Lights can have more than a functional appeal. They can carve new spaces, create zones and even change the mood of the place. No wonder designers are pushing boundaries to create light pieces that actually work like art pieces.

Lighting can reflect the personality of the home and can make or mar the ambience.

- Change to compact fluorescent lamps (CFL) to spare on power consumption. As compared to incandescent bulbs they consume 35 per cent



# Light Up Your Life



Dim and soft lighting give a dramatic effect to a room  
Inset: Floor lamp from  
Interiors España





electricity.

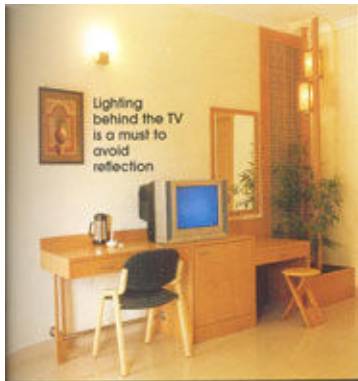
- Use warm (yellow) tones for the drawing and dinning rooms. They give the room a sophisticated glow and colours look more natural under bulb colours 82 and 84.
- Fluorescent lights are ideal for kitchens, passages and utility areas as they cast a uniform shadowless glow, which makes for an efficient working environment.
- Rooms used by the elderly and the younger members of the family should be brightly lit to facilitate reading and studying.
- Lighting should be installed behind rather than in front of the TV and computers to avoid reflection in the screen which is distracting and can cause eyestrain.

Chandeliers can be used in dining rooms with a high ceiling

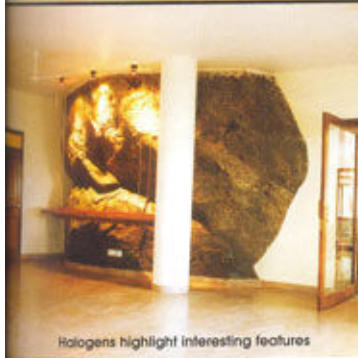
Use fluorescent lighting in passages



Toilets should have bright lights over mirrors



Lighting behind the TV is a must to avoid reflection



Halogens highlight interesting features

- Bracket lamps should be mounted between 1.5 metres to 2.5 metres from the floor level for optimum spread of light.
- Chandeliers should not be suspended in apartments whose ceilings are very low.
- For a formal look in the drawing room, in addition to suspended and wall lights, use table lamps in corners. They add a soft glow for small intimate gatherings.
- Use picture lights to illuminate paintings and halogens to accentuate indoor plants or any other interesting features of the house. However these are heat generating so their use should be judiciously planned.
- Install a dimmer switch in the family room so you can regulate the intensity of illumination when watching TV.
- Warm yellow light suspended low



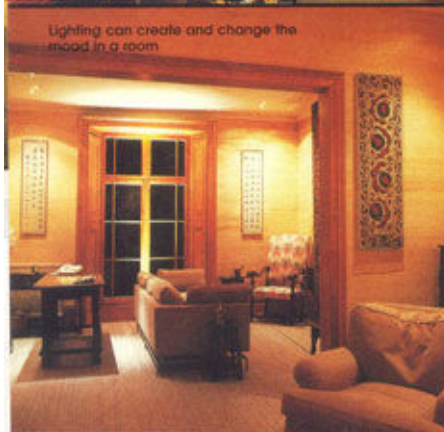
Use warm tones in your drawing room





You can use recessed lights to illuminate wall paintings

Place reading lamps at bedside



Lighting can create and change the mood in a room



When kept at low levels, garden lighting gives a mellow glow to plants

over the dining table enhances food colours and makes food appear more appetising.

- Garden lighting should be kept to a low level (about 1.2 metres) to give a mellow glow to the plants. These can be powered by solar cells and programmed to function from dusk to dawn.
- Toilets should have bright lights over mirrors for ease of shaving and applying make-up.
- In dressing rooms, the ceiling light should focus into wardrobes when the shutters are open so as to help locate your garments and accessories.
- Concealed lighting gives a uniform glow from the ceiling but can be used only if a false ceiling is installed.
- Recessed lights are one way of illuminating wall paintings. Reading lamps should be provided at bedside.
- For parties and special occasions, candles, diyas and Japanese paper globes add a cheerful and festive mood.