

bed&bath

the sanctuary

The concept of sanctuary is one that easily translates into our home environment: a place of calm and safety—a refuge within our own four walls. Creating a sanctuary within our home is well within the reach of most of us; it can involve anything from surrounding ourselves with the things that make us feel more comfortable to making changes to the spaces that create a more liveable and secure environment.

The modern, clean lines of the spa design aesthetic are a common feature of the bed and bath sanctuary. Soothing and relaxing, they offer a perfect counterpoint to the warm, rich tones and textures of antique furniture. Integrating antiques into the sanctuary environment is a hot trend at the moment, says Cheryl Volkman of Berkshire Antiques, who says that one of her most in-demand items is the marble-topped dresser, which homeowners are repurposing as bathroom vanities. “We can hardly keep them in stock,” she laughs. Whether installed in a contemporary or traditional bathroom sanctuary, the conversion is surprisingly simple; parts of the interior are stripped to accommodate plumbing and a hole is cut into the marble top to accommodate a conventional bowl sink or a bowl-style vessel sink, for a contemporary twist.

Repurposing furniture is also hot in the bedroom. New life is being injected into antique wardrobes, which, Cheryl says, are getting internal makeovers to accommodate the televisions and stereo systems that many people are bringing into their bedroom sanctuary. Repurposed wardrobes offer a perfect opportunity to close off the electronics and their accompanying bird’s nest of cords from the rest of the room, maintaining that sanctuary feeling.

Beauty, luxury and relaxation. Three words that describe everything that a

bedroom sanctuary should offer. While the first two are important, the bedroom sanctuary is truly defined by its ability to provide us with a good night’s sleep. And no matter who you are, a good mattress is the key to a sound sleep. When the British Royal Family was looking for the perfect sleep experience, they turned to Hypnos mattresses. In fact, Hypnos has been a Royal Warrant holder to the British Royal Family for nearly 40 years; first supplying bespoke mattresses to the late Queen Mother, and now to Queen Elizabeth herself.

Beauty, luxury and relaxation. Three words that describe everything that a bedroom sanctuary should offer.

And now the word has spread to North America: Oprah Winfrey and Sarah Jessica Parker are now Hypnos converts.

Hypnos has been crafting finely detailed mattresses in Britain for over 100 years. Renowned for their superior quality and craftsmanship, these mattresses feature up to 2000 individual, calico-wrapped coils (most mattresses offer only 600 to 700) whose honeycomb design offers unequalled support and comfort.

“These mattresses are phenomenal,” says Terence Bachor, Vice President Sales and Marketing for Hypnos Canada. “They are made of all natural fibres, which makes them perfect for people with allergies. A Hypnos mattress remains fresh much longer than an average mattress; they breathe, thanks to vents in the sides, which function like a valve to wick away moisture. This is really important, because the average person loses about one cup of moisture every night.” With their thick damask covers, Hypnos mattresses are also more resistant to dust mites and their leavings, which tend to thrive in other mattresses. “Not too long ago, when the royal staff was changing over some mattresses, they discovered some perfectly functional and comfortable mattresses that were made in 1909. In fact, they had been signed by the craftsmen—great grandfathers of some of the people who work making Hypnos mattresses today.

It’s the finishing touches that put the sanctuary stamp on a room: those little things that say, “This is my space.” When we’re talking about a sanctuary in the bathroom, those touches include the best quality towels—thick, thirsty and warm—ready to envelope us after we step out of a warm bath. “Good towels are just like fine bed linen,” says Cyndi Sellars of del Adora. “They are the finishing touch in a bathroom: the element that lifts your bathroom to the next level of luxury.” del Adora’s lines

bed&bath

of linens for the bathroom include lush Egyptian cotton towels by Italian maker Carerra (del Adora's heaviest weight, most opulent towel) and linen lines for the bath and bed by other top tier designers Abyss, Bros., Sferra (known for their ultra-luxe, 1020 thread count sheets) and Legna (makers of fluffy wood fibre towels and silky bed linens). "In homes with master suites, we love to see coordinated bed linens and towels throughout the space—it helps to create a sense of unity."

A true sanctuary should appeal to all the senses. Sumptuous linens and towels appeal to both our senses of touch and sight. Candles and scents complete the sanctuary experience by appealing to our senses of sight and smell. "We carry a line of 'bathing luxuries' by Lady Primrose," says Cyndi, "that are not only amazing skin care products with unique scents, they also look beautiful." The line of

perfumes, bath gels and salts, body lotions and soaps is presented in beautiful and unusual crystal decanters. "The bottles themselves bring a sense of romance to a space," Cyndi says with a smile. "Lady Primrose also produces home accessories like candles that are perfect for creating a sense of sanctuary in the bath and bedroom."

A true sanctuary should appeal to all the senses.

Whether it's a comfy reading chair in the bedroom, or a home theatre seat, there's nothing like the feeling of settling into soft leather upholstery. "Leather is really second to none as an upholstery choice," says Len Kassian of La-Z-Boy Furniture Galleries. "In

general, leather will last from four to five times longer than even the best quality fabric. In fact, with good care, it will improve over time." According to Len, the heat and movement of the body on the leather contributes to the continued tanning of the leather over time, making it softer more pliable and luxurious.

When choosing leather, look for top-grain leather. This is the outside cut of the hide (which can be sliced two or three times) and is the most durable. And because it is the outside layer of skin, it features the natural variations of the hide itself: the scars, wrinkles and other imperfections that made their mark on the animal's skin throughout its life. "This variation is a sign of top quality leather," Len adds. "In fact, on the odd piece of furniture, you can actually find brand marks—a very desirable thing. If the surface of the leather is perfect, it's likely from an inside cut, which will be less durable than top-grain leather."

Leather is an increasingly popular choice for upholstery on all types of furniture. La-Z-Boy has accommodated this trend by making 90 percent of its product lines available in leather. And consumers have responded; according to Len, leather furniture accounts for between 70 and 80 percent of La-Z-Boy's sales. Aesthetic reasons aside, leather is popular for its easy maintenance: spills wipe up easily and with good quality leather, scratches are virtually invisible. "La-Z-Boy's standards for dyeing leather are quite high," says Len. "The leather is dyed all the way through, so scratches don't show." Len advises that when shopping for leather furniture, check a sample of the leather to see that the colour is the same on the front as it is on the back.

As we grow older, more and more of us are modifying our sanctuaries so that we can continue to enjoy them long into our old age. Making the home accessible to accommodate the limitations of both getting older and the onset of illness is simply a matter of planning and consultation with experts like



Handcrafted under the Royal Warrants of her Majesty Queen Elizabeth II and the late Queen Elizabeth the Queen Mother.

Elegantly covered in the finest gold and silver Belgian damask, the deep luxurious mattress encloses the very best of trusted traditional fillings including pure silk and cashmere. It is the very zenith of craftsmanship, expertly designed and handmade to perfection.



BY APPOINTMENT TO
HER MAJESTY
QUEEN ELIZABETH II
BEDDING AND UPHOLSTERY
MANUFACTURERS



BY APPOINTMENT TO
HER MAJESTY QUEEN ELIZABETH
THE QUEEN MOTHER
BEDDING AND UPHOLSTERY
MANUFACTURERS

HYPNOS®

THE MOST COMFORTABLE BEDS IN THE WORLD

Available at Fine Furniture Stores
and Mattress Galleries across Canada

1.866.6HYPNOS (649.7667) * info@hypnoscanada.com * www.hypnoscanada.com