

viva

MAGAZINE ONLINE

**THE
NATURAL
GUIDE TO
BLOOD
SUGAR**

pg. 35-50

**THE
DATING
GAME**

**FIND A WINNER
WITH THESE
10 TIPS**

**FOR LOVE
& LAYERS**

**AMP UP
YOUR HOME'S
INTERIOR**

EXCLUSIVE

**PADMA
LAKSHMI**

*OUT OF THE
KITCHEN*

**GET STUFFED
RECIPES FOR YOUR HOLIDAYS**





For Love and **LAYERS**

ADD SOME EXTRA OOMPH TO YOUR HOME WITH MIXED MATERIALS AND PUNCHY PATTERNS

BY DVIRA OVADIA

With the colder months drawing near, many of us are electing to stay home instead of venturing outdoors into the cold Canadian weather. As such, now is a wonderful time to focus on amping up your home's interior setup.

This season, go bold by learning to love layers. This simple technique can add a great sense of individuality and coziness to your home, making it the perfect place to stay bundled up all winter.

KNOW THE BASICS

Combining fabrics, textiles, rugs and materials within your home can add warmth, depth and shape to any basic room. During the winter, we naturally seek comfort and gravitate towards items that stimulate our senses—something which layering offers in spades.

Layering patterns consists of four main components: colour, scale, texture, and shape. The first step is to grab a bunch of patterns, colours, and fabrics that you love. I adore working with Alendel Fabrics, a Canadian company that always offers great, affordable and stylish options.

Once you have a large library of options, you can start the sorting and matching processes. Use patterns that share some common colours and styles that work together to help narrow down your selections. Make sure to source both small and large patterns that could pair nicely.

Mixing patterns and layering textures is an art form which takes a little bit of time and patience. When it comes to bold patterns and colours, sometimes you just need to take the plunge—once you've gathered all your selections, experiment with a few



key colours and patterns that appeal to you. The key is to be willing to experiment with certain elements that may be out of your comfort zone.

KEEP IT SIMPLE

Keeping your key pieces simple and neutral is ideal. Once you've established your main anchor, start adding in one basic colour in both large and small scale patterns. With this type of approach, you really can't make any mistakes. If you're feeling confident, take it to the next level with more colours and several scales of patterns.

If you're looking to layer with neutrals, you must ensure that you have a heavy play on textures and tone-on-tone patterns to create interest. Be sure to seek a variety of materials, from velvets to furs and linens to silks. Consider all the surfaces you can cover: adorn your walls with wallpapers, add texture to your windows with drapery, perch pillows in layers on your furniture and layer your floors with a fuzzy area rug.

INDIVIDUALITY

As a designer, I appreciate the different aspects of design. As I learn to love and embrace new trends and styles, I gain further sources of inspiration for new projects. My style is modern with a great mix of the unexpected. As such, I often use layers to create a memorable and inviting space. When designing for my clients, I customize each room to create a space that generates comfort, interest and longevity.

Your home is where you should have fun and showcase your personality. If you love colour, then experiment by layering hues that inspire you. If you have travelled the world and been inspired by other cultures, showcase those by layering patterns and tones that reflect these memories. **VM**

DESIGNER TIPS

1. Patterns require coordination in style and colour, so always carry your fabric samples when working on your room.
2. Check the durability of your fabrics, rugs and drapery. Can they be machine washed, or do they need to be dry cleaned?
3. Create your own look book or work with a design team before taking the plunge.

Patterns can sometimes feel daunting and overwhelming, and we often shy away from them. However, when done right, patterns add life, and create a space that stands out from the rest both this season and beyond.