



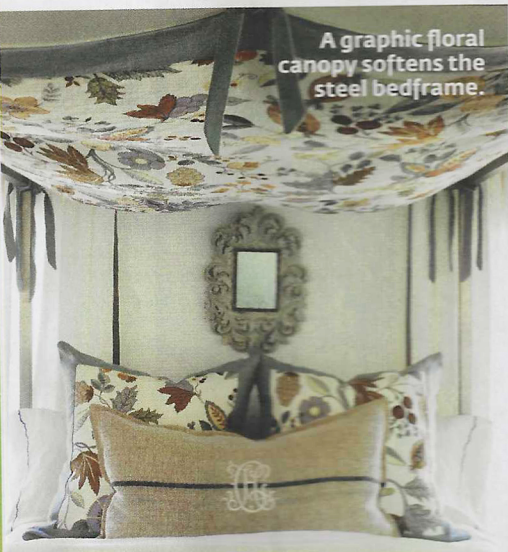
Heather and her English pointer, Lillie

# Create a Restful Retreat

Heather Chaddock, style director at our sister magazine *Coastal Living*, wakes up her Birmingham bedroom with a chic, low-budget makeover.

Sometimes, even a small swatch of fabric can inspire a large-scale makeover. That's what happened when *Coastal Living* style director Heather Chaddock came across a fresh floral fabric by Victoria Hagan Home Collection. "I immediately wanted to upholster every inch of my bedroom with this gorgeous floral!" Heather says. "The muted tones and oversize scale keep the design from feeling too girly."

Like most who have fallen in love with the "perfect" fabric, Heather soon realized she couldn't swathe every surface. "It was too expensive to use everywhere, so I had to make a few yards go a long way," she says. She focused on creating a bed canopy and then used the leftover fabric for pillows and a desktop. By customizing the remaining details, she pulled off a chic, inexpensive makeover. Turn the page for more of Heather's ideas. ➔



A graphic floral canopy softens the steel bedframe.



**Inspiration fabric:** Four Seasons/Winter (4006-01) by Victoria Hagan Home Collection; [victoriahaganhome.com](http://victoriahaganhome.com)



Chalky white walls and a pale gray-blue ceiling set a calm tone for the room.

## 1 SIMPLIFY THE COLOR PALETTE.

To make things fuss-free, choose white for your walls and linens, and then mix in an accent color that you love. "Lately, I've been obsessed with a pale shade of blue-gray," Heather says. "It's so calming, perfect for a bedroom." She used navy blue details to complete the look. She elevated her plain white curtains by adding a blue ribbon trim and found sheets with a simple scallop accent.

## 2 USE A BOLD FABRIC IN SMALL SPLASHES.

Splurge on a few yards of your favorite fabric, and then use it sparingly on several key items in your room. Heather's floral fabric made appearances on the canopy, pillows, and desk top. "I got away with using about 7 yards," she says. To avoid having to buy extra material to meld together two pieces for the canopy, she suggests taking a piece from one bolt and adding a 4-inch mitered band of linen around the edges. **STYLE SECRET:** "Canopies tend to sag over time, so if you want yours to be tight, make it a few inches smaller than the inside dimensions of the bed," Heather says. ➔



**Desk chair (before):** Don't overlook a tattered chair when shopping. If the lines are right, a fresh coat of paint and new upholstery are all it needs.

### Ceiling paint:

Jubilee (6248) by Sherwin-Williams; [sherwin-williams.com](http://sherwin-williams.com)

**Fabric on the desk chair and bedside lampshade:** Twilight Rhythm/Mist (4004-02) by Victoria Hagan Home Collection; [victoriahaganhome.com](http://victoriahaganhome.com)



**HEATHER SAYS,**  
"A bed canopy creates the perfect little nest for your room."



### 3 LEND AN EXPENSIVE LOOK TO AFFORDABLE ACCENTS.

Toss in nontraditional finishing touches to upgrade your look. A vintage European basket makes a unique and functional bedside table. (Good-bye, clutter!) Heather upgraded an ordinary lampshade with the same fabric she used on her desk chair. She made a boudoir pillow out of a Hungarian grain sack and customized it with her monogram.



Heather stores extra linens in an antique basket, which doubles as a bedside table.



This charming desk was made from a fabric-wrapped hollow-core door and sawhorses.

**HEATHER SAYS,**

“The details make a big difference. No room (or outfit) is complete without a ruffle.”

**Nails:**

French Natural Low Dome with 1/8-inch head (FN156) by D.A.D.S.; [dadsnails.com](http://dadsnails.com)



**Ribbon trim:**

1" Stitched Grosgrain (02392) in Blue/White from M&J Trimming; [mjtrim.com](http://mjtrim.com)



**Vintage sawhorses:**

For a similar look, try the Vika Lilleby trestle by IKEA; [ikea.com](http://ikea.com).



### 4 PUT FABRIC SCRAPS TO WORK.

Create an inspiring desk with leftover canopy fabric. All you need are a basic hollow-core door and two sawhorses. First, Heather covered the door with a layer of felt; then she wrapped it with extra fabric. “I finished the edges with the same decorative trim that was applied to the curtains and repeated the nail-head design from the settee,” she says. **STYLE SECRETS:** If your desk isn't high enough, add casters to the sawhorse legs. To protect your fabric and provide a smooth writing surface, cover the desktop with a thin piece of glass. \*