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BY **KIMBERLEY SELDON**

KIMBERLEY'S GUIDE TO LIGHTING

Regardless how much effort is put into decorating a home, if a room is not properly lit then the results will be diminished or ruined.

A proper lighting scheme adds sparkle, glamour, drama or warmth. It can enhance or highlight and it can even increase working efficiency. Though most know this intellectually, the majority of us live with less-than-adequate lighting. Still fewer embrace the drama and energy one statement light fixture can bring to a space.

Because lighting has both a physiological and emotional effect on humans, the quality of light we receive from a fixture is an essential consideration. Excessive contrast causes eyestrain while absolute uniformity is monotonous and dull. Balance is the key to success. Obviously, the requirements for a television room are different from those for a kitchen or home office; however, most rooms will include a combination of the three general types of lighting: ambient, task and statement lighting.

{AMBIENT LIGHTING}

The goal of ambient lighting is to improve and enhance the beauty of a home by distributing low levels of light throughout a room. Although it's possible to adequately light a room exclusively with a central ceiling fixture, this is rarely the most satisfying option.

A more well-balanced and pleasing scheme will include a variety of both indirect and direct lighting sources. A centre light fixture such as a chandelier, cove lighting, recessed pot lights, and portable lights such as table and floor lamps are all sources of indirect lighting, casting a wide glow within a room.

{TASK LIGHTING}

The goal of task lighting is to improve seeing comfort and, therefore, help you perform tasks more efficiently. In the living room, task lighting can be provided by fitting lamps with opaque shades that cast light down onto work surfaces, such as a writing desk.

In the kitchen, task lighting often includes fluorescent or halogen tubes mounted under cabinets. A child's desk will benefit from a proper work lamp, with the bulb approximately 14 inches from the desktop. In the closet, proper lighting allows us to discern navy pants from black, easing the stress of busy morning routines.

{STATEMENT LIGHTING}

Whereas the goal of ambient or task lighting is to direct awareness to any items that are being illuminated, the purpose of a statement light fixture is to demand more attention. In the dining room, an eye-catching chandelier will make a statement. In the kitchen, pendants over the island can draw attention.

By adding the right light fixture, you add sparkle, energy and drama to a living space, making it part art installation.

Kimberley Seldon Design Group has 20 years' experience as an award-winning, full-service interior design-build firm. For more information, visit kimberleyseldon.com