



The Glamour Nest

Thoughtful Nesting and Getting Clear on Your Emotional Needs in Your Space + How Perfection Leaves No Room for Intimacy, Authenticity or Grace

love

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This candy-colored home, designed by Jessica McClendon of the Los Angeles-based interior design studio Glamour Nest, mixes bright colors, quirky accessories and luxe materials to create the ultimate bachelorette pad.

From the fabrics and furniture to the artwork and accessories, color is everywhere. The robin's egg blue walls throughout the apartment help give the loft a more eclectic vibe. A few of our favorite elements? For starters, the candy bar is #goals! We also love the neon signs, print rugs, metallic light fixtures and accents of lucite, velvet and faux fur.

The MAGIC of COLOR

Color is just so personal. It represents our spirit, while also providing a path to alter or change our spirit. It's fascinating how different people are attracted to different colors. Why do I love teal? I literally can't explain it to you... I just love it. Why does someone love yellow? It truly comes from within.



Creating a Space That NURTURES You:

The biggest way to create a space that nurtures you, whether it's at home or at a workspace, is to:

- A. Figure out your emotional needs.
- B. Use that information to make design choices.

You can do this with some good old-fashioned journaling. And as an added bonus, you might even discover that you have different emotional needs for different areas of your home. For example, in your family room, an emotional need might be spending time with family, while your bedroom might be about having time to meditate or have alone time to recharge. Getting clear on our emotional needs is all about figuring out who we are and what drives us—not the idealized version of ourselves, but the truest, best version. It's the foundation of my design philosophy and why I founded my online design workshop, Thoughtful Nesting.

It's important to get clear on your emotional needs so that you can apply style with substance, because the truth is, we don't just decorate to have a more beautiful home. While it's a nice side effect, the need comes from a much deeper desire to share life—and ourselves—with the people we love. That's why if you attempt to follow the latest decorating trends, because that's what you think everyone else is doing, you won't truly be happy with the result. Will it look pretty? Yeah, it might look AMAZING, but if your emotional needs are not being met, it won't nurture you.



Motto I Live By

"Perfection is overrated." I don't know who said it first, but I believe this to be true in our homes and life in general. Perfection leaves no room for intimacy, authenticity or grace.



Do We Have to Use Rooms for Their Original Purpose?

NO! I'm all about your emotional needs being fulfilled by your home. There is no rule that the room labeled "dining room" on the architect's plan has to be used as a dining room. Maybe you don't need a dining room at all... guess what? That's cool. Nix the dining room all together. Depending on what your emotional needs are, you could make it into a fun poker lounge, billiards room, teen lounge, library or art studio. If one of your life's intentions is to be creative, then changing a formal dining room into an art studio is a much better use of space.

Don't Play It Safe: Buy What You LOVE

I am really an anti-rule type of gal. In fact, I hate anybody telling me what to do. In general, I try not to live by design rules, but I do employ a few key principles. My biggest principle is: Don't make a "safe" design choice simply because you're worried that you'll get tired of a bolder design choice you really, truly love. Now, when I say "love," I mean it must be something that makes your heart skip a beat. It's so sad when people deny themselves an item because they're afraid that they'll tire of it. I've had clients go for a grey sofa instead of a heart-stopping kelly green sofa out of fear. Honestly, because they never LOVED the grey sofa, they tired of it much quicker even though it's a neutral! If they had gone for the choice that really resonated with them from the beginning, they would have loved it for so much longer!

Something You Will Never Have in Your Home?

Any piece of furniture with a built-in cup holder! Yes, it exists. I've seen it with my own eyes!



Jessica McClendon

Surround Yourself with Talented People

Straight out of college, my good friend Bruce Wood, a very talented dancer and choreographer, told me to surround myself with talented people. Instead of being threatened by them, he said to learn from them and celebrate their achievements. In the creative world, it's so easy to feel like you're in competition with everyone, and his advice set my mind straight. He passed away a few years ago, but I have never forgotten this advice. I love being around people who are brilliant at what they do, because they make me better at what I do.



My DESIGN HACKS

I love these because they are super easy to achieve and almost foolproof.

- 1} **OVERSIZED ART.** If it's large, it makes an instant visual impact and gives the space a glamorous, high-end feel. The art can be anything—a vintage photo of a rock star or a vibrant stack of donuts, whatever suits you.
- 2} **BOLD LIGHTING FIXTURES.** Swap out the boring flush mount lighting for goodness' sake and opt for a conversation starter—feminine or sculptural chandeliers, modern or vintage-style pendants, you name it. Interesting lighting fixtures are a surefire way to make your space unique.
- 3} **ADD A BOLD PATTERN SOMEWHERE IN THE SPACE.** This can be done with wallpaper, a rug or even patterned window treatments. And let's be frank, spaces that have bold choices always feel designed, because they are making a statement.