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WINTER WARM-UP

Favourite ways to crank up the heat without ever touching the thermostat

PHYLLIS LUI AND ALEEM KASSAM

The crisp air and early evenings of winter lure us indoors to cocoon — if not for an extended period through these cold months, then at least for some quality time to cozy up after a long day braving in the freezing temperatures.

We like to approach the task of seasonal decor as we would a wardrobe. Just as the weather defines the clothes you wear, so too should it play into what you have in your home.

By layering some key elements into your decor, your space will be cozy as can be, regardless of the temperatures outside. Here are some of our favourite ways to crank up the heat, without ever touching the thermostat.

Accessorize in layers. Combine colours, patterns and various textures to lend your home a warmer overall visual impact. An area rug layered over a larger rug or wall-to-wall carpet creates a luxurious, “plush” effect. By much the same logic, double up on your cushions and throws, too. Sofas, loveseats, chairs, and even a corner of the room can instantly become that coveted “cocoon” we all so desperately need to curl up in, come winter.

Heavy fabrics. Heavier textiles are a great addition to the home when the temperatures fall. Think velvet,

thickset corduroy, faux fur, wool and chunky cable-knit designs. Swap out your lighter bedding and use richer heavier textural and weighted sheets, blankets, bedspreads and beloved accent pillows.

Consider swapping out your window coverings with the change in seasons, too. While a second set of heavier fabric drapes is definitely a bit of an additional investment, it'll be worth the spend and the benefits are twofold. You'll create a warmer, cosier look overall in your home, and heavier window coverings can actually help naturally regulate your home's internal temperature, giving your utility bills a break.

Warm light. Believe it or not, the type of light bulbs you choose have a huge impact on the temperature of your space. The neutral option is called “bright white,” which is not quite yellow (on the warm side) nor blue (on the cool side). If you wish to warm up the look of your home, simply replace your bright-white bulbs with soft white ones, which are a slightly warmer shade and a very popular choice in living rooms and bedrooms, where a cozy ambience is typically preferred. With all light, we can't stress this enough — use dimmer switches! In fact, we recommend putting a dimmer on every light. They're a great way to customize your home's lighting, depending on season, occasion or mood.



Even a corner of the room can instantly become that coveted cocoon we need to curl up in.

Short of these no-fail solutions to winter's worst misdeed, one of the easiest and cheapest ways to warm up your home is with good ole-fashioned candle light. When the temperatures drop, line your mantles, windowsills, shelves and tabletops with arrangements of glowing pillars and tea-light candles. Place your candles in view of a mirror, to double the light and warmth. Now, let's not forget the obligatory PSA: be careful to never leave burning candles unattended. Or consider high quality faux battery candles.

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adapt in order to provide us with comfort and style. If your objective is to warm up your home, play a word association game for inspiration.

To you, “warm” might be something physical, such as a fireplace stacked with wood, or a wooly blanket rolled up at the foot of the bed. Perhaps it's something more abstract, like a colour or a particular

scent. (Think cinnamon!) With the right seasonal switch-ups, your home will be perfectly toasty all year round.

Phyllis Lui and Aleem Kassam are the principal designer duo for Kalu Interiors, known for creating thoughtfully curated interiors that enhance and inspire how you live. Visit www.kaluinteriors.com.