



Beyond boudoirs

Bedrooms mix sleep with shape-up spaces

BACK IN THE 11th century no one had heard of bedrooms. The place where everybody slept was one big room, used for cooking, eating, bathing — anything and everything.

By the 17th century, royal bedrooms were the scene for important ceremonies, including weddings. If VIPs wanted an audience with the king, chances are they'd find him reclining on one of his many velvet-upholstered beds.

Today's bedrooms combine the best of both past and present. They incorporate activity areas, baths and exotic beds into the design — but they're also private.

According to Home magazine, "Amidst the hustle and bustle of daily life, the bedroom is emerging as a tranquil retreat from household hubbub."

When you design your new bedroom or remodel your old one, make it the

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— Home magazine

center of your private life. To keep pace with the times, it should be a retreat from the outside world, a place where you can be yourself. Plus it as a space that surrounds you with comfort, envelops you with calm, and nourishes your senses and soul.

BEGIN YOUR PLANS by examining your lifestyle. Have you always wanted a private place where you could exercise and watch TV at the same time? Determine what soothes

you — simple surroundings or mounds of softness? Would you rather unwind by the fire — or in your own deluxe indoor spa?

And if you love waterbeds but worry about your back, you may find the new "hybrids" give you the support and comfort you crave.

One couple wanted exercise equipment, a TV and an ocean of serenity — all in the same bedroom.

Designer Marilyn Jaeger chose a white and pale gray color scheme, com-

bined with simple furnishings. "Simplicity is deceiving. It requires as much thought as elaborate furnishings."

The bed is in an elevated area, separated from the rest of the room by a sheer white curtain. When drawn, the curtain sequesters the bed from exercise equipment and an audio/visual system. One person can watch TV or exercise in private while the other relaxes in bed.

To keep visual distractions to a minimum, Jaeger kept the walls plain — no artwork. All storage is built in. Even magazines are stored out of sight in bins behind the headboard. Accents are gray and chrome.

When the curtains are drawn, the sleeping area is enveloped in a sea of white. The room provides the owners



Modern bedrooms blossom with the touch of romance provided by canopies and wallpaper.

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