



ADVERTORIAL

Lighting to light up your Life

The lighting you choose is just as important as your furniture, paint colours and accessories in helping to design and create a certain mood to any space within your home. Even the location of a light switch can make a difference in the interior design and flow of a room. There are many types of lights or lighting options that you can consider from simple to intricate, depending on your needs, tastes and budget.

Natural lighting not only makes you feel good but can add warmth and sense of comfort to any room in your home. Natural lighting will help any space look brighter, feel bigger, reduce mold or mildew and it's FREE! So open up those blinds or curtains and let the sunshine in.

Ambient lighting or general lighting provide indirect lighting to any space and would include ceiling fixtures, chandeliers, fluorescent, and track or pot lights.

Task lighting is used for a specific purpose such as cooking, reading or doing homework. Under the cabinet lighting gives you extra lighting in the kitchen when preparing food or reading from a cookbook. A desk lamp or floor

lamp can assist when writing or knitting and additional lighting is needed.

Accent lighting helps to create a focal point or add visual interest to any space. Track lighting accentuates your favourite artwork, plant or sculpture. Pot lights on a dimmer or candles add instant ambience during a romantic dinner or date night. Table or floor lamps can be unique or antique and serve as an interest piece.

Consider the purpose of a space when contemplating your lighting options and needs.

- Outdoor lighting can include flood lights, motion sensor or lighting along a walkway for safety purposes. Softer lighting can be placed alongside a deck or fence to create an intimate mood when going for a night swim in your pool or a soak in the hot tub.
- A chandelier is the perfect choice for a dining room. Be sure to instal with a dimmer switch so that the amount of light can be controlled. Lower lighting is generally recommended to create a warm and comfortable atmosphere.
- Pot or track lights are a wonderful option for a living/great room.

Consider putting these lights on a dimmer switch – very effective during movie night with the kids!!

- Bedrooms should contain general lighting as well as task lighting beside the bed. A child's room can be equipped with night lighting for safety and added comfort.
- Bathroom lighting can be natural or equipped with artificial task lighting over the vanity/sink areas. Consider adding a pot light in the shower area for added light and ambience.

Too much light creates glare and physical discomfort and will make a room feel cold and stark. Too little light can be unsafe and make it difficult to see or perform tasks properly. Consider layering your lighting and giving yourself options that can be used depending on the time of day and activity going on in any room. Contact the design experts at Tall Pines Interiors for more information on lighting choices and the best options for your home. They can help you create a space that is comfortable, inviting and practical! Visit them at www.tallpinesinteriors.com for more information on their products and services.