

Goodbye Moody Blues

FEELING DOWN? A CHANGE IN HOME DÉCOR
MIGHT JUST LIFT YOU UP
BY SHERI RADFORD

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Tiffany Pratt knows that winter in this country can be depressingly grey and bleak. According to the designer and **HGTV** personality, “When your visual palette is only feasting on monochromes, it’s not a very happy time.” She recommends her clients take note of the pops of colour they already own in small items—a playful phone case, a funky pair of shoes—for a clue as to what hue makes them truly happy, then try that shade in something larger, like a throw cushion, a set of curtains or even a whole wall.

Several years ago, Pratt convinced a nervous client to let her repaint an entire room—walls, baseboards and ceiling—a deep teal. To this day, that client “still says that, whenever she’s in her TV room, she feels the most happy. It’s cavernous but still colourful. It makes all of her art pop. It makes her old sofa make sense.” The teal “binds all the elements in the room.” It’s probably no surprise that Pratt has been dubbed Canada’s Queen of Colour.

If you’re not quite ready to commit to that much colour, a single piece of furniture is an easy way to add a burst of cheer to any room. **Roche Bobois** sells an array of options, from sofas to ottomans to rugs. One standout is the quirky, multicoloured Montgolfiere armchair that features armrests inspired by the shape of a hot-air balloon (which was invented by the Montgolfier brothers).

Pratt also believes all décor should include something handmade, such as a rug or blanket. She says it “imbues the space with a really beautiful, positive energy.” One place to find handmade items that also have a positive social or environmental impact is **Goodee**. The website sources feel-good pieces like baskets handwoven in Ghana and cushions handmade in the Republic of Guinea.

Another thing she suggests is incorporating an element of nature, like stones or plants: “Bringing a sense of the outdoors inside really helps bring that sense of peace in your home because it reminds you of simpler things.” And it needn’t cost much, since pebbles or pinecones can be collected on an afternoon walk then arranged artfully on a table or shelf.

For Andrew Karrasch of **Details by Mr. K**, our favourite new home-accessories retailer, offering a highly curated and colourful selection on Vancouver’s South Granville Street, mood-boosting décor is “anything that brings you a little bit of joy, for whatever reason. A beautiful object that reminds you of a moment in time, or something that helps you keep things in order.” Indeed, one thing absolutely every designer seems to agree on is to cull and clean up your belongings. Pratt recommends investing in the right organization tools, whether they’re as small as drawer dividers or as big as an armoire. She describes the “energetic happiness” of a well-organized home: “You’ve gone through it, you’ve looked at it, and now, when you go to interact with those objects and that space, you know exactly where things go.”

Organization and storage could mean a ready-made solution, such as the elegant Climb desk shelving units from **EQ3**, or it could mean a serendipitous flea-market find. Interior designer Sarah Richardson, who hosts several **HGTV** shows, is a fan of unusual solutions. She asks, “When it comes to storage, do you need a filing cabinet? Or would you be able to get really well-organized with a charming chest of drawers?”

Another way to boost mood is by featuring a truly special piece. Local fashion designer **Chloë Angus** says, “Surrounding ourselves with things that make us feel good can help us to absorb positive feelings through those items and create a sense of wellbeing in our homes, and in our lives.” Guaranteed to make anyone feel good is her gorgeous Love Blanket, which was inspired by Robert Indiana’s enduringly popular sculpture and given an Indigenous twist by artist Corrine Hunt.

Karrasch agrees, citing “simple pleasures, like a vase with your favourite flowers, linen, cotton, velvet or silk cushions and a throw on the



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sofa, coffee-table books that show your interests, or a gallery wall or shelves with various framed pieces” as simple ways to create an uplifting mood in your home via accent pieces. A big fan of colour, he says his clients seem to currently be responding to yellow, mustard, masala and gold tones, perhaps because of Pantone’s colour of the year. “Given the west coast monochromatic tendency, this is a no-brainer for those who are a bit colour averse—but colour is highly personal,” he says. “My colour is red; it sparks something in me. At home I’ve got area rugs, cushions and glassware in reds—it works for us!”

Improving the air quality in your home can also work wonders. According to Karrasch, transmitting a subtle fragrance throughout your space via candles, diffusers (**Saje** just released its long-loved Aroma Rise in two new colour palettes: Pistachio and Desert Rose) for spring or even scented crystals, which he calls “the new potpourri” will provide an instant mood boost. Air-purifying Gunrid curtains from **Ikea** have a mineral-based coating that uses the energy from natural light to clean polluted air. The Soil to Form room diffuser at **Secret Location** is handmade from Korean soil and wood, and it releases an essential oil blend designed to boost mood and reduce melancholy. The Hibiscus Paradise aromatherapy collection from **Bed Bath & Beyond** evokes the warmth and tranquility of a tropical paradise.

And never underestimate just how much joy can be sparked by a single, well-chosen, whimsical piece, like a unicorn ottoman from **Leon’s**, a musical airplane from **Birks** or a heart paperweight from **Noda Designs**. **Indigo** stocks an array of affordable choices sure to generate smiles, including colourful prints and felt letter boards ideal for leaving ephemeral love notes. Mirrors are a time-tested way to make a space look bigger and brighter, and the Puddle mirrors from **EQ3** are especially appealing, with their unexpectedly asymmetrical shapes.

Finally, Pratt encourages her clients to have fun with their décor and not let fear of making a mistake paralyze them from taking risks—even if that means painting a whole room teal. “Isn’t that kind of fun, to have tried something new and given something a chance?” she asks, adding, “In this life it’s the risks you don’t take that maybe you’ll regret.”



Vancouver pastry chef and **Temper Chocolate & Pastry** founder Steve Hodge has teamed up with his on-screen co-host and leading designer Tiffany Pratt on a limited-edition chocolate collection. Hodge and Pratt are currently starring together on **Food Network Canada**’s series *Project Bakeover*, and the Tiffany Pratt x Temper collab is the perfect showcase for the duo’s complementary creative talents. The limited-edition range features Hodge’s premium chocolates wrapped in vibrant packaging inspired by Pratt’s signature technicolour design style. Artfully packaged multi-piece boxes include artisanal treats in more than a dozen delectable flavours, including whisky sour truffle, passion fruit, fresh mint, lime margarita and blueberry martini. Hodge’s personal fave is the chocolate peppermint, while Pratt’s pick is the 70 per cent ganache in a chocolate pink heart. Get your sweets in-store at Temper or snag them online for Canada-wide shipping. **2409 Marine Dr., West Vancouver, 604-281-1152. Temperpastry.com**