

# Arts & Life

The Dallas Morning News

Section E

## INSIDE

ABBY: Military wife's dream of chef school could strain marriage **2E**

HAX: Baby-sitting brings to light the struggles of raising kids **2E**

Saturday, July 9, 2016

dallasnews.com

## HOME TEAM

# The bedroom of your dreams

Experts show how to create a restful retreat

By JAMIE KNODEL  
Staff Writer  
jknodel@dallasnews.com

**B**edrooms are easy to overlook, because often nobody sees them but the people who sleep in them. Most people are more likely to put their design energy — and dollars — into the spaces where they entertain and host guests.

But creating a restful retreat and space to recharge should be a priority, our design panel says. Here's their advice for doing so.

See **A ROOM** Page 6E



### Calm and cozy

Emily Sheehan Hewett, A Well Dressed Home, Dallas

When designing a bedroom space, don't forget its main function, says Hewett.

"It should be your sanctuary — a cozy retreat where you are able to relax and unwind," the Dallas designer says. Choose colors that are soothing and select bedding that is appealing and inviting.

"Consider treating yourself to something comfy like a luxe set of linens," Hewett advises.

Her go-to for dressing a bed is from Dallas' Peacock Alley. You can't go wrong with the Soprano sheeting collection, she says.

The sateen sheets are made of 420-thread-count Egyptian cotton and start at \$80.

A Well Dressed Home:  
awelldressedhome.com.



IBB Design Fine Furnishings

### The mix matters

Shay Geyer, IBB Design Fine Furnishings, Frisco

Thinking about using a set of matching furniture in your bedroom? Think again, says Geyer.

"When it comes to your bedroom, your nightstands don't necessarily have to match," she says. "You may choose a chest of drawers on one side of the bed and a round or skirted table on the other side."

And save the vivid colors for the room's accents. Geyer suggests using brighter colors as pops in bedding or upholstery, but keeping the walls in soft or neutral tones.

"If you love sunny yellow or Ferrari red, pair it with neutrals or softer hues to ensure the room won't be too lively to get a restful night's sleep," she says.

IBB Design Fine Furnishings:  
5798 Genesis Court.  
ibbdesign.com.

## ANCIENT ART



Allison Slomowitz/  
Special Contributor

Farah Tharani practices designs for henna.

# Class sees the beauty of henna

Students try their hand at creating paisleys, flowers

By HANNAH FLEACE  
Staff Writer  
hfleace@dallasnews.com

CARROLLTON — Kiran Meghani gathers 11 women in the back corner of the library in Carrollton, determined to teach them an ancient art.

She lays out binders, print-outs and acrylic hands. Then she gets out the silver cones and the brown, squishy henna.

Also called mehndi, henna is the powdered leaves of a tropical plant. It's mixed with oils to make a paste that can temporarily dye the skin varying shades of brown, orange and red. The group is meeting for a class about the basics of henna tattooing and art.

The tattoos are a popular practice among Indian brides, with elaborate designs on their hands, arms and feet.

"How many of you have had mehndi and then got cold?" Meghani asks the class.

Hands go up around the room.

"It's because it's lowering your blood pressure and it calms you down," Meghani says. She explains that henna is used for medicinal purposes and to calm brides.

But for this first class, the women would learn about posture and pressure. They'd learn a few basic patterns and create a design scheme by the end of the four-hour class.

She asks the students to create a design on a piece of copy paper — a mock-up to see what level they're at.

Meghani, 31, hopes to hold classes in the future for adults and kids.

She is a self-taught artist

See **CLASS** Page 2E

## DECORATING

# Designers put a modern spin on Southern style



Photos by Laurey W. Glenn  
**The home** features a classic Southern porch.

Idea house has it all, from a great porch to a cozy kitchen

By ERIN BOOKE  
Staff Writer  
ebooke@dallasnews.com

If you're looking for a little porch-sitting, sweet-tea-drinking Southern inspiration, *Southern Living* recently opened the doors to its 2016 Idea Home in Birmingham, Ala.

To mark the 50th anniversary of the magazine, the editors chose one architect and five young Southern interior designers — including Amy Berry of Dallas — to decorate the home in modern Southern style that gives a delicate nod to the last five decades.

Zoe Gowen, *Southern Living* home editor, says each designer was given a tearsheet from an archival issue and asked to reinterpret the rooms into a design that will set the stage for "what the next 50 years of Southern style will look like." Which, essentially, is timeless.

The home, located in the town of Mount Laurel, was designed by Birmingham architect Bill Ingram, who also designed a portion of the interior. It's a classic, traditional cottage with a sweeping front porch, a pitched roof and dormer windows.

The interior is filled with bold color and pattern and lots of attention to detail. "It really showcases Southern style, which celebrates the entertainer and the hostess," Gowen says.

See **HOUSE** Page 6E



**Southern Living's** idea house for 2016 is a classic, traditional cottage in Birmingham, Ala.