



INTERIOR DESIGN ADVICE

HOW TO LIGHT *YOUR LIVING SPACE*

Good lighting can make or break a scheme, but is often an afterthought. And, with a living area, there's lots to consider. We asked the experts for insider tips...

TEAM WORK

'The best schemes include multiple layers of lighting, all doing their bit to create the desired levels of illumination and flexibility,' says Simon.



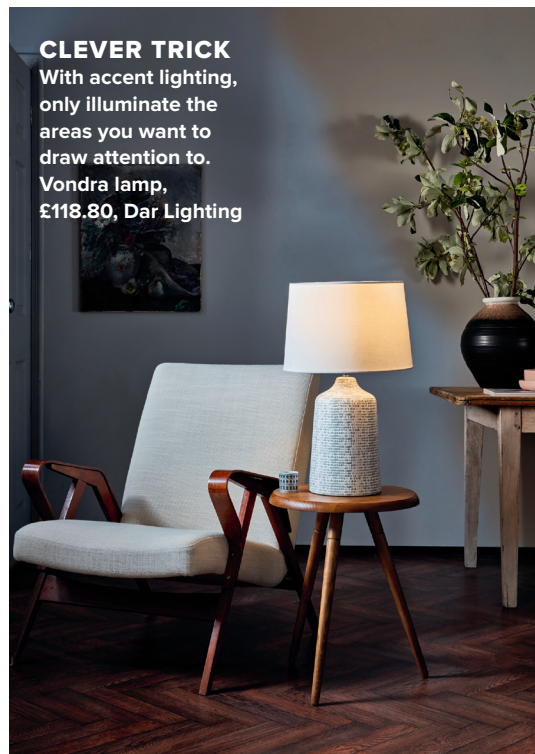
FOCAL POINT

Double up with a pair of shades hung at staggered heights for extra interest. Woven shades, £25 each, George Home



QUIRKY LOOK

Hang off-centre to add wow. Easton brushed brass and opal chandelier, £110, Habitat



CLEVER TRICK

With accent lighting, only illuminate the areas you want to draw attention to. Vondra lamp, £118.80, Dar Lighting

From spots to chandeliers, table to floor lamps, getting your living room lighting scheme just right can be complicated. Whether you're looking to add mood or light up your WFH corner, we asked our favourite lighting experts to shed a little light on the subject.

WHY IS GOOD LIGHTING SO IMPORTANT?

'The right lighting can completely change the look and atmosphere of a room,' says Simon Wallis-Smith, of Fritz Fryer. Jo Aynsley of Jeffreys Interiors says it's important to recognise how lighting makes us feel: 'It affects us both physically and psychologically. Good lighting can improve our mood and energy levels, while poor lighting can contribute to depression and affect concentration, sleep, appetite and

even our eyesight.' Natalie Mann of Iconic Lights adds, 'Getting the balance between natural light and fitted lamps can be tricky, so think about what exactly you need.'

WHAT ARE THE MAIN TYPES OF LIGHTING?

'There are three distinct types of lighting: task, ambient and accent,' explains Simon. 'It will help you to choose the correct lighting if you understand the difference between these: task lighting, such as desk lights or spotlights, has a practical purpose; ambient lighting – wall lights, table and floor lamps, and dimmable ceiling lights – creates constant lighting, while accent lighting captures features, creates drama or alters atmosphere.'

AND DO I NEED THEM ALL IN MY LIVING SPACE?

'Not necessarily!' says Simon. 'If you're like me, the living space is

“Lighting creates mood, through colour, temperature and highlighted accents”

SIMON WALLIS-SMITH, DIRECTOR AND DESIGNER, FRITZ FRYER

SET IT UP

'In an open-plan space, different lighting can help zone areas. Try pendants over a dining table, with lamps around cosy seating,' says Jo.



“It’s amazing to be able to control things from your phone but traditional light switches with bronze toggles will always come first for us”

**JO AYNSLEY, DESIGN DIRECTOR,
JEFFRIES INTERIORS OF EDINBURGH**

where I unwind after a day’s work, so bright and cool lighting isn’t what I’m looking for. For a relaxing atmosphere, warm lighting layered through with table lamps and wall lights will create the perfect living space.’ Natalie agrees on the importance of layering: ‘This will allow you to set the tone according to the mood and time of day. A pendant will provide overhead lighting and create a focal point, while floor and table lamps give an ambient glow during the evenings and help anchor the scheme.’

WHAT ABOUT AN OVERHEAD LIGHT?

‘Investing in a feature ceiling light helps to transform your space in two ways: it draws the eye upwards and opens the space up, and also

tricks the eye into thinking that the space is bigger than it is,’ says Natalie. ‘It’s not always necessary,’ says Jo, ‘but comes down to design preference and how you plan to use the room.’ Simon loves an overhead chandelier: ‘They’re great in a room with high ceilings.’

DO ALL LAMP SHADES IN A ROOM NEED TO MATCH?

‘No,’ says Jo, ‘unless they are a matching pair. For wall lights though, it’s best to match.’ Natalie adds, ‘It’s important to work out what kind of light you want. The weight and colour of the shade will impact the amount and tone of light emitted. If you want brightness, consider mesh shades or glass. Or dispense with shades – Edison-style.’



FINE DETAIL

Wall lights create a low level of light and bring out the features of a room. Ledbury ribbed glass wall light, £165, Fritz Fryer

WHERE SHOULD FLOOR LAMPS BE PLACED?

'There's no hard and fast rule, but generally to the side of or slightly behind armchairs or sofas,' says Jo. 'For a contemporary living room, an exaggerated curved floor lamp will add a real design statement over the sofa or central coffee table. For a classic look, tripod floor lamps are a great option,' says Natalie.

HOW BRIGHT SHOULD LAMPS BE?

'Provided you have as many layers of light as possible, no single source of illumination should be working too hard,' says Simon. 'When used in conjunction with dimmable controls, it's a great idea to use as bright a source as the fitting will allow, then set it with the dimmer switch. Lighting schemes go wrong when they're too dependent on one source and no means to adjust the brightness.'

WHAT ABOUT WALL LIGHTS?

'These are a great addition to a living room,' says Natalie. 'They act as a much softer alternative to an overhead light and add visual interest to the walls.' Simon adds, 'Wall lights are great for an ambient tone in a room. They create a low level of light and bring out features



SWEET HOME

'Layered lighting helps create the perfect space,' says Simon. Lyon floor lamp, £225; Luxe table lamp, £190, both Amara

STYLISH FINISH

'The right lighting can complete an entire scheme,' says Natalie. Lua Matt Black metal curve lamp, £36.99, Iconic Lights



3 OF THE BEST TABLE LAMPS WITH PATTERN



VINTAGE STYLE
Pooky x Matthew Williamson English Garden lamp, £95, Pooky



FLOWER POWER
Fabulous floral table lamp, £120, Joe Browns



EARN YOUR STRIPES
Domino table lamp, £60, Sweetpea & Willow

“There’s no point installing beautiful wall lights if they highlight a badly plastered wall”

NATALIE MANN, NEW PRODUCT DEVELOPMENT CO-ORDINATOR, ICONIC LIGHTS

ATTENTION GRAB

A statement chandelier will add wow to a room; use in conjunction with other light sources. Melvillous chandelier, £440, Pooky

in a room. It's all about balancing the layers.' Jo says wall lights should match, 'and we prefer downlighters rather than uplighters.'

HOW DO I USE LIGHTING TO CREATE A MOOD?

'Dimmers can give you good control of light levels in a room,' says Jo. Natalie agrees: 'Whether they're wall-mounted dimmable switches or touch lamps with three settings, being able to dim your lights or make them brighter makes for a comprehensive set up.' It's about being flexible, explains Simon: 'Warming up the colour temperature of a light will create depth and a more atmospheric mood, whereas a cooler light temperature will bring energy levels back up in the room. Successful schemes include lots of layers and the flexibility to individually control each layer, by either dimming or turning on and off.'

CAN I MAKE AN OPEN-PLAN SPACE FEEL COSIER?

'Yes,' says Simon, 'by creating light and shade areas, you can have cosier spaces within a large area. Mix up the layers of light, highlight architectural features with accent lighting and don't over-light areas that don't need illuminating.' Natalie adds, 'Look at your room and decide where function lighting is needed and mood lighting is required. There'll be some crossover between the two, so dimmer switches will give flexibility to switch between function and mood lighting.'

ANY DOS AND DON'TS?

'Have different circuits so you can have different moods,' says Jo. Simon says to think beyond the spotlight: 'Create interesting layers through separate light sources such as lamps, too.' Natalie says to 'plan



SWITCH ON
Light up a corner with a table lamp, choosing a shapely base and simple drum shade. Fin Queen table light, £449, Original BTC

your lighting from the get-go when it comes to a big project. But there's still plenty you can do without major work – a new shade, different bulb or a floor lamp can all change the way a space feels. Don't feel overwhelmed by choice or feel persuaded by what is trending if it doesn't speak to you. Whatever your style, choose lighting solutions that work for you and your home and as long as you are happy and confident with your choice, you'll never fall out of love with it.'

MEET THE PROFESSIONALS...

NATALIE MANN, NEW PRODUCT DEVELOPMENT CO-ORDINATOR, ICONIC LIGHTS (ICONICLIGHTS.CO.UK) Iconic Lights, founded in 2011, is an online retailer based in Greater Manchester. The brand values inspirational design, high-quality lighting, great value and exceptional service. Natalie has been with the company since 2015.

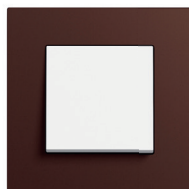
JO AYSLEY, DESIGN DIRECTOR, JEFFREYS INTERIORS OF EDINBURGH (JEFFREYS-INTERIORS.CO.UK) After graduating in textile design, Jo joined Jeffreys Interiors as a design assistant in 2014. A self-confessed maximalist, her sharp mind, unique style and passionate drive captured the spirit of the business. She is now design director, leading a team working on residential and commercial projects.

SIMON WALLIS-SMITH, DIRECTOR AND DESIGNER, FRITZ FRYER LIGHTING (FRITZFRYER.CO.UK) This lighting specialist is based in Ross-on-Wye and offers stunning bespoke and antique lighting. Simon and his wife Karen bought the business in 2004 after discovering the brand when they were renovating a cottage. The company has just opened a state-of-the-art lighting studio.

3 OF THE BEST LIGHT SWITCHES



MIDAS TOUCH
Triple dimmer in Smoked Gold and Gold, £80.99, Dowsing and Reynolds



RAW APPEAL
Esprit lino-ply light switch in Dark Brown, £55, Switch



SMOOTH LINES
1G dimmer in steel, £81, Buster & Punch

FEATURE JENNIFER MORGAN PHOTOGRAPH (OPENER) FUTURECONTENTHUB.COM