

Clear Space, Clear Mind

Interview with

Komal Sheth

**Spaces Designed,
Interior Design Studio, LLC**



In today's hectic world, the ability to retreat to a place of quietude is essential. What better place than for your home to serve as the sanctuary in which you are able to escape and re-charge. Komal Sheth, Allied Member ASID, founder of Spaces Designed in Austin, suggests starting with a simple and minimal design approach. "A clear space means a clear mind." Your home should serve as not only a place to eat, sleep and congregate, but just as importantly, a haven that creates a mood of tranquility that is comfortable and prepares you for the chaos outside, suggests Sheth.



So how does one begin this design transition you ask? Be gone with clutter, introduce light and a better quality of life will follow. Sounds intriguing? Follow Sheth's easy suggestions below and transform your abode into a well-organized and peaceful safe haven.



Minimalism serves as a solid foundation for this fashionably healthy approach to design. Begin the transformation process by eliminating items that do not serve a true purpose. The 'less is more' adage proves to be true as the design of your home directly affects your psyche. The minimalist approach will lend stress relief and serenity throughout other aspects of your daily life as well. When your home is well organized and clutter-free, serenity will begin to follow.

The 5,000-year-old principles of Feng Shui can be used in modern ways to achieve a home design that serves you, instead of disabling you. "For every design aspect that may not encourage a healthy state of mind, there is a remedy," says Sheth. Two foundational aspects of Feng Shui are positive flow and balance. When planning the layout of your home, it is important to not force anything that does not



belong; it will offset the balance and disrupt the harmony of yin and yang. Sheth suggests using repetition as a way to encourage positive flow - this provides a fluid view from one focal point to another.

Light is an important aspect of living that should also be incorporated into your home. Its benefit is that is uplifting, but adding light fixtures is not always an option. Therefore, picking the materials and finishes that creates a positive, lasting impression is vital. Sheth suggests light and reflective materials as it creates a brighter area.

Combining opposites can create interest, as well as cohesiveness. Mixing straight lines with a touch of curve creates an excellent appeal for the mind. For instance, the combination of modern furniture pieces that tend to have more straight and hard lines with classical and more traditional elements, such as an intricate light fixture or chair, will provide more detail and soften the room with its curvature. "This combination provides a uniqueness like no other, and is unexpected," says Sheth.

No matter how your personal design style evolves, it can be adjusted to create a clean layout to keep a flow of positive energy. Use organized space, simple lines with a touch of movement, focal points and repetition. The end result of your home should be "stunningly simple."

Interviewed by Stefano Weidmer, Copywriter



Residential Singular Space
**TRACEY OVERBECK STEAD
INTERIOR DESIGN**

Tracey Overbeck Stead, ASID
Red Start Paint Design

The playroom grew out of the client's need to provide their children with plenty of space to grow into, a buffer between the children's rooms and also a place of convergence - a neutral ground convenient for both children to share. The challenge was turning a large, open room with beige walls and dark wood floors into a friendly jungle to captivate the children and their imaginations. With the outdoors brought in such an array of colors, patterns and textures, the kids can't help but smile when they enter this room. Of course, all of the client's adult friends during dinner events want to socialize in that room as well.



Rising Star Residential
Singular Space
SPACES DESIGNED

Komal Sheth,
Allied Member ASID

Going off of the age-old aphorism "a place for everything and everything in its place," the kitchen is designed with storage for everything in mind. From the appliance garage under the microwave to the desk with wine storage above to the two separate built-in trash receptacles, every kitchen item becomes hidden creating a clean clutter-free space. Special attention to detail was given in the space planning of the kitchen to ensure that the outcome would maximize efficiency. The former basic builder kitchen was transformed to fully accommodate all kitchen items, thereby freeing up counter space.

AWARDS OF MERIT

Residential Bathroom

LAURA BRITT DESIGN

Laura Britt, RID, ASID, BPN; Robin Colton; Dustin Penny

LAURA BRITT DESIGN

Laura Britt, RID, ASID, BPN; Robin Colton; Dustin Penny

Residential Kitchen

SPACES DESIGNED

Komal Sheth, Allied Member ASID

PALMER TODD

Christi Palmer

Residential Contemporary Large

LAURA BRITT DESIGN

Laura Britt, RID, ASID, BPN; Dustin Penny

PANACHE INTERIORS

Sharon Radovich, Allied Member ASID;
Julie Francis; Cheryl D'Sa

Residential Contemporary Small

LAURA BRITT DESIGN

Laura Britt, RID, ASID, BPN; Jen Murrill; Beth Taylor

Residential Singular Space

TRACEY OVERBECK STEAD INTERIOR DESIGN

Tracey Overbeck Stead, ASID

Residential Remodel Small

JEI DESIGN INC.

Julie Evans, Allied Member ASID

Commercial Corporate Large

THE BOMMARITO GROUP

Marla Bommarito-Crouch, FIIDA, LEED AP, ASID;
Marc Bove; Blair Langlinais

Commercial Retail/Hospitality

TAMIE GLASS

Tamie Glass, Allied Member ASID

TRACEY OVERBECK STEAD INTERIOR DESIGN

Tracey Overbeck Stead, ASID

Commercial Singular Space

RMW DESIGN

Roy W. Materanek, ASID

Historic Preservation/Adaptive Reuse

TRACEY OVERBECK STEAD INTERIOR DESIGN

Tracey Overbeck Stead, ASID

Product Design/Special Detail/ Custom Original Piece

TAMIE GLASS

Tamie Glass, Allied Member ASID

LAURA BRITT DESIGN

Laura Britt, RID, ASID, BPN; Jen Murrill; Beth Taylor

Rising Star Residential Remodel

CHELSEA + REMY DESIGN

Chelsea Bandy, Allied Member ASID

Rising Star Residential Contemporary

SPACES DESIGNED

Komal Sheth, Allied Member ASID

Rising Star Residential Singular Space

SPACES DESIGNED

Komal Sheth, Allied Member ASID

TRUE INTERIORS

Noelle Mercado, Allied Member ASID; Heather Brown