

# A Different Approach To The Bedroom

The bedroom is synonymous with comfort and individuality. Unlike an entryway or a living room, bedrooms are not constantly exposed to people and, thus, tend to feel more personal than the rest of the home. Bedrooms are a place where distinct taste and creativity can flourish. Think yours needs an upgrade? To help you find what's "in," we are giving you an interior designer approved round up of the top 2015 design trends for bedrooms.

### Bold, Rich Hues

White and beige bedroom walls are a staple, but that's about to change. Knowing the psychological effects that bedroom colors can have, designers are choosing bold, rich colors to stimulate the mind. A dazzling green can evoke restorative emotions and tranquility, while a bright pink is often associated with joy and romance. Can't commit to a permanent bold hue? Incorporate it in pillows, curtains, throws and bedding.



### Express Yourself With Less

Minimalism continues to be a popular trend, especially among millennials. This concept is clutter-free and stress-free, perfect for those with a busy lifestyle. Minimalist bedroom design focuses on comfort and functionality: practical bedding, structured furniture, open spaces and solid colors.

### Hotel-style Rooms

Sleep where you vacation. The hotel-style trend has taken the industry by storm. What's it about? Recreating your favorite luxury hotel room in the comfort of your own home. Maybe it was a sleek hotel in London or a family resort in Colorado, all hotel-style rooms have key, unique elements. Think large roomy bedding, soft lighting, a plush headboard, side tables and a cozy statement chair.

### Au Naturel

Bedrooms designers are drawing inspiration from nature, incorporating more and more natural elements to their work. Bring in the outdoors with flower wallpaper or a plant or create a sense of serenity with expansive windows offering up plenty of natural light. In these types of projects, materials like wood, metal, stone and brick take the center stage.

Getting a head start with many these trends is easy, but if you are not sure where to begin, consult a local designer. Remember, design is about taking what's "in" and making it work with what you love.



To ask Komal any design questions that you may have, please email her at: [komal@spacesdesigned.com](mailto:komal@spacesdesigned.com).



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# Woodhouse Day Spa



### The Woodhouse Day Spa

Austin at Westlake is pleased to announce new ownership!

With over 25 years of combined spa industry experience, Erica Miller, Teddy Lester, and Ricky Marshall are thrilled to serve the Westlake community and help with your relaxation and wellness goals.

Named America's Favorite Day Spa in 2014 by American Spa Magazine, The

Woodhouse offers award winning, results-oriented, destination style treatments right in your backyard. In fact, The Woodhouse offers over 70 results-oriented treatments utilizing touch with intent massage techniques and innovative, intelligently clean ingredients. The Woodhouse is located on the N. Capital of Texas Highway behind the new Jack Allen's location and Bank of America.

This team of spa industry vets is excited about offering you the same services you know and love while working to provide excellent customer service and an experience to remember. The Woodhouse is celebrating its 11th year in Westlake! Lester voiced the group's enthusiasm about being a part of this community, "We will be working to build strong relationships and focus on getting to know our guests better. It is important to us that everyone coming to spend time at the Woodhouse Spa feels welcome, stress-free and like they are part of our family. We are so thankful to be here."

The Woodhouse will hold a series of open houses and events this year to get to know everyone better. Be sure to keep a lookout on their Facebook page for upcoming announcements and events. Erica, also owner of Woodhouse Lubbock and 2010 Woodhouse Franchisee of the Year and Teddy, Chief Brand Officer at The Woodhouse Spa Home Office will work to bring awareness of The Woodhouse brand in Austin as new locations open in Cedar Park and Georgetown later this year. Ricky, former Director of IT support at Woodhouse home office, will be running the day-to-day operations of the spa and meeting guests daily. The Woodhouse Westlake team looks forward to meeting and spending time with you soon—and are so very excited to be here and help with your wellness plan by reducing stress and finding ultimate relaxation.

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# Spaces Designed

## sponsor spotlight

### Where did you grow up? How long have you lived in the area? Tell us about your family.

Born in India, I have lived with my husband and two daughters in Austin since 2004 after a few years in Dallas and the Bay Area. We call West Austin home and enjoy spending time in the ever-changing, ever-vibrant Austin Downtown - my kids especially love biking around Lady Bird Lake and spending time at the park at Long Center.

### Tell us about the events that led up to where you are now:

As someone who grew up surrounded by creative individuals with an eye for the exclusive, it was only natural for me to gravitate towards the field of design. A degree in interior design from the prestigious SNDT College in Mumbai sealed the deal.

Throughout my career, I have gained an understanding of the close interdependence between form and function not just through close collaboration with renowned Designers in Mumbai, Dubai, Dallas and California, but also through my travels. Over the years, I have developed a distinct creative approach where function marries luxury touches blended seamlessly with global tendencies.

### What is your business and how/why did you start your business?

During the formative years of my career, I had observed that the work of a lot of interior designers was more a reflection of their own taste rather than the client's, who was going to inhabit the

space - that is just not fair to the client. I founded Spaces Designed Interior Design Studio, a multifaceted interior design and real estate firm in 2005, with a singular goal - partnering with each client to help them live life beautifully.

Our overarching vision has been that the home should be a reflection of the client's vision and taste. From the selection process through the furnishing stages, the team at Spaces Designed assists clients in envisioning the potential of the space and making that vision a reality that the Client can be proud of. The team prides itself on engaging each client as a participant in the design process and offering real time market knowledge.

Spaces Designed integrates architecture, remodeling and interior design services for residential and commercial spaces. We believe interiors should be timeless and inspiring, yet practical for its occupants.

I have also been a Realtor for the past 12 years and provide clients a convenient end-to-end experience from buying a house with the right potential to converting it into a home of their dreams through remodeling and design.

### What is unique about your business (what sets you apart from the rest)?

I would boil it down to 4 key beliefs:



### Client vision is the Cornerstone of everything we do

We very strongly believe in designing spaces that are a reflection of the client. Through the fostering of an intimate connection with the client, each project becomes a distinctive reflection of their unique personality, lifestyle, and spirit. Our role as designers is to be a knowledgeable partner that provides the right options, marries form with function and pulls the entire vision together into a coherent space. We endeavor to combine our love of design and our desire to help others live life beautifully.

### Stay current

We can be a knowledgeable partner only if we know pretty much everything there is to know about design and real estate. My team and I stay on the cutting-edge by constantly seeking out new materials, products, and innovative ways of matching client needs and taste with appropriate selections.

### Respect the 'pale blue dot' we live on

Sustainable design is an integral part of Spaces Designed. Our approach to sustainable design is to keep it simple. We use local materials and encourage the use of energy-efficient systems. Using an integrated design process, we specify renewal and or recycled materials and finishes as much as possible. We carefully consider how the space, materials and finishes specified will impact the surroundings and their ecological setting. As a Design team, we strive to create functional, beautiful and healthy environments with a mindful approach and sensitivity to clients' needs.



### Give back

I am a proud Board Member of The Shade Project, a non-profit organization dedicated to the prevention of skin cancer through education, free screenings, outreach and the construction of shade structures over children playgrounds.

We also proudly support SafePlace, a local organization that gives shelter to abused men, women and children.

### Given your business expertise and the nature of what you do, what advice can you offer to the residents?

If you are ever looking to work with an interior design firm, remember to pick one that has a consistent track record of ensuring that the home is a reflection of the client's (your) vision, personality and taste, not the designer's.

### What else we should know about you, your family, or your business?

Even in the age of social media, we believe that word-of-mouth Client referrals speak louder than click-throughs about the quality of the work we do and the trust we have earned. We are proud of each of the referrals and recommendations we have received from our past clients, no matter how large or small the project. Each recommendation has confirmed our belief that doing what is right for the client is right for us.

I am excited to be designing my own line of accessories and am looking forward to rolling out a whole new collection soon.

Spaces Designed, (512) 423-0981, [www.spacesdesigned.com](http://www.spacesdesigned.com), [info@spacesdesigned.com](mailto:info@spacesdesigned.com)