

For that green touch

Create a little corner of happiness filled with things that spark joy and boost energy. Add some houseplants for extra happy points



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With mercury soaring to level this summer, we all are watchful about how to keep our interiors cool and more importantly environment friendly. One way is to bring nature closer to your home. Devika Khosla, creative director, The Works Interiors, says, "The current climate change and global warming warrant a pressing need to act, and act now. While big changes take lots of investment and planning, change begins at home; literally. We can start making small alterations to how we live, replace our older practices with ecologically sustainable ones and bring about a notable change in the longer run."

Khosla outlines some ways to give an environmentally friendly touch to your homes are:

Light it up naturally
Bring in natural light by giving larger windows as it will help reduce electricity consumption during the day. "If a space receives harsh sunlight, ensure that the glasses are double-glazed with well-packed frames to minimise air leaks and keep the space warmer in colder seasons," Khosla adds.

Sustainable products
Opt for low VOC (Volatile Organic Compound) products such as paints with low odour, water-based stains and finishes for furniture. These will reduce the environmental impact.

Source Ethically
Use furniture made from natural wood, especially wood that is sourced from plantation timber. These will save the natural forests from being taken down to meet the timber needs of the construction industry. Use locally sourced materials to boost the local economy.

If a space receives harsh sunlight, ensure that the glasses are double-glazed with well-packed frames to minimise air leaks in the space

Recyclable upholstery
Natural textiles and furnishings such as linens, cotton and silk are excellent materials for their aesthetics, biodegradable properties, and recyclable tendencies to be used as upholstery for cushions, curtains and furniture.

Rahul Mistri, principal designer at Open Atelier Mumbai, says, "Environmentally apperceptive solutions can be applied in all fundamental living factors and lifestyle elements through design. Breaking from the conventional myth of introducing planters is the only way to install green design within homes, one can opt

for a variety of ideas to obtain sustainable interior solutions for a home. Opting for organic and fast-growing materials like bamboo, rattan, etc can be a responsible choice for developing mood-boards. Exposed surfaces like mud tiles, rammed earth bricks, and other naturally produced and composed materials can reduce the carbon footprint of a home."

Automation systems that offer highly efficient and user savvy technology can save water, light, electricity and eventually energy within residential settings. "Lighting systems, heat insulation coatings for windows, and air ducts are alternative ways of reducing heat surroundings and hence impacting on the consumption of air conditioning," Mistri adds.

An overall perspective towards conscious green design practice from the stage of planning can result in a sustainable, economical and aesthetic home.

Rachna Agarwal, founder and design ideator, Studio IAAD, avers, "Climate change is no more a passive issue, as the stark evidence builds up each day, with the happenings around the world. Sustainability is no more a choice, but a necessity. One can adopt an eco-friendly approach at an individual level, starting from one's home."

Here are a few simple steps to help you build a sustainable home.

Your luminaire choices

Ample natural light is a must for any space, owing to its positive impacts on the health and wellbeing of the user. Though, choosing artificial lighting sources mindfully is just as significant. LEDs coupled with automation can single-handedly bring down your energy consumption.

"Reuse, reduce, and recycle your furniture. One can make a conscious effort to reuse old furniture pieces by upscaling them creative-



ly or buying furniture made of eco-friendly materials like bamboo, rattan, or salvaged wood," Agarwal avers.

Maximise biophilia

One must introduce a myriad of lush greens, peppered around nooks and corners, balconies and living rooms of their homes, as they help establish the human connection with nature whilst purifying air.

Source art locally

Art breathes life into a space by adding a splash of colour and is a significant part of space-making. Buying art from a local artist or a craftsman not only ensures your role in reducing the carbon footprint but also contextualises your spaces with local themes, tones, and hues.

Choose water-efficient faucets. Water is one of the most essential non-renewable re-

sources and one way to preserve it is to make mindful use of it by gifting our homes with a range of water-efficient faucets, that reduce the usage of water greatly. "Sustainable practices for homes are our hopes for a better future that we can collectively work upon to bring about a paradigm shift, with small and impactful steps such as the ones listed above," Agarwal concludes.

PRETTY IN PINK

Are you planning to revamp your home soon? Read more to know about the trending hue that is making headlines



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It is no secret that shades of pink can instantly transform a room and bring a modern upscale vibe. They bring warmth to living spaces without overpowering it.

"Consider adding complementary colours to accentuate and contrasting hues to compliment pink in interior spaces. First things first focus on the walls. Try incorporating wall arts in shades of pink. Adding accessories provides a sense of glamour to even the most low-key of minimal rooms. One can also layer a room in pink by using textures and surfaces such as welts, pillows, or drapery cuffs," says Sarvendra Pratap Singh, interior designer-sr. tech associate, Makemyhouse.

PINK SPELLS LUXE

Be it vintage or modern, contemporary or Scandinavian, minimalist or rustic, all of these styles can look bolder and still cohesive with pink touches.

"Adding artefacts is one of

the most inexpensive ways to spruce up an interior space. Artificial floral décor in shades of pink can be used to complement a theme. Also, splashes of pink in drapes and blinds are ideal choices to add drama to interiors. Be it monochromatic, contemporary, modern or eclectic, pink

There are a million ways to add wow-worthy colours to homes. Hot pink gels well with a smaller space while cotton candy pink can be used as curtains

can be considered for any of these styles. In an office space, pink works as brilliant colour for video conferencing backgrounds. Glass partitions, table-mounted pin-up boards, or workstation dividers are ideal options to include pink hues. Also, pink carpets with gradients and smart wallpaper motifs are trending high."

shares Kunal Sharma, founder and CEO, Flipspace.

FOR COMFY HOMES
Décor enthusiasts, today, look forward to creating a sense of calm. This desire for comfort is leading to more nature-inspired hues.

"Pink pairs well with neutrals, making it a popular shade in homes that advocate minimalist décor schemes. The colour is no longer limited to nurseries or kids' bedrooms. Drapes in dusty pink, a rose gold table lamp, a blush pink vase, or pillows and throws are simple and inexpensive ways to incorporate this colour into home interiors. To create a calm and therapeutic environment, paint living rooms in powder pink or dusky neutral, with warm colours or light neutral shades," says Priti Lohiya, MD, Priti Homes.

HUES TO FALL IN LOVE
Interiors, today, are painted in simple and crisp pink palettes.

"From blush to millennial, all shades of pink have become a prominent hue in interior design styles this year. Touches

of pink can be added to any room to give it subtle yet lively vibes. One can use pink chairs to give an instant facelift to living rooms. Paintings are also a great way to incorporate a variety of pink hues," shares Ashima Singla, founder and CEO, Whispering Homes.

There are a million ways to add wow-worthy colours to homes. Hot pink gels well with a smaller space while cotton candy pink can be used as curtains for powder rooms with a high ceiling.

"There's nothing more new-age than pink interiors. Among the different shades of the colour, transcendent pink is known to create a statement. The hue gels well with natural tones and textures in materials like wood or stone," shares Kavita Chaudhary, design director, Jaipur Rugs.

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