

# redbook

FIRE UP YOUR METABOLISM

## THE 4-WEEK BODY RESET

- SLEEP MORE!
- DROP WEIGHT!
- FEEL STRONG & LEAN!

COOKING  
SCHOOL  
**SPECIAL**  
Genius Dinner  
Shortcuts

**Carrie Underwood**  
will move you to  
happy tears

# You've got this

25 ways to make the  
busiest time of year easier  
+ Prettiest Organizers  
and Home Ideas

SEPTEMBER 2018 \$3.99



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# design a home you'll **LOVE FOREVER**

Comfortable, timeless, functional: Raise your hand if that's your definition of "dream house." Interior designer Uma Stewart, who's a pro at creating beautiful, livable spaces, makes that a reality for one busy family...and her tips will let you make it yours too.



## **Set the tone with color**

To produce a continuous flow from room to room, Stewart chose a predominantly neutral palette for the walls and floors, then added accents in shades of denim blue.

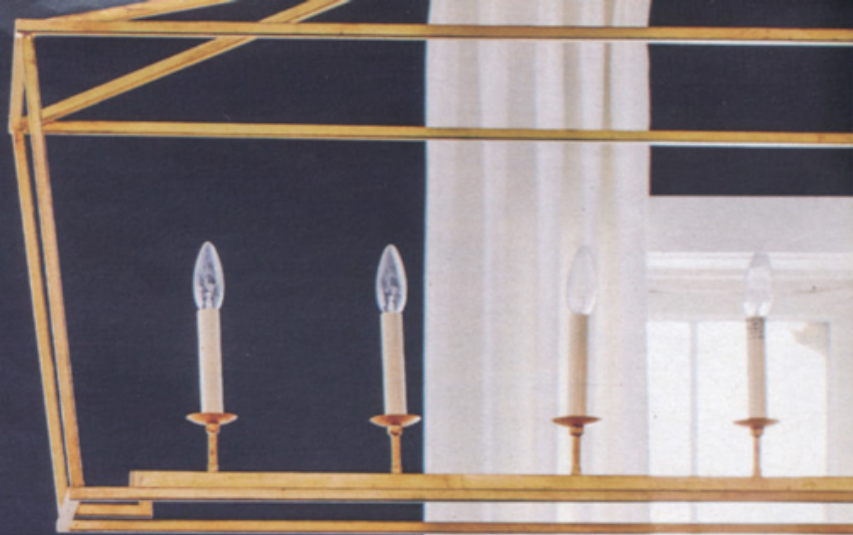
## **Don't rush to demo**

Have a dated fireplace? Take a cue from Stewart, who whitewashed the brick and hung a rustic ledge. Hello, new hearth!



## **Pair opposites together**

"I'm always looking for ways to juxtapose materials and color to generate layers of visual interest," says Stewart. In the dining room, a sleek brass fixture is a chic complement to natural woven chairs, and navy paint pops above bright white wall paneling.







Hampton Bay  
Warehouse Pendant,  
\$35, homedepot.com

## SAVE ON ACCESSORIES

Not everything in the kitchen needs to be a splurge. Hardware, lighting, serveware, linens—these pieces really personalize your space, but will be the first to get updated down the line.



Akola Placemat,  
\$16, wisteria.com



Lew's Brass Knob,  
\$6, lowes.com



Isla Wooden Cake  
Stand, \$60, pier1.com

## Sneak in smart storage

Stewart designed open shelves around the window and on the side of the kitchen island, and now the bulky stand mixer and empty vases don't crowd the counters. Having fewer upper cabinets keeps the area open and airy too.

## Double your dining space

Seat more people at your kitchen table by thinking outside the box. In place of a fourth chair, Stewart flanked one side of a round table with a built-in corner bench that provides plenty of room for family meals, homework, paying bills, and more.





## **Turn the master into an oasis**

A love seat instantly makes the master bedroom feel like a fancy suite. If you're short on wall space, the next best place is the foot of the bed, says Stewart. "Choose a style that's narrower than your bed frame for a streamlined look," she advises.



## **DECORATE FLOOR TO CEILING**

From the fluffy footstool to the contrasting curtain rod, Stewart strategically places decor above *and* below eye level. The result? A room that is well-balanced and looks bigger.



Burke Wall Sconce,  
\$80, lampsplus.com



BD Edition Kilim Pouf,  
\$196, burkedecor.com



Frame Canopy Bed,  
from \$699, cb2.com



Clouds by Philine  
Van Der Vegte,  
\$142, artfullywalls.com