

## Designer Secrets to a Sexy Bedroom

### The best advice and products to set the mood

By [Jill Connors](#) Posted July 08, 2008 from [PointClickHome](#)

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We asked top designers to share their secrets for creating a sexy bedroom. And their answers? Let's just say these sultry solutions are the way to undeniable romance. They go through the room essentials piece by piece: bedding, flooring, window treatments, lighting and color, as well as some all-important personal touches. Go ahead; show some passion for the bedroom.

Photo: © Quentin Bacon



#### Seductive Sheets

"A sexy bedroom has lots of luxury bedding," says designer Cathy Hobbs. One of her favorites: 600-thread-count Egyptian cotton sheets by [E. Braun & Co.](#), shown in the "Palladio" style.



### Victorian Va-Voom

In this bedroom designed by Rebecca Cole, a medallion motif chosen for the wall stencil, bedding, and rug creates a modern twist on a Victorian look. Romantic lighting from a shimmering chandelier sets a sexy note. Matching bedside lamps with drum shades wrapped in an elegant silk stripe also cast a nice glow, and provide lighting for the late-night reader. Inexpensive matchstick blinds customized with the matching wall stencil allows dappled sunlight to serve as a gentle alarm clock.



### Captivating Lighting

The transparent "Take" lamp, by [Kartell](#), is designer Robert Verdi's choice for a soft, romantic, yet modern bedside light. "Use a 15-watt bulb for a subtle effect," says Verdi.



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- **Rosy Reflection**

Designer Benjamin Noriega-Ortiz placed a large bed next to a 14-foot-high rose-tinted mirror for the Mondrian Scottsdale, a luxury hotel in Arizona. “The reflection makes you look amazing because after all, everything looks better when you look at it through ‘rose color glasses,’” says Noriega-Ortiz.



- **Double Headboard Trick**

Designer Rebecca Cole created two headboards to accentuate the bed. A low, foam and wood headboard upholstered in orange canvas acts as a pillow rest. Grabbing more attention is the oversized headboard made of canvas stretched on a frame and then hand-painted in a relief pattern of large white flowers on a dark brown background. Hidden lighting shines out the sides and through the white flower outline.



### The Ultimate Canopy

A canopy encloses not only the bed but the entire room, in a master bedroom designed by Benjamin Noriega-Ortiz. "By using fabric to soften the room and create this space, you forget that you are in a small room and it makes you feel as if you are in a huge bed," says Noriega-Ortiz. The use of blue behind white makes the color feel soft and inviting.

Photo: © Quentin Bacon



## Linen's Lovely Touch

"It's very sexy sleeping on linen," says designer Robert Verdi, who suggests 100% linen sheets by [Sferra Fine Linens](#). The Italian sheets become softer with each washing. Says Verdi: "It's like sleeping in your favorite linen shirt."



## See-through Effect

To make the bed feel sensual and mysterious, designer Benjamin Noriega-Ortiz enclosed it in a layer of transparent fabric. The mattress has a thick feather pillow on top that helps create the illusion of being on "cloud nine." By keeping the bed off the floor, the designer reinforced the idea of floating.

Photo: © Antoine Bootz



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- **Sparkling Lights**

A mirrored sconce adds a little bit of sparkle," says designer Eric Cohler, who designed the Tyler Sconce, made by [Visual Comfort](#). "Go for a little glamour in the bedroom." For a soft glow, use a pink bulb.



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- **A Comforter for Two**

Designer Rebecca Cole, a member of the Select Comfort Advisory Board, loves this half-heavy, half-lightweight comforter because it allows two people to snuggle under one comforter even if the two have very different preferences. "A bedroom is where we share," says Cole. The [Dual Warmth Comforter by Select Comfort](#) is filled with European White Goose down, in an all-cotton damask cover.



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- **Divine Scent**

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- **Soothing Colors**

A soothing monochromatic color scheme evokes the freshness of peppermint candy, and creates a relaxing and inviting atmosphere in a bedroom designed by Harry Heissmann of Albert Hadley Inc.

### **BEDDING TO SPEND ALL DAY IN**

Crisp white sheets in thread counts ranging from 450 to 650 create the sexiest tactile experience in terms of bedding. Keep the sheets plain; go no fancier than a top sheet with embroidery. And don't go overboard with too many pillows.

"Even if you're watching your wallet, the place to spend the money is the bedding."—Cathy Hobbs, founder of Aphereä

"People will over-pillow the bed," warns designer Eric Cohler, of Eric Cohler Design Inc. It's not sexy to have a romantic interlude put on pause while all the pillows are removed.

"For a two-person bed, you need at most two Euro-sham-size pillows (placed against the headboard), and four sleeping pillows." — Designer Rebecca Cole, Rebecca Cole Design

*Seduction Must-Have:* Pure linen sheets

### **FLOORING THAT MAKES YOU WEAK IN THE KNEES**

Wall-to-wall carpeting, in either 100% wool, or a wool-silk blend, will give the most sumptuous landing to your feet—or to your entire body if the mood strikes.

"For anything but a beach house—where wood floors are fine—you should have wall-to-wall carpeting in the bedroom."—Harry Heissmann, Senior Designer, Albert Hadley Inc.

"A wool rug with silk in it will create a beautiful shimmering effect in candlelight."—Designer Amy Lau.

*Seduction Must-Have:* Sheepskin area rug under a chaise lounge.

### **WINDOW TREATMENTS TO SHUT OUT THE WORLD**

For total relaxation—essential to romance—a bedroom should shut out the outside world, by way of blackout curtains or layered window treatments. A three-fold layering such as wooden blinds, topped by sheers, topped by floor-to-ceiling draperies will create the most soothing effect.

"I love the elegance of a whole wall of drapery, ceiling to floor." —Designer Rebecca Cole

"Blackout curtains are a must in the bedroom so you can stay in bed as long as you want." —Designer Eric Cohler.

*Seduction Must-Have:* Silk or matte velvet drapery fabrics

### **COME-HITHER LIGHTING**

Choose lighting from a mix of sources, including table lamps next to the bed, wall sconces, or chandeliers over a seating area (never have lighting directly over the bed—it makes a naked body look ghastly).

"The allure of the bedroom is in the lighting." —Benjamin Noriega-Ortiz.

"Use gold paper on the inside of a semi-opaque or opaque lacquered paper lampshade, and it counteracts the unflattering glow of a compact fluorescent." —Harry Heissmann, senior designer, Albert Hadley Inc.

*Seduction Must-Have:* Dimmers on all lights in the bedroom