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WINTER HOME STYLING GUIDE

How to engage all the senses to create a warmer home over the cooler months

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Introduction

"When the cold weather sets in, it's time to warm up your interiors. Here is my simple approach to creating a cosier home to get you through the chilly months."

As someone who struggles to get through winter – and Canberra winters with frosty starts, no less! – I am quick to change up my interiors at the start of the cool season to create a cosier home.

Over the years, I've learnt there are ways you can create both warmer spaces, such as switching textiles to heavier weights, and the illusion of warmer spaces, like introducing a moodier colour palette.

Forget dark and dreary, follow the steps in this simple guide to create a warm and inviting home you'll want to cosy up in over winter.

Step 1: Decide on your colour palette

You'll often hear me say that all good styling starts with a plan, and this applies when you switch up your home between seasons. Colour is one of the most important aspects of design in any room. It has a powerful effect on our emotion and so to start this guide I'm focusing on how you can select the best colours to achieve a cosier home.

While summer is generally associated with pastel colours and crisp whites, in the cooler months you can introduce a warmer, earthier or darker colour palette.

By deciding on the colour palette you want to use, you will establish an overall scheme that will make it easier to go ahead with the other steps in this guide.

Some of my favourite colour palettes this season are charcoal and mustard, burgundy and violet, and peacock blue and rust.

If you love neutrals, don't feel pressured to use colour but instead you could look at the tones of the pieces in your home. Are your cushions cool grey in a light cotton fabric? Perhaps you'd like to switch it for a warm grey in a richer fabric such as velvet or chunky knit.



"You don't have to go overboard with your colour scheme and buy all new, just 3-5 pops of colour across a room will have a big impact. This could be a cushion, candle vessel and one item of decor."

Just like colours come in warm or cool tones, so do metallics – and they can trigger those same emotional connections. Cool metals such as chrome, can be switched over in favour for warmer metals like brass, gold and copper. This subtle change works on an almost subconscious level to create a warmer environment.

All colours can have either cool or warm undertones. Warm undertones include orange, red, brown or yellow, and evoke feelings of summer and heat. Cool undertones on the other hand, include blue, green or light purple, and have the reverse effect. In the cooler months, look for pieces with warm undertones to create the illusion of cosiness.





Step 2: Switch over textiles and layer up

The most obvious way to transition your interiors to winter is to pack away lightweight fabrics, such as cotton, in favour of heavier textiles.

While fleece bedding may not fit your interior styling goals, you can find beautiful quilted bedding, or richer fabrics like velvet, that will instantly cosy up your home.

Other surefire ways are to embrace chunky knit wool blankets, sheepskins or hides, and faux furs. The [cushions](#) on your couch can also be packed away and replaced with those that use richer fabrics.

Don't neglect your floors either. Even timber flooring can feel cold underfoot during winter. A plush or sisal rug can help keep your toes warm and will visually warm up the space too. [Shop my favourite rugs here.](#)

"I don't think there's such a thing as too many layers in winter. On the bed, why stop at a quilt cover and throw when you can also use a coverlet and possibly a sheepskin too – layers upon layers is what it's all about."


"There's nothing better than curling up on the sofa with a chunky blanket or falling into a freshly made bed with cosy bedding. Elevate this to the next level by simply switching cushion and pillow inserts to feather – it will create this cloud-like experience that's not only more comfortable but looks so much more luxe, and of course cosy!"

Step 3: Introduce warm, natural decor

In winter, more than any other time of year, it's important to bring elements of the outdoors in.

Earthy materials such as timber and leather will ground spaces, while indoor plants and flowers will breathe fresh life into your home. Indoor plants also offer a wealth of health benefits, such as improving air quality, lifting your mood and lowering blood pressure.

Some of my favourite ways to introduce warm, natural decor include timber trivets or trays to use under styled arrangements, woven baskets to place plants or throw blankets in, and earthier ceramics.



"A trend that's taking off is the use of dried floral arrangements. Native flowers like proteas and banksias, mixed with cotton flowers and dried eucalyptus look stunning and will last well beyond winter."

Balance | TURMERIC + TONKA

Notes of creamy tonka wrapped with white amber, cardamom, and gently spiced leather with a touch of rich turmeric.

8.5 oz / 241 g

Scented Candle

Step 4: Light it up

With less natural light and shorter days in the cooler months, look for ways you can brighten spaces in your home.

I'm all about minimising the use of ceiling lights in favour of floor and table lamps – they create a cosier atmosphere, cast fewer down-shadows and allow you to better control the amount of light in a space.

Lamps can also be a decor piece in their own right and an opportunity to introduce those warmer materials we've been talking about, such as a timber or warm metal lamp like brass.

"You can find candles in all sorts of stylish vessels these days. In winter, I look for ones in warm metals, natural materials like ceramic or timber, or darker colours like brown glass."

Step 5: Play to your other senses

All of our senses work together to determine if a space is cosy so don't simply focus on what you can see and touch.

Scent is a big one and during the cooler months I like to swap summery candles, like coconut and lime, over to earthier and spicier notes. Candles also offer a warm, flickering glow that helps to create moody lighting.

"What type of light bulbs do you use? Cool bulbs cast blue light and create a frostier feel. By switching to warm bulbs with a yellow glow, or neutral bulbs that more closely match natural light, you'll completely change the feel of your home."





I hope this guide to styling your home for winter has given you new ideas to create cosier and visually warmer spaces to get you through these cooler months.

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