



Quarterly

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Plus!

INSIDE **ALICE WALKER'S** JOURNALS

REFRESH YOUR HOME FOR

Spring

Breathe life back into your space with these game-changing tips from design pros.

BY KATHRYN O'SHEA-EVANS



"PAINT IS THE LEAST EXPENSIVE WAY TO BRIGHTEN YOUR SPACE. PICK A COLOR YOU LOVE—MAYBE THE COLOR YOU FEEL BEST WEARING—AND PAINT A ROOM IN IT!"

—Martyn Lawrence Bullard, Los Angeles

THERE'S NO PLACE like home—until you've been cocooning in it for too long and the scene starts to feel stale and stagnant. And, come to think of it, so do you. Apparently, adopting your home's vibe is a real thing since your surroundings and your mindset are intertwined, according to Sally Augustin, PhD, an environmental psychologist who uses scientific research to help people design and decorate spaces that enhance well-being and performance.

In fact, she promises that if your space is sapping your spirit, you can easily flip that situation with a few easy design moves—and there's no better time to do this than right now. "Spring is when we all long to reboot, reenergize, and refresh all aspects of our home," says KD Reid, a Newark, New Jersey-based interior designer.

There's even a historical connection. A spring refresh has always been thought of as "a way to encourage a fresh start, a purification, or a renewal of the yearly cycle of life," says Alexis Barr, instructor of design history at the New York School of Interior Design. The phrase "spring cleaning" itself solidified in the Victorian era, thanks to the bestselling tome *Mrs. Beeton's Book of Household Management*. Back then, coal heating and gas lamps left a film of dark soot on surfaces. "So furnishings would truly need a thorough 'spring cleaning,'" explains Barr.

Fast-forward to 2022—after a winter that felt about two years too long (thanks, Omicron!)—and design experts are doing a lot more than de-smudging. We've got you covered with brilliant tips from some of our favorite design pros.

"The front door is the first thing guests see when they arrive. Black is still the reigning color. You can never go wrong with brass hardware. And make sure your outdoor light fixtures have a dimmer setting—you want to be able to make the light as bright or moody as you choose."

*—Dann Foley, Foley & Stinnette
Interior Design, Palm
Springs, California*



"INCORPORATE NATURAL ELEMENTS INTO YOUR SPACE. TRY ACCENTS OF WICKER OR RATTAN WHEN DESIGNING 'BRIGHT AND AIRY' HOMES."

—Bria Hammel, *Bria Hammel Interiors, Mendota Heights, Minnesota*



Brooke & Lou woven stool, \$300; brookeandlou.com

"Sometimes it's as simple as rearranging your things. A quick reset can give you the feeling of new, whether you're swapping chairs from one side of a room to another or switching your living room's brass lamps with the ceramic ones you have in the den."

—Jill Goldberg, *Hudson Interior Designs, Boston*

"Slipcovers are an easy way to change the color scheme of a room from darker winter colors to lighter, airier ones without painting."

—Andre Walker, *Walker Simmons Designs, Chicago*

"Switch all your light bulbs to dimmable bright white LEDs. It brightens the home and eliminates any tint of yellow, so your entire atmosphere looks fresher!"

—Sasha and John Moinzad, *Thorn + French, Denver*

"Out with the wool rugs! Switch in grass mats or sisal. It's life-changing—trust me."

—Denise McGaha, *Denise McGaha Interiors, Dallas*



"Update your bedding—even if lighter sheets are the only thing in your budget. If you can afford more, go for all-new bedding—either to work with your current decor or in a more springlike palette."

—Amy Youngblood, *Amy Youngblood Interiors, Cincinnati*



Tory Burch Lettuce Ware pitcher, \$148, toryburch.com

"I love an oversize vase on a kitchen counter or foyer table, filled with cherry blossoms."

—Christina Nielsen, *Christina Nielsen Design, New York City and London*

"Spring is a great time to add to your art collection by shopping flea markets."

—Maryline Damour, *Damour Drake, Kingston, New York*

"Rust-Oleum has outdoor fabric spray paint that can be used to revamp patio furniture. I picked up a neighbor's faded teak set from their curb and gave it love with a bright turquoise."

—Caroline Moore, *Case Architects & Remodelers, Bethesda, Maryland*

"AN EMPTY TABLE SAYS 'BOARDROOM.' I LOVE THE FRESH GREEN OF DODIE THAYER'S LETTUCE WARE, REINTRODUCED BY TORY BURCH."

—Josh Hildreth, *Josh Hildreth Interiors, Washington, D.C.*

"Shades of green are all the rage.

At Clare, Money Moves has been rising in popularity, and Current Mood has long been a fan favorite!"

—Nicole Gibbons, *Clare, New York City*

"In early spring, I bring new herbs into the house for cooking. I love having some mint or basil growing in a beautiful pot that I can quickly snip to garnish a cocktail."

—Jessica Davis, *Atelier Davis, Atlanta*

"Update your cabinet hardware—it is like the jewelry of your home, and there are so many great options out there."

—Caroline Gentry, *Pulp Design Studios, Seattle, Dallas, and Los Angeles*

The Inside by
Havenly 16" throw
pillow in Cabana Stripe,
\$59; theinside.com



"SWAP WINTER'S
VELVET THROW
PILLOWS FOR COTTONS
AND LINENS IN LIGHT,
FRESH FLORALS
AND STRIPES."

—Thomas Riker,
James Thomas Interiors, Chicago

"At the start of
spring, turn your
porch into a beautifully
appointed sitting room."

—Darren Henault,
Darren Henault Interiors,
New York City



"Nothing gives your home a quick
spruce-up like squeegee-cleaned
windows! The key is to squeeze most
of the soapy water out of the sponge
to eliminate excessive dripping.
Then you're ready to squeegee!
Clean from the top down, wiping
the edge of the squeegee after every
stroke with a no-lint microfiber cloth."

—Rio Hamilton, Rio Hamilton,
New York City

"Get your linen closet in order.
Try adding acrylic shelf dividers
to keep your stacks of towels and
sheets orderly, and acrylic vessels
to house small goods: soaps,
Q-tips, cotton balls, etc."

—Mikel Welch, Mikel Welch Designs,
New York City

"Lacquer paint is having a moment.
Reimagine a piece of furniture by
trying a moss green or chartreuse."

—Kate Coughlin, Kate Coughlin
Interiors, Boston

"Wallpaper is a trend
I don't see going away
anytime soon. Start out by
trying wallpaper in a smaller
space. Botanical prints are
huge right now!"

—Mary Patton, Mary Patton
Design, Houston

"For years, homeowners
have seen three small
pendants or more over the
island. Now we are using
one or two large pendants.
It adds much-needed
personality to the space."

—Tracy Morris, Tracy
Morris Design, McLean, Virginia



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CHANGE TIPS AT oprahdaily.com/spring-home-refresh.