



## BEFORE

**Bedroom blues** Christopher and Natalie Herb were fed up with their drab, dark walls and bland bedding. But they didn't want to spend a fortune on new furniture. No problem, said our expert.



# Make over our bedroom!

Update your space with lovely linens, a fresh coat of paint, and fast furniture fix-ups. *by Sara Anderson*

When Christopher and Natalie Herb got hitched, buying bedroom furniture was not a post-wedding project: Natalie had purchased stuff as a singleton in a small apartment. "The set was fine for a while," says Natalie, "only now we're ready for new things that suit *our* style." But with their first baby on the way, revamping the master bedroom is the last thing on their to-do list. So we asked decorator Kristan Cunningham, from HGTV's *Design on a Dime*, to liven up their room with lighter, brighter colors and a new layout. Now all the Herbs have to worry about is, Will it be pink or blue on those nursery room walls?

## Had it with your headboard? Make a cool new one.

Even if you're not a craft queen, Kristan's steps for fashioning a fun piece of furniture make it simple.



**1** Buy a piece of MDF (medium density fiberboard) from a home-supply store that's the width of your bedframe and the height of your bed plus two feet. Paint the bottom half of one side of the board any color (it may show behind your bed); let dry. Spray the top two to three feet with spray adhesive.



**2** Press a precut piece of two-inch-thick foam (available at fabric stores) flush against the top two feet of the headboard before the spray adhesive dries. Hint: The adhesive will dry quickly, so have the piece of foam ready to go. You can cut foam down to size easily with an electric carving knife.



**3** Buy three yards of batting at a fabric store. With headboard standing upright, tightly wrap batting over the foam and around the back of the board. With a staple gun, fasten batting edges to the back of the board; batting will stay in place in front.



**4** Cover headboard with fabric (you'll need three yards). Iron fabric, then align it along the bottom edge of the foam. Stretch tightly and staple fabric ends to the back of the board. Moving upward, staple fabric along the sides and along the top of the back of the board every two inches.

(continued)



## AFTER

**Bedded bliss**  
Gone are the shabby sheets and outdated furniture! Now Christopher and Natalie's room is a warm, cozy haven they love to come home to.



Design whiz Kristan Cunningham (center) relaxes with the couple on their fab new bed.

## Steal this bedroom style

**1.** On the beadboard walls, we got rid of the dark, moody blue and brushed on sage green **paint**. The hue we had to have: Sagey, by Behr Paints (available at Home Depot stores). For the trim: Swiss Coffee, by Behr. **2.** Make more space on your nightstands: Nix bedside lamps and hang a Cortland Swing-Arm **sconce** (two for \$129, Pottery Barn) on either side of the bed. The perks? Now you both have an adjustable reading light. **3.** White-top Fornbro pedestal **tables** (\$15 each, Ikea) lighten up the space and make the new wall color pop. **4.** Kristan chose warm, soothing shades of brown, sage, pale blue, and cream for the **bedding**. The sheets: Signature Scalloped Percale with willow-green trim (\$100 for a queen set and \$35 each for pillowcases; Garnet Hill). Silk throw **pillows** (\$56 each, Thomaspaul). **5.** Queen-size Sepia Toile **quilt** (\$108, Ballard Designs). **6.** Queen-size Cirrus Bamboo silk **coverlet** (\$225 and \$37 each for matching standard shams; Crate & Barrel). **7.** A white Giorno Drapery **Panel** (\$25, Umbra) paired with a Brighton Paper **Blind** (\$20 and up, Pier 1 Imports) brings a natural, airy feel to the room. **8.** To attach **headboard**, drill two holes in the board that align with the holes in your bedframe; fasten frame to headboard with two large screws.

## Must-do moves for beautiful bedding

How to keep your favorite linens looking fresh, your pillows in prime condition, and more helpful hints.

- **The lowdown on laundering** Try to wash sheets and duvet covers once a week (or at least every other) in warm water (hot fades colors). For extra softness, add a few drops of hair conditioner to the wash in the rinse cycle. Use a duvet cover on your comforter, and you only need to have it professionally cleaned once every three years.
- **Preserve pillows** Instead of tossing your fancy decorative pillows on the floor before getting into bed, keep a basket or hamper in a corner of the room and place pillows there.
- **Feather fix** Fluff up flattened-down comforters and pillows by putting them in the dryer for ten minutes on cool air.