



# Happy Walls

## HAPPY INSIDE



*Guest Writer*  
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Internationally renowned as an authority on interiors, trends and style, Michelle Ogundehin is a writer, author, brand consultant and TV presenter. She is an influencer with expertise and the multi award-winning former Editor-in-Chief of ELLE Decoration UK.

**H**appy Inside is a game-changing look at the power of home to support, and sustain, your wellbeing. It's an approach to living which underlines that happy homemaking, far from being frivolous, is absolutely fundamental to becoming your best self. In short, master yourself by mastering the space in which you live. In this way your home can become your most powerful ally, if not your secret superpower.

But where to begin? Well, naturally, it's all about the decoration! Specifically, the determination of your perfect palette – the colours, materials, fabrics and finishes that you choose to surround you. However it's a common mistake to try to design an interior around a key possession. But starting with a specific thing, whether glorious lamp or marvellous chair, is like searching for an entire outfit to match a pair of earrings. It's always better to begin with the envelope of your home, the walls, floors and ceilings that will wrap around your treasured belongings. And here, as an edited extract, are four more key principles of the #happyinside way to decorate...

HIGHLAND ROSE & RASPBERRY RIPPLE



*Always start with your flooring.*

Often overlooked, or left until last, floors should be the first thing that you think about. They will be in your eyeline from all viewpoints, underpinning everything in your home both visually and quite literally.

Plus, they are generally one of your bigger investments, so better to get this sorted before you buy anything else – you can sit on a box on a wonderful floor and it will look magnificent, but anything on a cheap floor will be instantly compromised.

*Add relief and texture.*

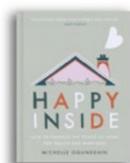
Walls are our biggest opportunities for decorative play, so imagine each one as a blank canvas that could be framed and coloured using a rich mix of wallpaper, texture and paint. And don't forget trims too. Any white box of a room can be transformed with the addition of an over-sized skirting board; a ceiling rose to accent a pendant lamp; or even an additional decorative casing wrapped around an otherwise plain window frame.

*Don't be a slave to centring and symmetry.*

When something is perfectly symmetrical, your brain thinks it has the measure of it in a single glance, so the eye tends to gloss over it. To counter this, always factor in a little 'otherness'. Perhaps a picture, or hanging planter, hung to one side of a window but not the other. The idea is for your gaze to be pulled to deliberately linger longer on the decorative virtuosity of your walls.

*It's all about the views.*

Looking from room to room helps us to understand our home as a series of interconnected zones. After all, rooms are usually experienced in motion, not as static stage sets. And if you pay careful attention to the way in which one colour scheme segues into the next, then your home will always have a wonderfully restful, #happyinside sense of flow.



Read more in Michelle's new book 'Happy Inside' [click to buy](#) or share the graphic opposite for a chance to win your copy now.

*Loving*  
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