

essential

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Soft focus

Your bedroom flooring is the best place to choose comfort and style over everything else

FEATURE BY VICTORIA ROLISON

There's no better feeling on a wintry morning than a warm, comfy carpet underfoot. In fact your bedroom floor really needs to form an extension to your bed in terms of comfort, gradually easing you from slumber and into the day. The good news is, this luxury comes in more versatile and practical forms than ever before; from traditionally fitted carpet to wall-to-wall rugs to layers of soft furnishings of all different shapes and sizes. Choosing between a carpet and a rug is a very personal choice, says Anjana Sethia, creative director at Flock. 'Carpet offers softness and sound absorbing qualities,' she explains. 'But there's been a distinct shift towards wood flooring throughout the house and then a large rug works well, or even one that covers the entire floor so it's possible to clean underneath and air out when needed.'

Once you've settled on your flooring format, you'll find an ever-growing choice of both natural and man-made materials to choose from. Animal and plant fibres of wool, cotton, sisal, jute and seagrass all create naturally strong foundations with plenty of texture to create an organic statement. We find more people want a calming scheme and the wonderful textures of natural flooring bring an element of interest, particularly more unusual fibres such as hyacinth, okra and rati,' adds Anjana. Synthetic fibres offer their own benefits too, particularly when used in a blend with wool. 'Fibres of nylon and polypropylene are hard-wearing and easy to clean,' says Rupert Anton from the Carpet Foundation. 'Softness is the buzz word in carpet at the moment because the development of fibres, mostly man-made, create a really lustrous appearance.' And, if you suffer from asthma or allergies, recent research suggests carpet could actually keep allergens from the air, adds. 'It's another myth that carpet isn't compatible with underfloor heating, although we recommend an underlay with a tog of less than 1.3 so that it won't impair performance.' When it comes to design, the latest trend inspiration is being reflected on the floor, with designers collaborating with luxury rug and carpeting companies. 'We work with designers who frequently use a colour or pattern in a rug as a starting point in their designs,' says James Langley, operations director at Woven. 'We're seeing darker colours in shades and lots of surface texture coming through in new designs for 2018.' *CAHB*



SHADES OF GREY

A soft foundation will create an ideal palette for contrasting patterns and textures too. The Dimensions heathers carpet in Lavender grey, is priced from £30 per sq. m, at Brockway