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Spring Awakening

Reenergize your living space by investing in a few simple yet impactful changes. A home refresh will leave you feeling mentally and physically recharged, as well as relaxed and centered. What better time to switch things up than spring, the season of renewal? These home-design experts tell you how to create a joyful space you'll love spending time in.

BY PAM O'BRIEN

Carmeon Hamilton

INTERIOR DESIGNER BASED IN MEMPHIS AND STAR OF *RENO MY RENTAL*, STREAMING NOW ON DISCOVERY+

"Refreshing your living space, whether you own, rent, or live in a college dorm room, is the equivalent of going to the spa and getting a facial or massage—only for your home," Hamilton says. Her tips for creating that pampering effect:

Change your "wardrobe."

"Textures are one of the first things I switch up in the springtime," Hamilton says. "It's just like changing your wardrobe. In spring, you want lighter fabrics that can breathe. I swap out my cable-knit throws and heavy textured pillows for throws and pillows made of cotton and

linen. Same goes for your bedding. Replace heavy quilts and comforters with linen versions, and try linen sheets too. They'll keep you cooler, so you'll sleep better."

Play favorites.

"Lighter tones are great for spring, but I believe that if you love a particular color, you should use it," Hamilton says. "For instance, my favorite color is black. It isn't a spring shade, but I think every space needs something black to give it grounding and sophistication. Any color you love is right for spring. There is no wrong or right."

Pull the rugs out.

A rug can dramatically change the feeling of a room. "It has the same effect as painting the walls, since it covers so much space," she explains. "Switch your wool rugs for breathable, natural, plant-based fibers

such as jute, sisal, and cotton. And try a rug in a lighter color palette, which will really liven up and refresh the room."

Be creative with storage.

A bar cabinet is a stylish (and unexpected) place to store your workout gear, Hamilton says. Tuck your work papers and laptop away in baskets, which are practical and attractive. "When you're doing everything from home, storage solutions are the key to functioning the way you need to, without your work or your workout taking over the space," she explains.

Give rooms a glow-up.

Open your blinds during the day to let in as much natural light as possible, Hamilton advises. And put daylight light bulbs in some of your lamps and light fixtures—they're designed to imitate the sun's natural light (find them at stores like Lowe's).



Keita Turner

PRESIDENT AND CREATIVE DIRECTOR OF KEITA TURNER DESIGN, IN NEW YORK CITY

“In the spring, as the days are getting longer, our mood is naturally boosted,” Turner says. “That’s the feeling you want to bring into your home.” Her strategies for doing that:

Get back to nature.

Go beyond plants to include other natural elements in your décor, Turner says. Think an accent table with a base in the shape of a branch, or a rug with a pattern like leaves.

Use removable wallpaper.

Repositionable wallpapers, which you can put up and take down any time, are an easy way to give a room a new look, Turner says. Try them in your powder room or entry hall, or in your kitchen to create a backsplash.

Invigorate with scent.

Explore room diffusers to give your space a subtle fragrance. “And for a sense of luxury, put sachets in your drawers and closets,” Turner says. “Every time you open them, you’ll get a whoosh of a scent you love.”

Indulge yourself.

Select materials that appeal to your sense of touch. “Perhaps it’s the soft crispness of cotton sheets,” Turner says. “In your living room, you could go for the deep richness of velvet. Find what makes you feel pampered.”

Dominique Fluker

INTERIOR STYLIST AND FOUNDER OF DBF INTERIORS, IN OAKLAND, CALIFORNIA

“A spring home refresh is a great way to reflect the new

season and celebrate the brightness of longer days,” Fluker says. Here are her easy ideas:

Work with white.

“You can do some amazing color blocking with it,” Fluker says. “Buy several white vases in different shapes and sizes, and put them in front of a dark



TURNER: KELLY MARSHALL; FLUKER: ERICA NICHOLE; GRIFFIN: MALAIKA HILSON

wall—they’ll look striking against a blue background, for instance. “This lightens up your home and creates some visual drama.”

Create a meditation corner.

“It’s a space to unwind after a long day at work or a place to score some ‘alone time’ in the morning,” Fluker says. “All you need to make a cozy sanctuary are some soft floor pillows, a piece of artwork you find inspiring, a few candles, and maybe a small side table or bench to put them on.”

Treat yourself with flowers.

“Every week or two, buy fresh blooms and put them in places where you’ll see them, like the living room and bathroom,” Fluker says. “Having colorful flowers in your space instantly brightens your home.”

Have fun with neutrals.

“You might not think of pale pink as a neutral, but it is,” Fluker says. “Layering pale pink throw pillows with different shades of white can be a lovely way to add a pop of color while still keeping your area neutral.”

Create an accent wall.

Choose a wall in your living room or dining room and paint it light blue, pale green, or daffodil yellow. It will signify spring—and make you happy whenever you look at it, Fluker says.



Candace Mary Griffin

INTERIOR DESIGNER AND FOUNDER OF CANDACE MARY INTERIORS IN CHICAGO

“The new season means bringing new energy into your space,” says Griffin. “It’s like a mini reset.” To do it:

Focus on a few key rooms.

To get the biggest bang for your buck, concentrate on the areas of your home where you spend the most time. “For many people that’s the living room, the bedroom, and the dining space,” Griffin says.

Do a spring edit.

“In the wintertime, you’re indoors more, and you collect stuff—books, puzzles, extra throw blankets,” Griffin says. “For spring, you want a lighter, cleaner look. Take stock of the things that are weighing down your space, and put them away or donate them. Clear the clutter from your dining table. By paring back, you’ll instantly give your rooms a lift, and you’ll feel mentally lighter too.”

Go green.

“Bringing a few plants into your home is a great way to signify spring,” Griffin says. She suggests choosing

varieties that are easy to grow, such as succulents, rubber fig, and kentia palms. Not only will your new plants add color to your space, they’ll make you happy too: In numerous studies, plants have been shown to reduce stress and promote healing vibes.

Give yourself a new view.

Move some of the chairs in your living room to give the space—and yourself—a new perspective. “If you’ve got a backyard garden, or a window with a view of the sky, turn your chairs so you’re taking in and enjoying the outdoors,” suggests Griffin. “It will open up the room too.”

Warm up your workout space.

So many of us are exercising at home now, and it’s important to make that area inviting, Griffin says. Designate a nook where you can roll out your yoga mat and lift weights. “Choose a spot that gets light and gives you good energy,” she says. “I’ve seen people set up a yoga space on a stair landing. Be creative.”

WHERE TO SCORE GREAT DEALS

Here’s where the pros shop when they’re looking for finds—without spending a fortune:

T.J. MAXX: “They’ve got a few aisles of home goods where you can find inexpensive pieces that are on trend,” Griffin says.

TARGET: It gives you chic looks at affordable prices. It also has good options for bedding, textiles, and linens, Hamilton says.

IKEA: Perfect for the minimalist look. And it’s a good place to buy plants, Griffin notes.

HOMEGOODS: “I’ve seen pieces from higher-end furniture wholesalers there,” Turner says. “And they have handmade fair-trade items.” Adds Griffin, “It’s my go-to for affordable lighting.”

CB2: It has quality items and price points from low to high, Griffin says.

ANTIQUe MALLS: They’re popping up in suburbia, Turner says. “Some of the vendors sell great collectibles, like vintage furniture, pottery, and lamps.”

FACEBOOK MARKETPLACE: You can get great deals for furniture like coffee tables here, Griffin says.

CHAIRISH: At this online platform, you can buy everything from furniture to table décor from designers around the world. “You can score some amazing pieces—and good deals.” Hamilton says.

BLOOMSCAPE: A helpful resource for purchasing plants, Griffin says. “You can buy varieties that are right for your needs—low light, say—and get them delivered to your door.”