



Nurture & Nature

Charlotte Findlater

on the botanical theme found across this stunning home renovation in the Lake District

Peace, serenity, and escape – that's the feeling this home evokes. The interior of this Lake District home is designed to be an architectural dreamscape filled with whimsical details, natural motifs, and entertaining features for ultimate relaxation.

A consistent design theme since the home renovation began has been to incorporate inside/outside space; whether the open plan kitchen, the garden room's sliding doors or big bay windows, opening rooms up to natural light and the gardens beyond is key to our clients' experience and immersion in their surrounding garden. Here, I explain the thought process behind the design of the principal bedroom.

INSPIRATION AND AIMS

Our inspiration for this bedroom was the fabulous floriferous gardens in which the property sits. The bedroom is infused with a mix of English country style furniture, a custom new Oak wardrobe, antique pieces, abstract artwork that evokes the natural

world and immediate landscape, all bound up in earthy tones and floral fabrics.

Our aim for the bedroom was to create a tranquil biophilic retreat, where the serenity and simplicity of this botanically inspired bedroom would promote a sense of mindfulness and a break from the fast-paced world. Disconnecting from technology, an immersion in a nature-inspired space that would quieten the mind and promote a deep sense of

relaxation and ultimately a restful sleep. Starting with the vestibule that leads into the primary bedroom, we removed an old built-in cupboard and stripped back the original purlin beams. Continuing this on into the bedroom where a barrel ceiling was book ended by the original purlins again stripped back to reveal the natural beauty of the wood and the inherent architecture of the building. There were two windows in the room, one of which overlooks the stunning gardens, the other was at an odd height and did not allow for the breathtaking views of the lake and mountain scenery over which it looked.

Upon carefully considering the layout of the room, we wanted to orientate the bed towards the lake and mountains so those views could be enjoyed. We decided to take out the current window and instead created a terrace off the bedroom inserting large sliding doors. The view could now be enjoyed from the moment our clients woke up, to enjoying romantic moments on the terrace in the evening. The railings we designed are further represented in other external terracing areas of the garden. Each spindle evokes a twig, they are not perfectly straight and have an imprint of bark on them, which ties back into both our biophilic and Wabi Sabi ethos.





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INCORPORATING NATURE'S GREEN PALETTE

The first step with the design of this principal bedroom has been to represent the beautiful floriferous garden in which the property sits, inspiring our colour scheme and thematic of the room.

We have incorporated a lot of green around the interior of this property – the predominant colour of nature, it nurtures happiness and tranquillity and is a remarkably versatile and fluid colour. We use green as our neutral foundation upon which we can layer colour and pattern. At Charlotte Findlater, we always think of green as our neutral, as the overriding colour of nature it goes with everything and encourages space for positive thinking.

We aim to have that link with nature at every touch point. In this bedroom we have sheepskin rugs which represent the heritage of the Lake District. Selecting Oak for our wardrobes, natural wool carpets and a locally made bed throws representing the colours of the fells that can be seen in the distance. The fabric we opted for on the curtains is a traditional print of English flowering peonies along with other garden flowers providing a direct link to the

gardens. In summer, floriferous bouquets are dotted throughout the home including the principal bedroom all cut from the garden.

Natural fibres and materials are the fundamentals of all our Charlotte Findlater projects. We take a salutogenic approach to all our projects. In this bedroom we selected natural certified organic cotton sheets and pillowcases. The paint is made from the purest and healthiest plant-based ingredients and is certified as vegan too. Natural wool carpets, the linen curtains are printed locally in the Lake District using ECOFAST technology, a digital printing method which uses 50% less water than traditional techniques.

LIGHTING THE WAY

The pendant adds a touch of glamour, its natural bronze tones and large air pocketed baubles catching the eye, reflecting the natural light that pours in through the full-length glass doors, bouncing it around the room. The air pockets reminded us of bubbles in water, providing a direct connection to the lake beyond the home. The pendant helps create the feeling of space, drawing the eye up into the unusual ceiling shape exuding light and fresh air and, in conjunction with the doors, it helps to bring the outside in.

We have elevated the overall ambience in the room by layering different types of lighting, such as dimmable, ambient, decorative, and task lighting, to create soft, subtle illumination.

CRAFTSMANSHIP IN ACTION

Each handle on the Oak wardrobe has been meticulously handcrafted using just a small furnace, in this way they are a slow production item, each will further patina with age. The sockets, dimmers and switches have an organic mottled finish, are hand cast, each one uniquely developing a patina that will continue to develop with use and age.

Our Lake District tweed throws are designed by the Lancashire and Lakes Guild of Spinners using wool from the Lake District, the colour schemes for the throws are all inspired by the colours of nature. The wardrobes are made locally by our expert joinery workshop, all wood is FSC Certified.

Whilst we have incorporated pattern into the design of this sumptuous bedroom, we have ultimately sought to create a serene and peaceful haven that is simple, luxurious and calm. 🌿

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