



My Authentic Home Style

OLIO Interiors

# My Authentic Home Style

## Welcome

Thank you so much for choosing this 'My Authentic Home Style' e-book created for you by OLIO Interiors.

I acknowledge and pay respects to the Kurna people, the traditional custodians whose ancestral lands this e-book has been created on. I acknowledge the deep feelings of attachment and relationship of the Kurna people to country and I respect and value their past, present and ongoing connection to the land and cultural beliefs.

My name is Andrea Higgs and I'm the Creative Director of OLIO Interiors. I create interior design experiences to connect and inspire people who love authentic homes.

OLIO is a word that means 'a miscellaneous collection of things'. I chose OLIO Interiors for my business name because it describes the authentic homes that I love. Homes that are personal and layered with 'a miscellaneous collection' of experiences and inspirations.

Rather than working individually with the small number of people who may engage an Interior Designer for their home, I focus on working collectively with the much larger group of people who, just like you, enjoy the experience of designing their home interiors for themselves.

This e-book is an introduction to helping you uncover your authentic home style.

Once you can clearly articulate your authentic home style, every decision you make about what to keep and what to buy become so much easier.

Understanding your authentic style also means that you'll know which trends to get onboard and which to let pass you by. It will make you more confident to create and refine your home interiors gradually over time, rather than feel you want to throw everything out and start again.

# My Authentic Home Style

## Colour

Let's begin by exploring the wonderful world of colour.

I believe that living in a home surrounded by the colours you love can be enormously comforting and affirming.

Colour fashions come and go. They change seasonally – golds and greens for Autumn, pinks and blues for Spring. They also change more gradually over decades. Purple, burnt orange and lime green in the 1970s. Miami Vice cool pastels in the 1980s.

Fashion can be fun and it's exciting to try new things. But over time we may notice there are certain colours we are drawn to over and over again, regardless of whether they're in fashion or not. I call these 'colours of the heart'.

We all have them, even if we're not consciously aware. 'Colours of the heart' are so deeply embedded in our personal history and experiences that sometimes they require a little gentle prodding and poking to fully extract.



# My Authentic Home Style

## Colour

"Colour is a power which directly influences the soul."

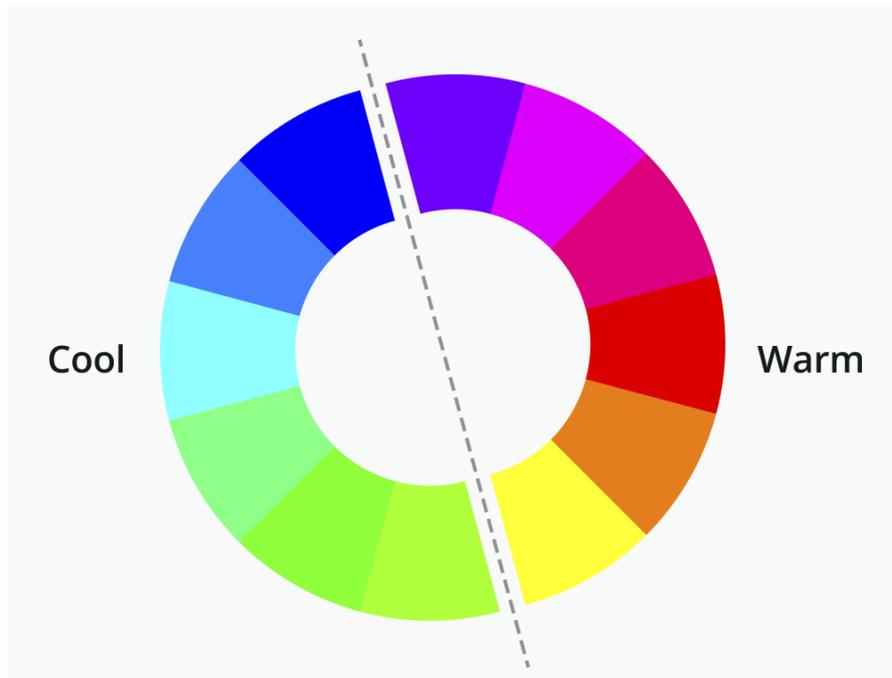
Artist Wassily Kandinsky

One of the ways we can think about our favourite colours is to think about Colour Temperature.

On the colour wheel, the colours on the left from green through to purple are what we call COOL.

The colours on the right from yellow through to magenta are what we call WARM.

What we're going to look at is whether you are naturally drawn toward a COOL or WARM colour palette.



# My Authentic Home Style

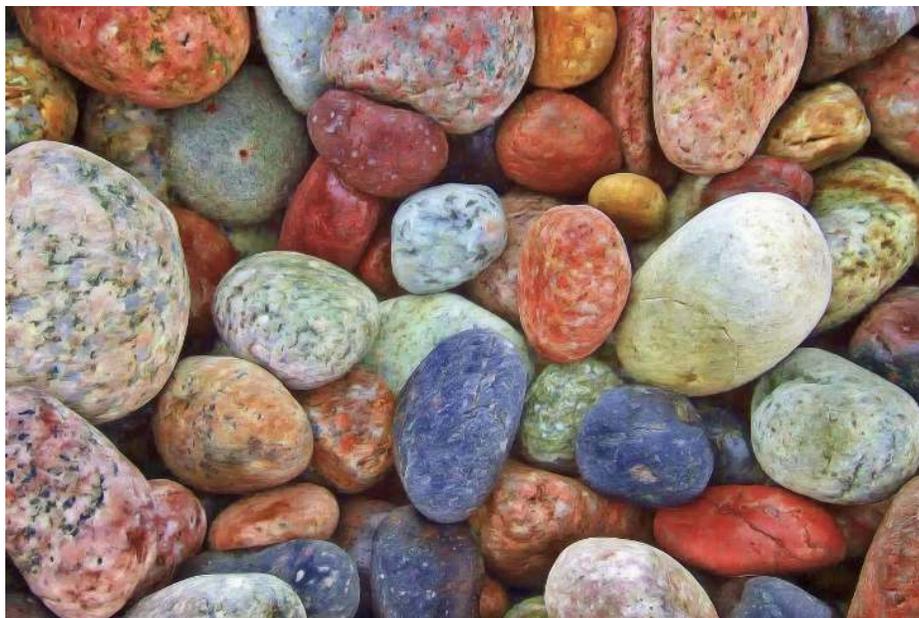
## Colour

A room's overall colour palette is the total of all the different colours in that room.

A room with a COOL colour palette will have more colours from the cool side of the colour wheel. There may be only cool colours or mostly cool colours in the room.

A room with a WARM colour palette will have more colours from the warm side of the colour wheel. There may be only warm colours or mostly warm colours in the room.

It's about an overall cool or warm feeling when you see the room as a whole.



# My Authentic Home Style

## Colour

The colours you might see in a room with a COOL colour palette include blues, greens and purples.

A COOL colour palette evokes a cool feeling because it reminds us of things like water and grass.

The sort of words you might use to describe a room with a COOL colour palette are fresh, crisp, refreshing and soothing.

The colour names in a COOL colour palette include teal, eggplant, emerald, aqua and cobalt.

Have a look at the COOL colour palette bedroom designed by Brown Hall Designs below. Does a COOL colour palette feel like you? Are they your 'Colours of the heart?'



# My Authentic Home Style

## Colour

The colours you might see in a room with a WARM colour palette include reds, oranges and yellows.

A WARM colour palette evokes warmth because it remind us of things like the sun and fire.

The sort of words you might use to describe a room with a WARM colour palette are cosy, inviting, stimulating, joyful and intimate.

The colour names in a WARM colour palette include peach, amber, sienna, mustard, terracotta and gold.

Have a look at the WARM colour palette living room designed by Amy Lau below. Does a WARM colour palette feel like you? Are they your 'Colours of the heart?'



# My Authentic Home Style

## Style Influences

"Pick what you like because living with a trend that is not you is never a good choice."

Designer Thomas Pheasant

You'll often hear on TV shows or read in magazines, interiors described as 'Coastal' style or 'Country' style or 'Bohemian' style. These style influences are just a short-hand way of communicating a type of look and feel that might be seen in lots of different homes.

A home interior that doesn't fit into one specific style influence is often called 'Eclectic'. 'Eclectic' style is a way of describing an interior that mixes up different styles.

Some people may whole-heartedly embrace one interior design influence. Immediately as you enter their home you can tell that you're in a 'Classic' style home, for example.

But you're reading this e-book because you want to uncover your personal, one-of-a-kind, authentic home style.

This can't be described by using one generic style word. Your life isn't a photocopy of someone else's. It is unique to you. So simply selecting one existing style isn't going to work.

However, your authentic home style is still likely to have been influenced by one or more of these existing styles. They are a great starting point to help us learn more about our own authentic style.



# My Authentic Home Style

## Style Influences

Are you drawn to the exotic?

Do you yearn to live in a jungle of indoor plants?

Do you love loads of floor cushions in patterned fabrics from all around the globe?

BOHEMIAN STYLE likes bright colours, particularly hot pink and yellow.

Style words associated with BOHEMIAN STYLE include hippy, relaxed and exotic.

Style elements associated with BOHEMIAN STYLE include plants, macrame, cushions, rugs, dream catchers, hammocks, bamboo, rattan, 1970s, mirrors, mixed patterns .....

Have a look at the BOHEMIAN STYLE bedroom designed by Brown Hall Design below. Does this particular style influence appeal to you?



# My Authentic Home Style

## Style Influences

Perhaps you are inspired by exposed brick, polished concrete and industrial lighting. Inner city environments are visually stimulating and can have a brutal attractiveness.

If you're a lover of street art, craft beer and barista-made coffee, a master of furniture up-cycling, or want to bring a touch of New York loft to your suburban home, URBAN STYLE may be for you.

URBAN STYLE likes dark colours (particularly matt black) and natural colours.

Style words associated with URBAN STYLE include gritty, tough and patina.

Style elements associated with URBAN STYLE include Chesterfield sofas, rust, aged timber, worn leather, steel, graffiti, street art, exposed brick, Edison bulbs, flaky paint, industrial furniture .....

Have a look at the URBAN STYLE open plan living area designed by Bella Mancini Design below. Does this particular style influence appeal to you?



# My Authentic Home Style

## Meaning and Memories

"Rooms are albums that provoke memories. What you decorate with should remind you of a street you wandered down or an experience that made you happy."

Designer Amy Hase

Now we're going to be getting personal.

We're going to be exploring the furniture and objects in our homes that connect us to our past, positive memories. That give meaning and context for the life we're living now.

To wake up to see a painting you bought yourself for a special birthday. To see the bowl of seashells you collected on that wonderful beach holiday. To cosy up to a plush cushion that your best friend made just for you.

These are daily pleasures that add up to a happy life.

I've been shocked at how often I've found that people's most precious possessions are hidden away in cupboards and junk rooms. If you love it, find a way to integrate it into your life and home.

Frame those children's drawings, display the wonky vase you made in that pottery class where you laughed and chatted all day.

It's important to work out which things in your home you love and want to live with.

It's just as important – perhaps even more – to work out which things in your home have a negative meaning or memory and to get rid of them.

I'm not suggesting that you have to be wildly in love with every tea towel and pillow case. But I am saying that if that tea towel or pillow case reminds you of a negative experience or a bad relationship every time you use it – you absolutely do need to get it out of your home!

# My Authentic Home Style

## Meaning and Memories

Here's some ideas to get you started.

Do you have an object on paper that is meaningful to you, perhaps a drawing, recipe, letter, floorplan or photograph? Take it to a framer and have it professionally framed. Not only will it look great, but if you have it framed to a 'museum quality' standard, your object will also be protected for years to come.

Let go of the responsibility for storing everyone else's stuff at your home. Anything in your home that isn't actually yours needs to be reclaimed and taken away by its rightful owners. If their motivation to do this is somewhat lacking, try sending them a photo of an enormous skip bin parked in your driveway.

Save up to buy that special painting, armchair, cutlery that you seriously adore. Calculate the 'cost per smile' from enjoying this special object in your home everyday. (Saving up instead of buying on credit will give you time to test whether it's a fleeting fancy or an enduring love affair!)

# My Authentic Home Style

## Over to You

I hope you've enjoyed this e-book introducing you to how to uncover your authentic home style.

I've also created a comprehensive online and on demand workshop that takes you step-by-step through an easy to understand process to help you uncover your authentic home style.

5 interactive lessons exploring colour, style, meaning and display for your home.

100+ images of inspirational home interiors.

10 videos packed with information and encouragement.

9 worksheets that take you step-by-step through an easy to understand process.

20+ hours of practical activities, ideas and resources.

An engaging workshop you can complete at a time and pace that works for you.

You can find the online My Authentic Home Style workshop at [www.oliointeriors.com.au/product/my-authentic-home-course](http://www.oliointeriors.com.au/product/my-authentic-home-course)

If you are in Adelaide, you may also be interested in the live workshops, tours and presentations that OLIO Interiors delivers. On the OLIO Interiors website you can subscribe to our e-newsletter so you always hear about what's happening.

