

SWEET DREAMS

Designer Sean Symington took his inspiration for this serene bedroom retreat from the glorious views of the rolling Suffolk countryside

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PROJECT DETAILS

DESIGNER

Sean Symington
(seansymington.
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PROPERTY

Detached Tudor
farmhouse

WORK

Main bedroom
redesign

LOCATION

Suffolk



‘Our clients asked us to create a bedroom retreat as their personal sanctuary within this country farmhouse,’ says designer Sean Symington. ‘The brief was to design a scheme that would balance tradition with modern comfort.’

1 CURATE A RESTFUL MOOD

‘The clients wanted a space that would maintain the historic Tudor character with its exposed beams while also feeling restful; the perfect place to unwind,’ says Sean. ‘We felt it was important to choose calming designs and colours that would create a sense of tranquillity and peace. Our starting point for the scheme was the botanical print: with its soft colours and texture, we knew it would be instantly relaxing.’

2 GO GREEN

‘The intentional use of various greens throughout the space reflects the Suffolk country views, bringing a breath of freshness into the interior and creating a visual connection to the landscape outside,’ says Sean. ‘These tones work with the natural light that changes throughout the day, creating different moods – from bright and refreshing in the morning to cosy and intimate in the evening.’

3 BRINGING THE OUTSIDE IN

‘A country retreat should offer visual respite from the constant stimulation of city life,’ says Sean. ‘The floral patterns aren’t overly fussy or traditional, but feature botanical motifs that feel fresh and natural. These are balanced with understated geometric patterns, giving the scheme structure and contemporary appeal.’

4 A SENSE OF SCALE

‘The combination of patterns creates visual interest without being too busy,’ says Sean. ‘We paid special attention to scale, varying the size of patterns from large, statement florals to smaller, more delicate geometrics that reveal themselves upon closer inspection. Layering the patterns creates depth, while the colour palette successfully unifies the different designs.’ 25

A PERFECT BLEND

‘The contrast between period and modern styles prevents the space from feeling like a period recreation and makes it feel lived-in and authentic,’ says Sean.

Walls in Whiting, Edward Bulmer Natural Paint. **Headboard, valance and cushions** made up in Mitford fabric, Thibaut. **Chaise** upholstered in Balcony Stripe fabric, Nicky Haslam. Try the Westbourne **table lamps** in Olive Green, Vaughan. Green Wicker **lampshades**, Fermoie. Find a similar antique **chaise** (just seen) at 1stDibs