

# The Perfect Bedroom

Sometimes a word outgrows its definition. A bedroom, the dictionary tells us, is a room for sleeping in, but these days it needs to do a lot more than that.

Article by Vivion O'Kelly. Images from Vista Lago Residences, courtesy of BRIGHT.



Long gone are the days when the average bedroom was furnished with a bed and a wardrobe and little else. In our time, just as the kitchen has become a second living space, the bedroom has become a third living space used at any time of the day and night for a multiplicity of purposes. This makes it one of the most important rooms in the house.

It is not, in fact, very far removed from the bedrooms of the higher nobility in Western Europe in medieval times. Most people's houses had no bedrooms at all, of course, but for those few who could afford it, the bedroom became a place where the nobility, especially female (since husbands and wives seldom shared a bedroom), were awakened, dressed, painted with make-up and had their hair styled before getting back into bed to greet important visitors. At various times of the day, ladies of leisure would also embroider, write, gossip and check their social media accounts on their iPads.

**WHEN YOU THINK ABOUT IT, WE SPEND ALMOST HALF OUR LIVES IN THE BEDROOM, SO IDEALLY YOU WANT A LOVELY SOOTHING AND RELAXING ENVIRONMENT**

Well, maybe not the last, but things have not changed all that much in concept. As **Jason Harris**, CEO and Creative Director of **UDesign**, says: "The bedroom is now like any other space in the house. If you design and decorate it purposefully, then it can be another room in the house where you can do a lot more than just sleep."

The contemporary bedroom, he goes on to tell us, also reflects a change in modern sleeping habits, with people now going to bed much earlier than before, giving them time to wind down and chill out before actually sleeping.

"We try to create a luxury hotel suite feel to the bedroom," Jason says, "When you think about it, we spend almost half our lives in the bedroom, so ideally you want a lovely soothing and relaxing environment where you can work, plug in your laptop, sit at a desk, put on your makeup, watch television, listen to music and have a drink. Then it's a really great room!"



is because, as we can see from the images, the sitting areas are also fairly complete living rooms.

These are exceptional bedroom suites designed to an exceptionally high standard, as are all other spaces inside and outside each of the eighteen Vista Lago villas, and they bring a level of quality and comfort comparable to any five-star hotel suite anywhere in the world. And the truth of the matter is that the more comfortable you are in your bedroom, the better you will sleep.

Architecture & Interior Design by UDesign. Developed by BRIGHT.



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walls, lighting of choice hangs from the ceiling, sculptures of choice sit exactly where you want them, and all wall colours, floor rugs and other furnishings are chosen by the client, unless responsibility for this task is handed over

to the UDesign team, who will happily develop less specific preferences.

It may surprise some people to notice that the bed is not necessarily the focus of attention in these bedrooms. That

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A look at some of the bedrooms designed by UDesign in the new luxury Vista Lago development, located high in the hills above Marbella, shows us exactly what he is talking about. We immediately see one big difference from days gone by: the huge windows. While natural light is essential in any bedroom, the spectacular views from each of the individually designed villas makes window size even more essential. In Vista Lago they are genuinely floor-to-ceiling and in some design configurations, wall-to-wall, sliding back into the walls at the flick of a switch. They all open out into terraces, where the first early-morning tea or coffee can be taken when the weather obliges.

Inside the room, better described as a suite, the view is also not bad. This is a place for allowing the imagination to soar, and as in all aspects of a Vista Lago villa, the client has the last say in interior design. Artworks of choice hang on the



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