

the guide to *cool*

It's sweltering outside and you feel like a prawn on a barbie. Stay blissfully cool with our chill-out tips

STYLING MIA ASKER ASSISTED BY GEORGIA HARVEY SUTTON WORDS CHRIS PEARSON PHOTOGRAPHY ELSA HUTTON

There's an art to keeping cool in the heat of the moment – and it isn't just about what you wear and whether you have aircon! Our guide to cool reveals how everything from the shades of paint on your walls to furnishings, plants, even dining accessories, can all help lower the temperature indoors.

get fresh with colour

White is as tingly fresh as a block of ice, and its impact has been shown in many studies. In fact, the effect is not just psychological – because white reflects the light rather than absorbs it, the temperature of the room actually is a degree or two cooler.

Team it with a fresh blue, but, to avoid it becoming too chilly, opt for aqua, marine or teal shades with a splash of green. They're like taking a dip in the ocean. Use white on sofas, floors, furniture and tableware, and the warm blues as colour accents in soft furnishings or a fabulous feature wall.

BELOW From top: Iris cashmere **throw**, \$1750, Ruby Star Traders. Francesca **throw**, \$59.95, Bed Bath N' Table. Cot **quilt set**, \$95, La Lavande. Kinder ocean **quilt**, \$175, Ruby Star Traders. Bemboka **blanket**, \$380, Peter's of Kensington. Fräken **bedspread**, queen \$160, and Alvine **bedspread**, queen \$160, both IKEA. Hampton cotton **quilt**, queen \$650, La Lavande. Norton **throw** (on bed), \$49.95, Bed Bath N' Table.



Bright and breezy: antique zinc-top **table**, \$3900, Parterre Garden. Zoe dining **chairs**, \$299 each, Faxull Furniture. 18th-century pine **settle**, \$1800, Judy Porter Interiors. Medicine **cupboard**, \$295, Judy Porter Vintage Store. Zabo **blind**, 120x180cm, from \$69, Lagoon striped **cushions**, from \$21.95 each, both Freedom Furniture. Balmoral box **cushions**, \$69.90 each, Bed Bath N' Table. Rosalinda Veck **curtains**, \$69/pair, Sirig **chandelier**, \$39, both IKEA. Country **vases**, from \$36.95, Jedo's Beach House. Mini **buckets**, \$14.95 each, daisy **plants**, \$14.95 each, both Citron Gardens. Cider **bottles**, from \$33, **ramekins**, \$25 each, **beaker** (on plant stand) medium \$30, (on table) small \$20, all Briso Australia. For stockists see page 200

