

The Inspiration Behind The Design: You

(NAPSA)—Just as your clothing, makeup and hairstyle choices make a statement about your personality, so do your selections in interior design. Thom Filicia, host of The Style Network's "Dress My Nest," offers a few insightful realizations about how best to connect your kitchen to the real "you."

Design Tip #1: Personalize your space

Good design is about creating rooms that are true to you. A great way to inspire yourself is to use an idea I use on my show. I encourage the homeowners to choose three of their favorite fashion and personal items to inspire them. Look through your closets



Filicia

for inspiration when it comes to color and texture. Remember, the palette of your wardrobe often includes the shades that best inspire your emotions.

Design Tip #2: Color your space beautiful

One of the most economical ways of improving your interior design is with a new coat of paint. Pick colors that suit your personality and choose the colors you love, not colors that are safe. If you're painting, make sure that you choose low- or no-volatile-organic compounds (VOC) or water-based acrylic-latex paint products. They're more environmentally friendly. If you're on the more conservative side, consider using pops of color to echo hues in artwork or accessories. However, if you're a little bolder, try including a red Amana Top Mount refrigerator in your kitchen design. The appliance provides a marvelous accent color and adds a bit of fun.

Design Tip #3: Spice your kitchen up

Even though the kitchen is a function-specific zone, it doesn't



Cooking up a top-quality kitchen that feeds your personal taste can be easier than many people realize.

mean you can't assert your personal pizzazz. Taking cabinet doors off of shelves and painting the insides a light color or covering them in wallpaper can make spaces more individual and interesting. A sedate kitchen can also come alive with the right artwork and accessories. Artwork in the kitchen doesn't always have to be gastronomically themed: An abstract painting can be a dramatic departure from the expected. Since the kitchen is often a gathering place for guests in your home, it's important to make it interesting and inviting.

Design Tip #4: Shed some light on your kitchen

Lighting can often be an afterthought in many rooms. However, versatile, adjustable lighting is the key to the functionality and complete design of any kitchen. Whether you're reading a book at your counter, preparing a meal or sharing a bottle of wine with a friend, it's important to make sure that your kitchen's lighting design accommodates all your activities.