

Bright ideas

Interior designers reveal the secrets of successful lighting to Amelia Thorpe

Alidad Recessed spots or hanging lights?

I don't often use recessed spots, unless they are for a functional room such as a bathroom or gym. I prefer a room to look as if it is lit by lamps, so that it appears to have evolved. In spaces that are difficult to light, I might use discreet capped spotlights.



Favourite table lamp?

I tend to buy antiques from shops such as Guinevere (020-7736 2917; www.guinevere.co.uk) and Julia Boston Antiques (020-7610 6783; www.juliaboston.com).



Above: Interior design by Alidad. Left: Pembroke 16in cream silk box shade, £243.60, Vaughan (020-7349 4600; www.vaughandesigns.com)

Tips for choosing lampshades?

Scale. The shade needs to be in the right proportion for the base and the space. If in doubt, go up in size.

I recommend a set of card shades in different sizes: I try them on until I find the right one, but often I choose Vaughan's classic Pembroke design.

Smartie Minor floor lamp, £1,611, and 14in silk shade, £273, Besselink & Jones (020-7584 0343; www.besselink.com)



Advice on wall lights?

Perhaps where I can't have a table and lamp or when I want a decorative feel, such as on both sides of a mirror or a painting above a fireplace.

Tips on light bulbs?

Go for a warm-white, rather than cold-white, bulb.

Lighting pet hate?

I hate cornices being lit! It looks so uneven, so I prefer to create a balanced light across the room. *Alidad (020-7384 0121; www.alidad.com)*

Kate Earle Recessed spots or hanging lights?

We rarely use spots on their own because they can create lines of strong light, like an airport runway. We use them for highlighting artwork or the front of furniture, to flush down curtains or to give light for work and cleaning. A room needs a balance at both high and low levels, created with a mix of pendant, table, standard and wall lights. In a dining room, we might use a pendant light over the table, with very small recessed spots in the ceiling on either side to highlight flowers or china and to add drama.



Advice on wall lights?

They make a versatile solution in a small room or in larger rooms when you need more light. The



Brown Speckled Double Gourd lamp base, £410, and 18in Squiggle pleated lampshade, £244.80, Penny Morrison (020-7384 2975; www.penny-morrison.com)

gives a warm glow. Also, remember that if the lampshade fabric is dense, the light will come from above and below, not through, the shade.

Tips on light bulbs?

The best LED bulbs we've found are the Aquila LED filament fully dimmable range by Zico (020-7223 3087; www.zico.lighting), because they give a light close to that produced by old bulbs.

Lighting pet hate?

Some new-build properties have rows of LED ceiling spots and few 5amp sockets for low-level lamps. It's important to plan the lighting around your furniture at the start of a project, so that you can allow for sockets in the floor for table lamps to be placed next to a sofa in the middle of a room.

Todhunter Earle Interiors (020-7349 9999; www.todhunterearle.com)

Albert from Hector Finch is a favourite (020-7731 8886; www.hectorfinch.com).

Favourite table lamp?

I like converted ceramic vases and often work with ceramicists, such as Rupert Merton (07878 531078; www.rupertmerton.co.uk)

and Kate Malone (020-7254 4037; www.katemaloneceramics.com). I also like gourd-shaped lamps, including those by Penny Morrison and by Vaughan.

Tips for choosing lampshades?

The colour of the interior is important. A gold or soft cream



Diderot light, £618, Hector Finch (020-7731 8886; www.hectorfinch.com)

Lucy Elworthy **Recessed spots or hanging lights?**

With low ceilings, recessed spots can kill the character of the room, so consider combining a chandelier, some table lamps and wall lights. Sometimes, it's shadowy corners that make a room atmospheric. I avoid spot fittings with bulbs that are flush to the ceiling. Depending on the ceiling depth, it is better to choose fittings that are set within a black baffle casing to help



Dean wall light, £685, Robert Kime (020-7831 6066; www.robertkime.com)

reduce glare. Directional fittings can be tilted to highlight particular areas, rather than a fixed light that shines straight to the floor.

Favourite table lamp?

I like to mix antiques with new lamps; anything from an extravagant and decorative ceramic

lamp made by Casa Pupo in the 1950s and 1960s to an understated bronze column lamp from Vaughan or an adaptation of an oil jar or antique Chinese urn.

Tips for choosing lamp-shades?

The shade should hide the fittings, yet not sit too low over the base, and it should be wider than the widest part of the lamp base.

Advice on wall lights?

In a bathroom on the sides of a mirror, for lighting by beds or desks and in hallways. Favourites include Robert Kime's Dean wall light, which is an interpretation of a Georgian candle sconce, or the Diderot from Hector Finch for something a bit more modern. For bathrooms, the Original

Below: Narrow Pillar light, £525, Original BTC (020-7351 2130; www.originalbtc.com)

BTC narrow pillar in Weathered Brass with fluted glass, as it has a 1930s feel.



Tips on light bulbs?

Use warm-white bulbs and pick the right brightness. LED bulbs use much less energy, roughly 6W or 400 lumens is similar to the old 40W standard for halogen bulbs and 10W or 700 lumens LED is about equivalent to the old 60W.

Lighting pet hate?

Lights that don't dim, as there's nothing worse than too bright a room when you want to soften the mood. *Lucy Elworthy Interior Design (07957 693246; www.lucyelworthy.co.uk)*

Sophie Eadie **Recessed spots or hanging lights?**

In bedrooms and reception rooms, spots are best used to accent features, such as curtains or pictures. Pendant lights work over dining tables and kitchen islands or over staircases and in halls and reception rooms with tall ceilings.



Favourite table lamp?

Antique lamps, such as those from Tarquin Bilgen, make a room unique. Other favourites include the Hartford table lamp from Vaughan, the Brown Speckled Double Gourd from Penny Morrison, the Paris Bobble from Julian Chichester, and the Paradiso in Whitewash from Pooky (020-7351 3003; www.pooky.com).

Tips for choosing lamp-shades?

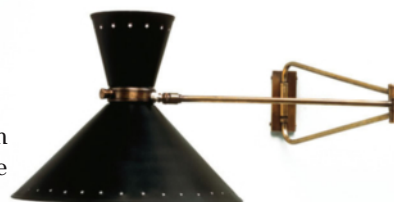
A good rule of thumb is to measure the height of the lamp base and match it roughly to the shade base diameter.

An Empire lampshade in soft gathered or pleated fabrics adds interest, and often colour, to a bedroom; Pembroke or drum shades from Vaughan look smart in reception rooms. Cylinder or Tall Cylinder, Fez, Low Hat and Top Hat from Porta Romana have a more contemporary feel

(www.portaromana.com; 020-7352 0440).

Advice on wall lights?

They work particularly well in hallways and on landings where other options may be limited. Favourites include the Petal wall light by Soane Britain (020-



1950s wall light, £1,848, Richard Taylor Designs (020-7351 2567; www.richardtaylor designs.co.uk)

Paradiso lamp, £90, with Straight Empire shade, £69, Pooky (www.pooky.com; 020-7351 3003)

7730 6400; www.soane.co.uk), and the 1950s and Milano wall lights by Richard Taylor Designs, which throw light both up and down the wall.

Tips on light bulbs?

Be careful! There are so many that are awful. Our current favourites are the Unicozin warm-white LED bulbs from Amazon that give a lovely glow.

Lighting pet hate?

Recessed floor lights, because they aren't needed and make a house feel like a hotel. *Eadie & Crole (01264 738768; www.eadieandcrole.com)*



A living room designed by Eadie & Crole

