

Lighting the way

From dramatic illumination to soft mood lighting, here's our guide to choosing the perfect period lights

Chandeliers and pendants

Lighting has several 'raisons d'être', from being practical to atmospheric. Although most of us tend to forget it, lighting is as crucial as heating and plumbing. Lighting can change the entire perception of a room and the way you feel. Bad lighting can not only affect our moods, but also our health ranging from minor frustration, when the switch is in the wrong place, to headaches from an aggressive glare! With careful planning and a few golden rules, you can enjoy a great lighting scheme rather than a hastily fixed afterthought.

Right French-style Ebor opaque glass 5-arm chandelier, available in pink or mint, £150 from Laura Ashley.
Below left Sigma 6 light chandelier, £271 from Smithbrook Lighting.
Below right Handmade birdcage chandelier available in custom colour beads, £1,300 from Gustavian.



Planning your lighting scheme

Although we usually have to fit in with existing wiring and sockets, planning ahead is essential. Sketch each room to visualise which light should go where. Include all fixed points, like windows and sockets, before adding in furniture.

Go through the practical elements one by one:
What's the room's main purpose?
 Kitchens are a practical space in need of strong lighting such as spotlights.

What will you do in the room?
 Bedrooms aren't just about sleeping. Reading at night means a need for sidelights too.

Natural light sources?
 How much is there? But beware: natural light changes throughout the year from bright summer sunshine to harsh winter light.

What to highlight?
 Make a dramatic feature of a plant thanks to well aimed spotlights.

Who will use the room?
 Security is key for children.



Gothic-style pendant, £235 from Jim Lawrence.

Setting the mood

The hardest thing to achieve with lighting is to tune it into your mood. For a more relaxing approach opt for warm, mellow and cosy. The best solution is a flexible lighting scheme to make sure your home looks warm and comfortable throughout the day, whatever the time of year. Having a harsh fluorescent strip really isn't compulsory in any room. It's worth toying with several types of lighting for a layered effect of different styles and fixtures to reach the right atmosphere. Sophisticated table lights add warmth but make sure the

shades are opaque to force the light down without spilling out. Focussed light creates depth and shadows, while up-lighters are also a must for bouncing light off walls and ceilings. Lighting can perform miracles on people's perceptions from the very dimensions to colouring and setting the mood from bleak to inviting. If you're having a party, for example, the entire tone can be set thanks to the right lighting. Use mirrors to reflect subtle candlelight, tea lights, or even use fairy lights to highlight an area and add a little twinkle. And don't forget dimmers – the effect is timeless.



Left Temple pendant light with 'grape' etched glass in antique brass, £335 from Hector Finch.

Above Meadow pendant shade, £16.95 from The Cotswold Company.

Our favourite candle holders...



Shell candle holder, £68 from Jane Knapp.

Gold-plated daffodil candle holder, £19 from Ancestral Collections.



Nero candle holder, £8 from Habitat.



Bedouin Musbah lantern, £15 from Past Times.



Glass candlestick chandelier, £5 from Homebase.

Light & shade

Wall lights are perfect for reflecting light and are often the best choice for rooms with low ceilings.

There's so much more to choose from today than that single light bulb hanging in the middle of the room. It's almost a crime to leave that jail-like light suspended there. You can dabble in track lighting, spots, ceiling lights, table lamps, wall-mounted fixtures, halogen spotlights or standalone up-lighters and of course, down-lighters. Whether for task lighting, or just for looks, there's a world of choice. For atmospheric lighting the trick is to mix light sources and types. Decorative lights are the perfect complement to functional overhead lighting like spotlights and down-lighters.



Above Sigma wall light, £73 from Smithbrook Lighting.
 Left Handmade wall sconce with aqua colour beads and glass grapes, £50 from Gustavian.
 Far left Statham wall light, £35 from Jim Lawrence. Pictured here with Topiary shade, priced at £12.50, also from Jim Lawrence.
 Below Swan neck bracket wall light with frosted acorn shade, £180 from Hector Finch.

Lighting know-how

- Down-lighters do just that – they flood direct light below from the ceiling. Useful in kitchens and bathrooms.
- Pendant lights are classic central hanging lights. Different cable lengths make for different looks.
- Standard lamps are free-standing, sometimes with an adjustable neck.
- Track lighting is a series of spotlights fixed onto a track. Depending on the circuit you can have them all on at once or just a selection.
- Up-lighters bounce light onto the ceiling and walls.
- Wall lights diffuse light towards the ceiling for a mellow glow.
- Table lamps are versatile in style, but also because they can be moved to light hidden nooks and crannies. Spread throughout a room to create a feeling of space.
- Candlelight is still the most flattering – ideal for romance and parties.

Burning bright

Table lamps are versatile light sources which are perfect for creating a soft glow in any room in the home.



Above left From left to right: Kaylee beaded lamp, £39; Amber drop lamp, £69; Julia beaded lamp, £69 all from The Pier.

Above right Handmade fabric lampshade from Bay Design. Price on application.

Above Hand-turned wooden table lamp, £59.95 from Scotts of Stow.

Left Forge table lamp, £80 from Smithbrook Lighting.



Left Juliet lamp from Christopher Wray. Price on application.
 Right Perry walnut veneer shade, £30, with Pipes lampbase, £60, both from John Lewis.



Address book

- Ancestral Collections, tel: 0870 4441114 or visit www.ancestralcollections.co.uk
 Baileys Home & Garden, tel: 01989 561931 or visit www.baileyshomeandgarden.com
 Bay Design, tel: 01279 718139 or visit www.bay-design.co.uk
 Beaumont and Fletcher, tel: 020 7352 5594 or visit www.beaumontandfletcher.com
 Broughtons of Leicester, tel: 0116 234 1888 or visit www.broughtons.com
 Christopher Wray Lighting, tel: 020 7751 8702 or visit www.christopherwray.com
 Freemans, tel: 0870 606 6099 or visit www.freemans.com
 Gustavian, tel: 020 7724 6444 or visit www.gustavian.com
 Habitat, tel: 0870 411 5501 or visit www.habitat.net
 Hector Finch, tel: 020 7731 8886 or visit www.hectorfinch.com
 Jane Knapp Lighting, tel: 01225 463468 or visit www.janeknapp.com
 Jim Lawrence, tel: 01206 263459 or visit www.jim-lawrence.co.uk
 John Lewis, tel: 0845 6049049 or visit www.johnlewis.com
 Laura Ashley, tel: 0671 2302301 or visit www.lauraashley.com
 Light Innovation, tel: 0208 873 1582 or visit www.lightinnovation.com
 Past Times, tel: 0870 120 1939 or visit www.past-times.co.uk
 The Pier, tel: 0845 609 1234 or visit www.pier.co.uk
 Olivers Lighting Company, tel: 01282 854700 or visit www.oliverslighting.co.uk
 Scotts of Stow, tel: 0870 544 9449 or visit www.scottsofstow.co.uk
 Stiffkey Lampshop, tel: 01328 830460 or visit www.stiffkeylampshop.co.uk
 Smithbrook Lighting, tel: 01483 272744 or visit www.smithbrooklighting.co.uk
 A Touch of Brass, tel: 0207 3512255.