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April 13 - April 19, 2024 | Pages 16 | ₹2.00

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Bindu Gopal Rao

The summer has already become unbearable and the best way, many would say, is to stay indoors. We all know how difficult that is to do in a city like Bangalore; so, what do we do? A noticeable trend towards bringing nature inside has swept the world of interiors of late.

People are incorporating lush greenery, houseplants, and natural materials like rattan and woven textures into their homes. Additionally, pops of colour such as citrusy yellows, calming blues, and earthy greens are becoming more prevalent than ever, creating a light and airy atmosphere.

"A recent trend in summer décor for homes is to build a connection between the indoor and outdoor spaces. We are seeing a surge in natural elements being integrated into interior design. Think rattan furniture, bamboo accents, and earthy textures like jute and linen. These elements bring a touch of the outdoors inside, creating a refreshing and airy atmosphere," says Anjana Sastri, Director, Marketing, Sterling Developers.

The focus largely is on creating a fresh and inviting space that embodies the carefree spirit of summer. Aashita Chadha, Co-Founder, The KariGhars, explains, "Creating a cool and refreshing atmosphere involves playing with colours, textures, and materials. For instance, replacing heavy drapes with light, airy sheers in cooler tones like blues and greens can make a significant difference."

She further adds that swapping thick rugs for natural fibre mats like jute or seagrass instantly adds a sense of summer coolness underfoot. "Opting for furniture with light wood finishes or light-coloured upholstery helps reflect heat rather than absorb it. Strategic placement of plants also adds a natural touch and helps purify the air, making it feel more breathable on sultry, hot days," she declares.

### Cool palette

Experts opine that, during the summer, material palette should be of natural resources such as terracotta and mud for the floor, cane and vetiver roots for lighting and blinds, jute for carpets, cotton and linens for upholstery and linens, natural wood for furniture, clay and paper-mâché, along with pampus and dried eucalyptus leaves for decor.

"Muted and neutral colour decor pieces made from natural

# HAUTE INTERIORS FOR HOT SUMMERS

Don't let the relentless Bangalore summer heat get you down. Discover ways to transform your home into a cool oasis with these smart ideas



### TIPS

- Light-coloured decor elements such as wall-paint, furniture upholstery, and curtains are ideal for summer months making the space look brighter and cooler.
- Incorporate decor elements with reflective surfaces such as mirrors, metallic accents, or glass tabletops. These surfaces bounce light around the room, making spaces feel larger and cooler by reducing the absorption of heat.
- A timeless summer classic colour is white, evoking a sense of freshness and simplicity. Use white as the dominant colour for walls, furniture, and larger decor pieces to create a light and airy feel in your home.



investing in items like storage ottomans that can also function as extra seating or folding tables that can be conveniently tucked away when not needed. This way, you can maximize functionality without sacrificing comfort or style during the summer season," say Pritesh Modi and Akshay Adhalrao, Founders Vita Moderna.

### Fabric fix

During summers, fabrics play a very important role in maintaining the environment of the house. Use of natural, sustainable fabrics should be on the forefront of the design development - naturally dyed fabrics, cotton fabrics with higher thread count, linen fabrics which are light and airy, jute for carpets and door mats.

Mangala Patil and Varsha Yashwant, co-founders Vaasa, a home furniture store in Sadashiv Nagar, explain, "Opt for light coloured linens and cotton fabrics for curtains, upholstery, and bedding to reflect sunlight and maintain a cooler temperature indoors. Additionally, strategic placement of mirrors can help bounce natural light around the room, making it feel brighter and more spacious."



### Green fingers

Use of indoor plants is mandatory for a home to be complete. Aloe vera, different types of succulents, spider plants, money plants which are low on maintenance and add value to the décor, are a good addition.

"Keeping indoor plants maximize the spatial flow and conjuring an indoor-outdoor continuum that keeps nature a close neighbour. Consider keeping plants such as snake plant, spider plant, peace lily and ferns to keep indoors cool and calming during harsh summer months," says Shuchita Sancheti Garg, founder and director, Vyom By Shuchita.

Peace Lily, with its majestic white flowers, has large, glossy, oblong leaves that are excellent air purifiers. "A snake plant on the other hand, is a low maintenance plant that is hard to kill even for the most novice of gardeners. To enhance the look of a space instantly, add an Areca Palm plant. This natural air purifier is pet friendly and easy to grow. Its delicate leaves/fronds grow outwards in a curved manner and add a tropical feel to any space and can adapt to a variety of growing conditions," adds Ritikh Dhawan, founder, Rococo Milano.

### Colour-coded

Sunset colours are a must for home decor. There can be two approaches for the colour palette of the house. One being the use of primary sunrise bright colours in warm hues of yellows, oranges, reds which add vibrancy to the space. Another being use of sunset pastel shades of violet, lavenders, light blues which soothe and calm the space.

Vijai Subramaniam, chairman & founder, Royaloak Furniture, says, "Soft pastels are like a gentle summer breeze for your home. Imagine mint green accent walls that evoke a sense of calm, or a sky blue throw rug that brings the serenity of the ocean indoors. Don't be afraid to mix and match! Blush pink decorative pillows can add a touch of whimsy, while a piece of vibrant coral artwork injects a burst of energy. Remember, the key is to use these colours as accents, creating a refreshing summer vibe without overwhelming the space."

materials such as clay, jute, cane, vetiver roots have a natural texture and finish which make the home look cooler, minimal, and modern. These materials also have heat absorption properties and some of them are natural coolants," says Aboli Shah, Principal designer of Aboli Shah Atelier.

### Décor detail

During the summer months, it's all

about staying cool and comfortable while making the most of your space. Opting for furniture that is both practical and breathable is key. "Think about choosing pieces like slatted chairs or ones with mesh seating that allow air to flow freely, keeping you feeling refreshed even during extended periods of sitting. Additionally, furniture that serves multiple purposes is a smart choice, especially when space is limited. Consider

