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Todayâ€™s dream rooms are often about creating calming and comfortable environments, with owners and designers treating the decoration and colouring of interiors as â€œweaponsâ€• against the speed and pressure of modern living.

Space is obviously a premium these days, with the large one-bedroom apartment not the rarity it once was; there is a rising number of single people or couples who choose to have no children, which means space and design are now being configured on more of an individual basis. Spare bedrooms are now being turned into en-suites, home offices, or an extension of the living area.

Although recessionary times have been noticed around the world, there are still more options available than ever before, to create your dream room. Designers and manufacturers are innovating like never before, and although comfort and security are the primary factors in the making of dream rooms, indulgence still plays a major part.

When trying to create your â€œdream roomâ€•, try and remember to take it slow â€“ this process can ofter a marathon, not a sprint. The process can involve waiting for that all important wall piece or chair, or just discussing ideas patiently with your interior designer, or saving and budgeting for that new outdoor setting.

Hopefully, you find inspiration when looking at products or websites, and really develop your own ideas on what your â€œstyleâ€• really is â€“ then it is up to designers like me to really bring that vision to li

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