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GET THE lighting right indoors – expert advice

 Kim Williams & Gareth Griffiths  Framed by Claire & Kendall-Leigh Nash



It is at times such as the onset of winter that interior lighting assumes critical importance. The much shorter days mean rising in the dark and getting home in the dark. It's also a time when cold weather and a lack of adequate sunshine mean our stress-busting hormone, serotonin, is at its lowest ebb.

In summer, when we revel in 14 hours or more of sunlight, exposure to it is thought to increase the brain's release of serotonin. Credible research has demonstrated the importance of sunshine in our daily lives. So, what can we do to beat the nighttime depression routine, known as Seasonal Affective Disorder in winter?

We spoke to interior design expert, Kim Williams (www.kimwilliams.co.za), about the role that lighting can have in keeping you happy at home.

"Lighting greatly impacts our well-being. Warm tones create a calming atmosphere for evening relaxation, while task lighting ensures safety and functionality for activities like braaiing," Kim advises.

A Claremont new build and Kenilworth projects by Kim Williams illustrate her approach to lighting.





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"Lighting goes beyond ambience. It's a spotlight for your well-being. To make the most of lighting indoors, consider using a combination of different types of lighting such as ambient, task, and accent lighting," she adds.

Before venturing into a project, it's essential to understand the different roles of lighting indoors:

- **Ambient lighting** provides overall illumination and sets the tone for the room.
- **Task lighting** is focused on specific areas where activities are performed, such as reading or cooking.
- **Accent lighting**, on the other hand, highlights particular features like artwork or architectural details.

By strategically layering these various types of lighting, you can create a dynamic and visually appealing space that looks great and functions well. According to Kim, dimmer switches are a great tool that lets you quickly adjust the light intensity from bright to warm glow.

"Dimmer switches are like a magic wand, letting you adjust the mood from energising to intimate. The power of lighting goes beyond function. It adds depth, drama, and a touch of the unexpected. It can spotlight artwork, highlight architectural details,

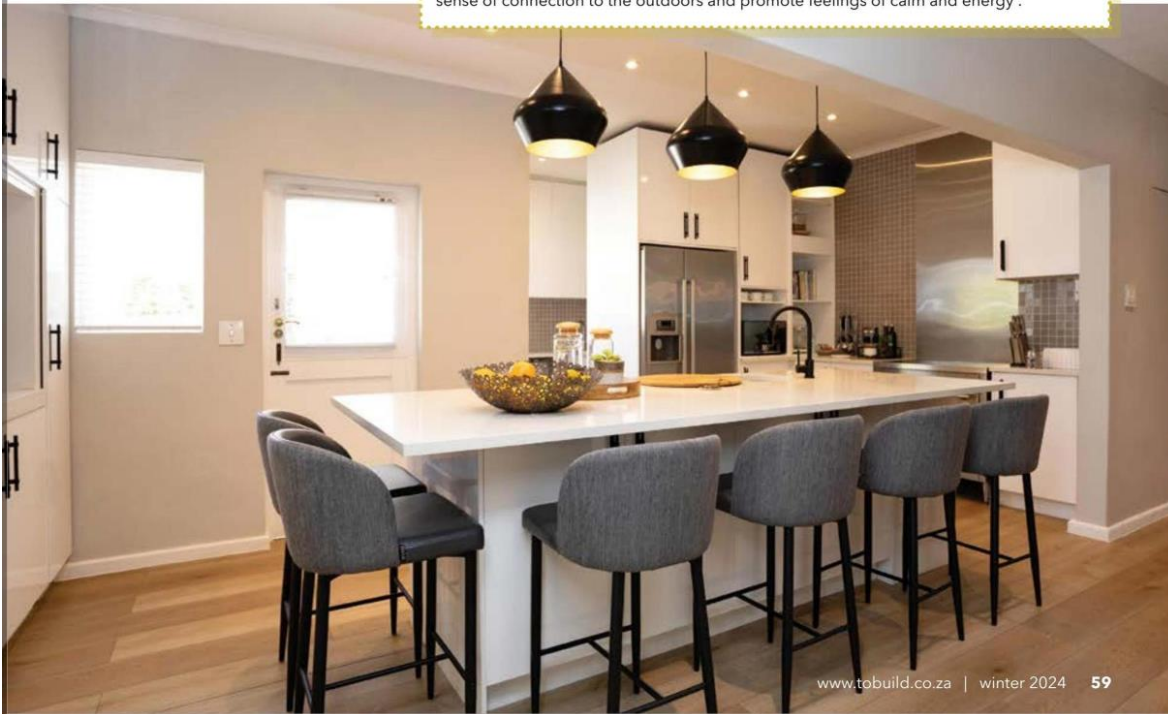
or make decorative elements shine," she enthuses.

"Lighting can even be a work of art. Statement chandeliers or stylish lamps add a touch of elegance to a room's design".



Natural lighting aces all else

"Natural light is the ultimate mood booster, open spaces bathed in sunlight create a sense of connection to the outdoors and promote feelings of calm and energy".





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“**...in interior design, lighting plays a crucial role in enhancing the colour scheme of space and transforming flat spaces into phenomenal spaces.**”



Kim's hot tip

By layering different lighting types - ambient, task, and accent - and incorporating natural light, you can create a dynamic and functional lighting design that makes you feel good and your space shine.

So, in interior design, lighting plays a crucial role in enhancing the colour scheme of space and transforming flat spaces into phenomenal spaces.

Using a combination of different light fixtures such as overhead, floor, table, and wall sconces, you can layer the lighting in a room to highlight specific colours and textures. Warm tones like reds and oranges come alive under soft, inviting light, while cool blues and purples pop with a touch of crispness.

We are fortunate to have the regular advice of Kim Williams on our pages. If you would like to follow her, do check her out on Instagram as @kim_williams_design where she is an active influencer. If you have a question, email media@kimwilliams.co.za and do mention you read about her in TO BUILD! 📌

So how does it work?

Lighting is crucial in interior and exterior spaces, especially outdoor entertainment areas. The right touches can transform an outdoor space from basic to breathtaking.

Proper lighting enhances the space's functionality by ensuring safety and visibility and contributes significantly to the well-being and mood of the people using the area.

Soft ambient lighting creates a cosy atmosphere for conversation, while accent lighting can make architectural features or landscaping stand out dramatically.

Coloured lighting and dynamic effects can turn your patio into a party zone for special occasions. Imagine setting the mood for a festive summer braai with twinkling fairy lights or a vibrant pool party with colour-changing effects.

