

HGTV's 'Beach Flip' stars Miami Beach designer



Miami Beach's David Bromstad is in his element with HGTV's "Beach Flip."

That's because the TV host and interior designer is channeling his South Florida lifestyle in the new renovation competition series that runs through Aug. 23. In "Beach Flip," four teams of two transform outdated beachfront properties into hot commodities one room at a time.

"Who doesn't love the beach?" Bromstad asks. "And who doesn't want to be seen on the beach? I mean, really? The beach, it's the most amazing place on the earth aside from the mountains. That's why I live in Miami."

Armed with a \$40,000 budget, the design teams must manage their time and money to renovate their assigned two-bedroom-two-bathroom property from top to bottom. In addition, the teams vie to win additional funds by competing in weekly challenges, including a full kitchen reno, a complete living room redesign, a guest-room makeover based on chosen inspirational pieces and the addition of a multifunctional office/den space.

"Beach Flip" airs 9 p.m. Sundays on HGTV.

Here are excerpts from a recent interview with Bromstad.



Can you describe what's going on in "Beach Flip" for us?

"Beach Flip" is basically four couples that are married or unmarried. They're in relationships: best friends; boyfriend/girlfriend; married. And what it is is that they come together and they are competing to win \$50,000 ... doing the best beach house in L.A. And by "L.A.," I mean Lower Alabama. Right on the water, literally two miles away, is

Florida. Crazy frogs everywhere. Things that are more attainable with the prices, being in Lower Alabama. It's attainable for most regular people. The prices are very inexpensive for a beach cottage. Anyway, these people are teaming up together to basically renovate a whole house one room at a time.

And there's a lot of drama right?

It's emotional. It's intense. One couple never has spent more than a week together, they have a long-distance relationship, and now they spend eight weeks tied together. Even for the married couple, it's a struggle. You put your relationship under a microscope, and it's intense renovation, and it's real. It's not TV real. It's actually real. Every penny is counted. The time limits were two days, sometimes five days. It all depends. On the kitchen or something like the bathroom, it's longer. A bedroom, maybe a day. It's like "Design Star," but with a lot of renovations.

Speaking of "Design Star," you've been a host for that show on HGTV, as well as "Color Splash" and "Flipping the Block." What is it about your persona that makes you such a popular host on HGTV?

Because I'm real. I'm fun. At least, I think I'm pretty funny. I have a good time at what I do. I love being around people. I feed off their energy. My parents taught me well, to respect others and they'll respect you. I am truly honored to still be endeared after nine years to be on the network. And to be an openly gay person — they embrace it. And that to me was like, "Oh, my God, high school is over." I did not have a good time going through high school, let's just say that. It's nice to have a massive network to embrace who I was, and they encouraged it.

What do you do in your down time here in South Florida?

I live in Miami Beach. I really like to lay on the beach. I like relaxing because my life is a little hectic. I travel 90 percent of my life. But at heart, I'm a very simple person. I require very little energy. Sometimes, I just like to sit in front of my TV and watch a series of something

You shot "Beach Flip" in the winter. I saw in the behind-the-scenes videos posted on HGTV.com that you faked your tan, right?

I faux-tanned it. I had to. It's a summer show. We were shooting a summer show in January and February. It's 30 degrees out. It's not warm. We all got sick, every single person on set. It was tough trying to look warm when you're actually freezing.

You share hosting and mentoring duties with other HGTV and DIY network personalities. Your co-judges are Nicole Curtis from "Rehab Addict" and Josh Temple from "House Crashers." How did you guys get along?

Josh Temple and I are, like, best friends now. We've been besties since we did last year's "Flipping the Block." We just clicked. This is the first time I've worked with Nicole, and we really feel like we've really gotten to know each other well. She's adorable. She's a handful, but she's fun.