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7 ways to bring the outdoors in

Experiment with paint

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"If you really want to get adventurous and put some labor into it," painting a room is "the most inexpensive way to freshen things up," says David Bromstad, host of HGTV's "Color Splash." He estimates the cost at roughly \$100 for a typical room.

Hot colors this season include ice blue -- "Looks good with everything," Bromstad says -- and light grays and taupes.

And if you like strong colors, paint a feature wall, he says. And "when you're sick of it, paint over it" for around \$25, Bromstad says.

Give old or worn furniture the same treatment. "Paint it whatever color you want," Bromstad says. Use white for "a really fresh look." Or, if you're feeling brave, "paint it a color to match your decor," he says.

Another option: Paint window frames a neutral color, Gillingham-Ryan says. "When the window frames are more neutral, and darker, the outside is brighter and your eye focuses on looking out the window. It's a better frame for the outdoors."



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Switch up bedding and pillows

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"New bedding will freshen up your space and make it look spring-like," Bromstad says. "And you can change them without breaking the bank."

Look for "anything in a natural fabric or with a layered look," Bromstad says. "Ruffles that have a lot of texture, or something that's natural and unbleached."

Or look for a print that includes natural elements, like tree branches. "It can bring the outdoors in in a graphic and fun way," Bromstad says.

Can't afford bedding? A colorful or natural throw or blanket is an inexpensive way to refresh the room, says Bromstad.

Hot colors for your home this season include pinks, purples, turquoise and yellow -- especially shades with a "more golden tone," Bromstad says. Also neutrals such as grays, taupes and chocolate brown.

Another cheap, quick way to change up a room? Throw pillows. They're "easy, simple and inexpensive," Bromstad says.



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Use natural materials inside and out

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feature just outside the house.

"My mother-in-law found a fountain and installed it right outside her kitchen," Gillingham-Ryan says. "You hear it trickling in the background all day long, and it's lovely."

Place it where you can see and hear it from inside the house.

In most climates, you'll have to put it to bed before winter comes, Gillingham-Ryan says. "But it makes it all the more lovely when you wake it up in the spring."

One way to bring the outdoors into the home is to use natural materials, Bromstad says.

One option: bare birch or other tree branches, he says.

Want to give it a more modern look? "Grab yourself a spray can" and paint them in a bright color such as fuchsia or lime green. Painted branches can "carry you through the seasons," he says. Paint them pink for spring and repaint in white, blue or green for Christmas.

Another way to enjoy nature is to install a water

