

Latina

STAY CONNECTED TO YOUR CULTURE

THE FIRST ANNUAL

LATINA SEX SURVEY

GET READY
TO BLUSH!

DUMP
HOLIDAY
DEBT IN

3
EASY
STEPS

ROSARIO
DAWSON
WANTS TO
REGISTER YOU TO
VOTE!

ELEVATE EASY
WEEKNIGHT
MEALS WITH

SAVORY
LATIN
SPICES

SPECIAL REPORT

ARE WE LOSING OUR
LANGUAGE?

TAKE A
HAIR
RISK!

FROM
CUT TO
COLOR,
DON'T BE
AFRAID
TO
CHANGE
IT UP

RICKY
MARTIN

ON HIS
RETURN TO
BROADWAY &
EXCITING PLANS
TO EXPAND
HIS FAMILY

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THE GOOD LIFE



PHOTOGRAPH: JOANN RICHARDS/FIRST LIGHT/CORBIS

DESIGN EXPERT
MARTIN AMADO
HELPS YOU GET YOUR
BEST NIGHT'S SLEEP EVER!

SWEET SUEÑOS!



AVOID CLUTTER!
The only pieces you really need in a bedroom are a bed, two nightstands and a dresser.

1/ Luxurious Bedding

The bed should be the room's focal point, similar to a hotel suite. But keep two things in mind as you choose bedding: the look and the comfort. For starters, the headboard can really make a statement—and options range from wood to upholstery to metal, while a featherbed mattress topper is comfy and a great way to refresh a tired mattress. Buy sheets in neutral colors to reflect a clean, peaceful style and invest in high-quality cotton sheets (like Egyptian or Pima), which are softer and smoother to the touch. Layer on the details, like a throw blanket or coverlet at the foot of the bed, down pillows and a duvet comforter. Finally, stand decorative shams and pillows against the headboard.

Martin Amado

is a Cuban television designer, lifestyle expert and contributing writer on the subject of home decor.

2/ Soothing Wall Colors

For the bedroom, lighter shades will make the walls recess and the room feel more spacious. Cool shades of pale blue, green and gray along with neutral shades of cream and taupe are ideal. Even though we may normally gravitate toward bright colors, they give off too much energy and won't have a calming effect in a bedroom.

3/ Beyond the Bed

A seating area can make a bedroom feel like a master suite, so if possible try to create a cozy reading nook with a comfortable chair and ottoman. If your room is big enough, consider including an area rug at the foot of the bed along with a trunk or upholstered bench, which is great for storing linens and blankets.

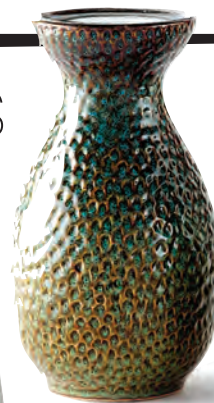
4/ Wall Art

Choose family photos that capture special moments. Have them printed in black and white and placed in matted frames.

accessories



Cosimo Table Lamp in Silverstone, \$240, available only at target.com



Trendsetter Candle Holders (set of two), \$48, celebratinghome.com

TIP: Lighting is another element to consider. For a touch of glitz, you can install a beautiful chandelier or a dimmer switch to control the intensity of the light. **And for visual symmetry, place a lamp on each of the nightstands, framing the bed.** Just remember to keep the size of the lamp in proportion to the size of the nightstand.

Silver Sage Chenille Throw, \$79, Restoration Hardware



PHOTOGRAPHS: (CLOCKWISE FROM TOP): COURTESY OF MARTIN AMADO; COURTESY OF MANUFACTURER (3).