



# INSITE INTERIORS



August/September 2007

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## Notes on Design

Hello friends,

It's amazing how the summer passes by so quickly! I have traveled to wonderful places and been involved in planning 2 great events for the fall.

I just returned from Berlin where I took in the city's dramatic history and enjoyed it's modern and stylish European design. The Stilwerks Building offers one-stop shopping for all things home. Retail showrooms feature furnishings, lighting, kitchens and accessories to complete your design. How great it would be to bring this concept to the states. Berlin may not be on every traveler's destination list, but I would recommend it to anyone for it's beauty and interest.

I would like to personally extend an invitation to 2 exciting events happening in September.

-Children's Heartlink will host their annual gala on the 14th to benefit underprivileged children in need of cardiac care around the world. I am chairing the decorations committee.

-The 1006 Summit Avenue Society will celebrate their 25th anniversary with special guests Gov. and Mrs. Pawlenty. Proceeds from this elegant black tie event support the preservation of the Governor's Residence. Please contact me if you would like to receive a formal invitation.

Warm regards,  
Sharon Allemong

## **Feng Shui for the Bedroom**

Feng shui philosophy concerns itself with adjusting our physical surroundings, including interiors, in order to be happier and healthier. The bedroom has always been considered the most important area for Feng shui. It can be used to increase intimacy, romance and sounder sleep. Some tips below:

- Avoid sleeping under slanted ceilings or open-exposed beams. They may cause you to sleep less soundly. A false ceiling, like a canopy will remedy the problem.
- Heavy or sharp-looking light fixtures over the bed are not comforting to sleep under.
- Avoid mirrors in the bedroom- they are over-simulating.
- Avoid positioning a bed against a low window because of the feeling of vulnerability.
- Positioning the bed so you can see the doorway while in bed helps to feel secure.
- Work areas in bedrooms leave you with a nagging reminder of unfinished business.
- Using soft colors in the bedroom invites comfort and romance.

## **New Website!**

Finally! My website has been completed. [Please click here to visit insite-interiors.com](http://insite-interiors.com)

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