

# Light It Up

Interior designer Katie Malik tells us  
all about the art of lighting a space

Did you know that, as a guide, five to ten light sources all on dimmer controls can be sufficient to effectively light a space depending on the interior? Ideally, we should always aim to maximise natural light in a space and incorporate artificial lights which give a diffuse, ambient glow. When planning the lighting in any room, it is important to maintain a balance of different sources of light and to think both creatively and practically about their use, direction and control. Understanding different types of lighting can be very helpful.

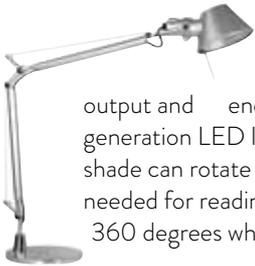
## TASK LIGHTING

is another type of essential luminaire used when light is needed for a specific task such as reading, cooking or sewing. Task lights should be found in a place where these activities occur.



**Flexible, energy-efficient,**

LED, bedside-reading light is an ideal task lighter which can be used either side of your bed. It also has a push hold dimming, which can regulate the strength of the light and act either as a strong light for reading, or when dimmed, create a nice atmospheric feel and illuminate features such as the cushions on the bed for example.



**A reading lamp** featuring signature design and aesthetic Tolomeo trademark offers light output and energy efficiency vastly superior to current-generation LED lights. It produces natural white light and its shade can rotate 180 degrees to improve the quality of area needed for reading or any other task. Its base can also rotate 360 degrees which facilitates the positioning of the lamp.

## AMBIENT LIGHTING

is understood as the main source of light. Ambient lights are an essential source of lighting and when dimmed, can create different moods. If a room is lit solely by ambient lighting however, it can be a little bland.

Look for ceiling lights with a substantial feel and structure which have an attractive softness.

**Bronze cross-braced ceiling lights** with cylinder putty silk shades and a Perspex diffuser can be a very expressive piece of art as well as a good ambient light source. When dimmed, it can create a very cosy and romantic atmosphere, and when turned up, can light a space very well.



**Light fixtures** which require candle bulbs provide the features of translucent wax together with a flickering fire, presenting every one of the traits of a real candlestick. Because this type of light is so similar to a real candlestick, it can be very atmospheric and give a gentle feel to any space.



**Design: Katie Malik Interiors**

Katie Malik Interiors  
Email: [katie@katiemalik.co.uk](mailto:katie@katiemalik.co.uk)  
Tel: 07596190914  
[www.katiemalik.co.uk](http://www.katiemalik.co.uk)



**DECORATIVE LIGHTING**

which we all love, brings texture, focus and shape to ambient lighting. It can add depth and shade to different objects or textures available in the space. Decorative lighting can include table and floor lamps, downlights, uplights and halogen spotlights.

**This picture light** has simple and clean lines and is made of brushed nickel. The light will illuminate any artwork and help bring out its features.



**This crystal Strata lamp** is an impressive look of cast glass and has a beautifully sculpted neck finished in brass. The light that plays across the textured surface is gorgeous. The colour of the fabric allows the light that comes through to be warm and highlights the soft texture indicating the fineness of the fabric.

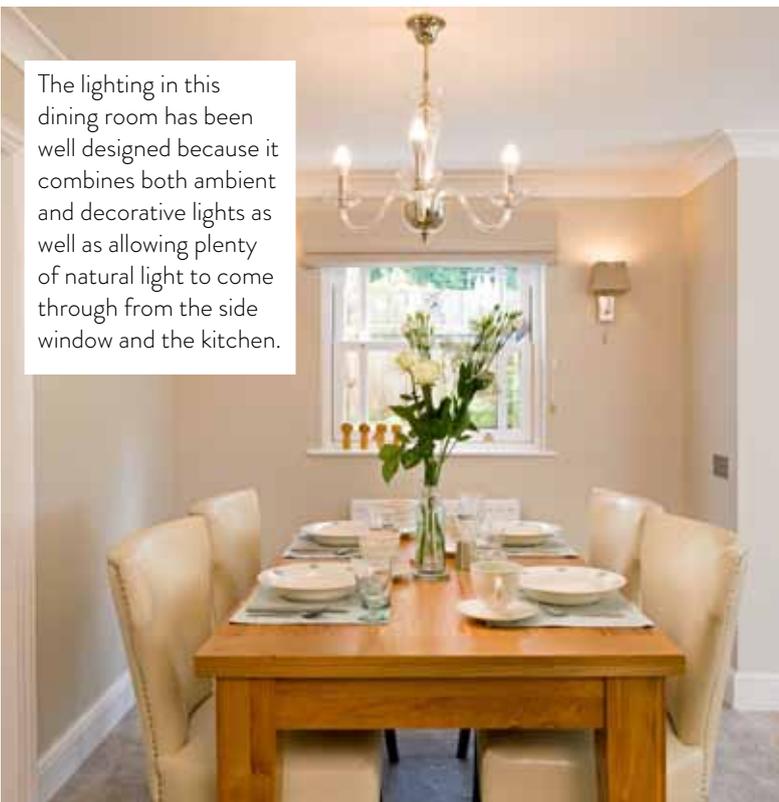


**This classic,** simple wall light provides good quality, forward-projecting light without glare. The light is nickel-plated with frosted glass, which obscures the clear surface of the glass and enhances the beauty of the lamp. This adds warmth and style to any décor.



**This circular light** with contemporary glass and chrome finish downlight is great for providing illumination. It would be good to create general ambience and help light specific objects. When on dim, it can create both soothing and energising moods. What is also important here is the colour temperature which can differ greatly. When choosing bulbs, always pay attention to whether they're going to give warm or cold light temperature.

An example of well-lit space



The lighting in this dining room has been well designed because it combines both ambient and decorative lights as well as allowing plenty of natural light to come through from the side window and the kitchen.

Photography by Photovisions



Here, we also have task lighting in the living room. It's generally a good idea to have one task lamp close to a reading spot, being either an armchair or the end of a sofa.