

## LAURA ASHLEY

### Lullaby Lighting

As we transition into the new year, wellbeing goals for the next 12 months ahead are sure to take centre stage. Rest is as important for the mind as for the body, so creating zen spaces around the home will go a long way in aiding relaxation and reinvigoration. The right lighting can not only create a calming ambience that reflects around the whole home, but can have positive effects on the mind that are long lasting.

**“Whilst ceiling lights are ideal for practicality, they are intended to flood a room with light and could provide a stark contrast when switched from on to off in the evenings. Bedside lamps and floor lamps can provide a lower level light and better set the mood for lulling you into a restful state”** Mary Buchanan, Creative Director and Board Member for Laura Ashley Lighting and Mirrors explains.



The Marlowe Polished Nickel Swing-Arm Floor Lamp with Shade illuminates corners beautifully for reading and recuperating, with its adjustable double-jointed arm and soft grey hue. The Carson Small Table Lamp Base in Antique Brass and Crystal offers a grand statement with its hand polished cut crystal body and a comforting, homely aesthetic when teamed with a pleated shade. The warm glow of the Laura Ashley Amber Table Lamp Base is undeniably tranquil with its pear-shaped design topped and tailed with an elegant chrome finish.

Mary adds: **“Using a warm, white light is more soothing for the eyes, and opting for an LED Amber light has been known to preserve your body’s natural levels of melatonin which aid the sleep-wake cycle.”**

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[www.darlighting.co.uk/laura-ashley](http://www.darlighting.co.uk/laura-ashley)

**Left to right:** Marlowe Polished Nickel Swing-Arm Floor Lamp with Shade £189, Carson Small Table Lamp Base in Antique Brass and Crystal £85, Amber Table Lamp Base in Polished Chrome £160

**Boilerplate:** The interiors brand Laura Ashley Home founded in 1953 is globally recognised for its classic, timeless, quintessentially English look. The dār lighting Group have been designing signature Laura Ashley Lighting and chandeliers for more than 20 years and are proud to be continuing this work with the re-emergence of the Laura Ashley brand in 2021 under the ownership of Gordon Brothers, the American Investment firm. The Laura Ashley Lighting and Mirrors collection originates directly and exclusively from the dār lighting group. The current complete collection is available through [darlighting.co.uk](http://darlighting.co.uk), their selected independent retailers and Next PLC. The Laura Ashley Lighting and Mirrors ranges are crafted and sourced with passion, combining heritage design with contemporary elegance.

Importantly, a number of ranges are available exclusively via the dār lighting group either online at [darlighting.co.uk](http://darlighting.co.uk) and through the brand’s independent stockists. Masters in lighting design and manufacturing since 1970, the dār lighting expertise is translated into each and every Laura Ashley light, with the group having created iconic products on behalf of Laura Ashley for the last 20 years. The mirrors beautifully complement the lighting range and embody the ethos and express the character of the Laura Ashley lifestyle.

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