

contents

Introduction 6

1 WHAT IS NATURAL STYLE? 8

The Global Environment 10 Waste 15 What's Inside Your Home? 16 Renewable Resources 25

2 DECORATING NATURALLY 29

Textiles 31 Where You Sleep 40 Floor Coverings 46 Natural Furniture 52 What's Old Is New 56
Bring Nature Into Your Home 59 Found Art 62 Wall Art 62 Containers 65

3 THE COLORS OF NATURE 67

Color Relationships 68 Nature's Palette 70 Defining Space with Color 80 Texture 82

4 ON THE SURFACE 85

Flooring 88 Countertops 94 Wall Treatments 100

5 KITCHENS & BATHS 106

Working with a Designer 109 Natural Kitchens 112 Creating Functional Space 114
Reuse, Renew & Recycle 124 Kitchen Appliances 126 Kitchen Ventilation 133
Sinks & Faucets 134 Kitchen Lighting 138 Bathrooms 143 Bathrooms: Light & Air 150
Storage for the Bath 154

6 OPEN TO NATURE 157

Windows 158 Other Links to the Outdoors 164 Garden Rooms
& Conservatories 170 Porches, Decks & Patios 174
Outdoor Lighting 190 Landscaping 194

Resource Guide 196

Glossary 198

Index 202

Photo Credits 207

