

the **stylemaker** issue

# Better Homes and Gardens®

SEPTEMBER 2015  
BHG.COM

## style at home

IDEAS FROM 19 TOP TRENDSETTERS

**BROOKE SHIELDS** p.72

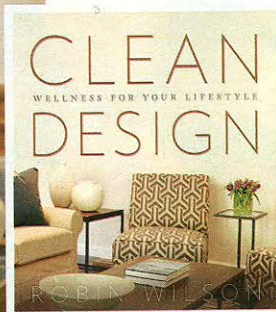
FRESH STYLE FROM  
**BROOKE SHIELDS**  
**REESE WITHERSPOON**  
**DARBY STANCHFIELD**

Plus 63 Ways  
To Get the  
**LOOK YOU WANT**





Get tips and tricks for making every room healthier from Robin's book, *Clean Design* (\$22.95; Greenleaf Book Group Press).



## queen of clean

Eco-friendly lifestyle expert and designer Robin Wilson shares her tips for a bedroom that's cozy and stylish—and healthy.

BY NATALIE McILWAIN

### SIMPLIFY WINDOW TREATMENTS

Heavy draperies or curtains that are a hassle to clean are major dust collectors in the bedroom. Instead, try side panel curtains made of linen or cotton, or shutters, blinds, or pull-down shades made of natural materials. "Overall, the key is simplicity and ease of washing," Robin says.

### SPLURGE ON BEDDING

"In bedrooms, it is more important than in any other room to use eco-friendly, allergy-friendly bedding and fabrics, even if it costs more," Robin says. Cotton is her top pick for comfort and durability. And wash regularly. Robin recommends washing

sheets, pillowcases, and blankets in water heated to at least 130°F on a weekly basis.

### CORRAL THE CLUTTER

Knickknacks are dust magnets. Keep dresser tops and bedside tables clutter-free and easy to clean. Store belongings in covered boxes, bins, drawers, cabinets, or bookcases with doors. And don't forget the closets. "Clean closets twice a year by removing everything, cleaning thoroughly, mopping or steam cleaning the floor, and putting back only what you really need," Robin says. Keep clothing that is not worn frequently in zippered bags. ■