
nest

Reflect Yourself

The looking glass might not always reveal your true or best self, but one thing is sure: It can do incredible things for your home. In fact, a mirror might be the most powerful piece of furniture you ever buy. Here are the tips and tools you need for a beautiful view.

BY SARAH ENGLER



The Right Reflection for Every Room

Where you decide to hang or lean a mirror can boost the energy, and the beauty, of your home. We consulted a green interior designer—who calls mirrors “the sparkle”—and a feng shui expert, who labels them “the aspirin,” to find out where they shine best in every room.

Design Strategy

KELLY LAPLANTE
principal designer at LaPlante Design Studios in Austin and Los Angeles

ENTRYWAY

“Have you ever noticed that entryways often are absolutely grim?” LaPlante asks. This is the first impression people get of your home (and sometimes of you); a mirror is the easiest way to add light and life. Go big, and go personal—perhaps by using a mirror that is a family heirloom or souvenir.

LIVING ROOM

“I’m over the whole mirror-above-the-mantle thing,” LaPlante says. “Instead, lean a tall mirror against the wall, or try mixing mirrors with art.” For example, fill a wall with a cluster of smaller mirrors and paintings in various-size frames. “It’s a beautiful trick that gives you a lot of reflection and dimension without making you look narcissistic,” she says.

BEDROOM

Add interest above your dresser by resting a mirror on its top rather than hanging it on the wall. Or string it with necklaces and place photos in the corners. “To bring in a little flirtation, I like to hang tiny mirrors mobile-style by a window to send light scattering in all directions.” Full-length dressing mirrors on doors should be hung so the center is at or just below eye level.

Feng Shui Strategy

JAYME BARRETT
author of *Feng Shui Your Life* (Sterling)

“The front door is considered the ‘mouth’ of your home, and you don’t want to push away any positive energy that could circulate through all the rooms,” Barrett says. Place mirrors on side walls, not directly opposite the door. “Also, sharp corners are called poison arrows because they project a cutting energy. Stay away from sunburst mirrors in the foyer.”

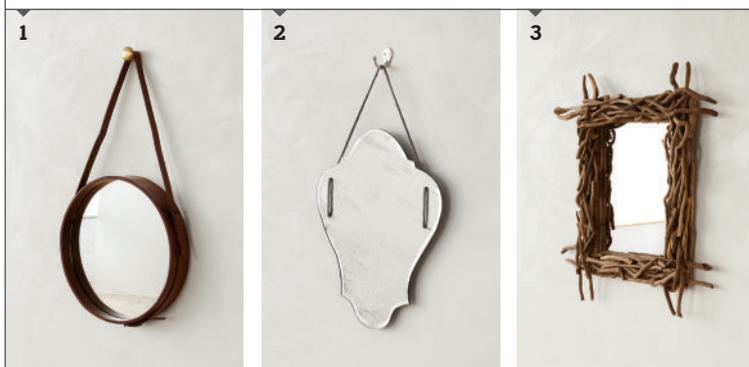
Place mirrors above fireplaces and couches for balance so long as they aren’t directly opposite a window. “You don’t want to push good energy back outside,” Barrett says. If you have houseplants, put them in front of the mirror to amplify living, thriving energy. If the room is dark, choose larger mirrors to reflect as much light and positivity as possible.

This is where your body does most of its healing and rejuvenation, so aim for calming accents. “Since mirrors make energy move quickly, I’d avoid placing them in here at all,” Barrett says. If you simply must, pick a small wood-framed one (glass and metal frames make energy move even faster), and hang it in the corner of the room on the same wall as your headboard, so you don’t reflect yourself as you sleep.

MIRROR, MIRROR

Which is the fairest of them all? These nine options reflect a pretty picture.

SMALL HANGING

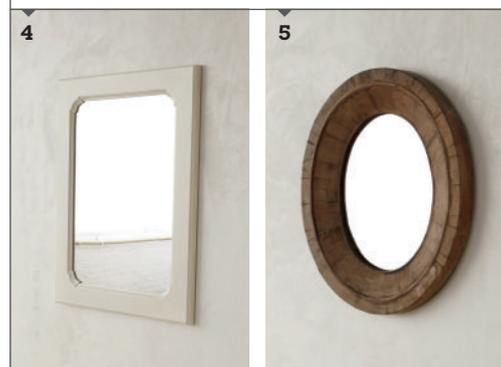


LEATHER MIRROR
Round and rich.
16" diameter, \$295,
serenaandlily.com

FREEMAN SHIELD MIRROR
Antiqued glass. 16" x 13", \$250,
jaysonhome.com

DRIFTWOOD MIRROR
Made of found branches.
29" x 23", \$99, pbteen.com

LARGE HANGING



MARTHA STEWART LIVING INGRID RECTANGULAR MIRROR
Classic elegance.
41" x 32", \$199, homedecorators.com

PIECED OVAL MIRROR
Carved salvaged wood.
32¾" x 27½", \$295,
restorationhardware.com

KITCHEN

"The shine of a mirror can be overwhelming in a kitchen unless the whole space has an incredibly modern and clean design," LaPlante says. For more sparkle, consider slightly reflective tiles, "or you could try a lightly tarnished antique mirror if you have the wall space and a beautiful part of the room you want to emphasize."

Get the most bang for your energy buck by putting a mirrored backsplash behind your range. "The stove is associated with prosperity, because an abundance of food implies wealth," Barrett says. "Doubling the number of burners is believed to double your money." Also, if your stove faces the kitchen's entrance, a mirror will keep you in a "command position" while cooking by letting you see what's behind you.

BATHROOM

LaPlante is a strong believer in positioning mirrors so you can primp using natural light. "In one client's bathroom, I hung a gorgeous framed one from the ceiling in front of a larger window. The sunlight pours in around it and beautifully illuminates her face. It's one of the coolest things I've ever done with a mirror."

"Large mirrors in the bathroom can enhance healthy energy," Barrett says. Just avoid reflecting the toilet. "Positive energy leaves your house through the toilet as well as the drains in the sink and the shower. To counteract that, place a small mirror on the outside of the bathroom door. The energy will be reflected back into the living space before it has a chance to escape."

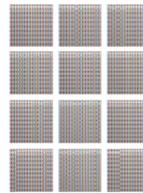
MINI SPOTLIGHTS

For quick fixes here and there, try these smaller doses.



STANDING SWIVEL
Place it near a window and angle to cast sunlight in dark corners.

Winter's Perch, 14½" x 9½", \$148, anthropologie.com



MIRRORED TILES
Use heavy-duty adhesive tape to stick up as many square feet as you'd like. Erias Home Decor tiles, \$10 for 6, homedepot.com

STANDING FULL-LENGTH



6
AUDREY MIRROR Hang horizontally or vertically. 65" x 30", \$179, ballarddesigns.com



7
WOVEN FLOOR MIRROR A natural seagrass frame. 72" x 24", \$329, westelm.com



8
INFINITY STANDING MIRROR Minimalist and adjustable. 69" x 16", \$199, cb2.com



9
LOFT LEANING MIRROR Great for tall ceilings. 88" x 36", \$899, roomandboard.com

Ⓧ = eco-friendly



FLEA MARKET FINDS

Want to go vintage? Interior designers believe aged, spotted mirrors bring valuable warmth and character to a home, but feng shui experts say that a warped reflection distorts your image and, therefore, your energy.