

## **Is it important to Maintain a sense of symmetry in a room?**

In nature, there is a direct correlation between faces that we find beautiful and symmetry of features. The same sense of attraction underpins our relationship with rooms and the balance of objects within them, and can extend beyond buildings and landscapes; in fact, to whole urban spaces, such as the squares of 18<sup>th</sup> century cities. Symmetry provides a calm background to the chaos of daily life.

The benefits of symmetry depend on the type of property. A contemporary interior calls for far less symmetry than a traditional or classic environment. Symmetry brings order and harmony to a space, and it is the cleanest approach in terms of design as well as being one of the unfailing techniques of interior decoration. It works for me, as every room I design appears in my head as an imaginary grid system on which ideas take shape. That said, I also like to play with asymmetry, to inject some excitement into the design.

Symmetry can be achieved through mirroring the position of tables and chairs, how pictures are hung and objects are arranged on shelves. To make it more dynamic, I will start with a symmetrical arrangement and then add something off centre- a simple example would be to introduce an organic shape against a line of regimented ones. Combining symmetry and asymmetry is visually stunning.

However listen carefully to what the room is saying. Unless the space is perfectly symmetrical to begin with, symmetry is hard to achieve without compromising the integrity of the room. The proportions and volumes of the spaces should naturally dictate the layout of furniture, and any attempt to impose symmetry on an asymmetrical space will go against what can be achieved.

As an interior design, I can look at the space and work with or change the space to give the desired effect.

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