

Guide to Modern Minimalism

By Eugenia Triandos - Hibou Design & Co.



It's easy to see the appeal of a modern-minimalist interior. The guiding principle behind the minimalist design movement - simplicity - is something that so many of us strive for, both in our homes and as a way of life.

Contrary to popular belief, minimalism isn't only about emptiness. Rather, it's about focusing on the things in life that matter most, and removing all the excess. In interior design terms, that means prioritizing function, form and negative space as they relate to our spaces and how we live within them.

A minimalist style doesn't demand that you get rid of everything, however this aesthetic does require you to be selective to a high degree. Given the option, always opt for high-functioning pieces. When a coffee table can also serve as a storage unit, you've just doubled its purpose! If you do this for every furniture item in your home, you'll literally reduce your furniture needs by half, leaving that all-important "negative space." The modern-minimalist will always choose quality over quantity, and if you can add multi-function into the equation, even better.

What's left when you declutter your home: negative space. This is defined as vacant space; free of furniture, clutter of any kind. Our use of the word "free" is quite deliberate. Leaving some empty walls, floor area and corners in your home creates breathing room that's key to a true minimalist aesthetic.

Negative space gives your eyes a rest from the stimulating effects of a vibrant piece of art or furniture.

Strategic emptiness will also serve to highlight a room's main focal point, by eliminating all the distractions around it. A beautiful fireplace or a unique architectural feature will be even more impactful when there's nothing competing for your attention.

Enhance your home's sense of space by maximizing the natural light. If natural light is a challenge, ensure the space has ample ambient lighting, such as pot lights, which will illuminate the room without creating visual clutter. Choose a light, neutral colour palette for walls, finishes and flooring.

Form is the final piece of the modern-minimalist puzzle. Try to reduce the clutter and remove the excess, When you're shopping for pieces to add to your newly empty interiors, keep the rule of simplicity in mind. Modern-minimalist furniture is characteristic of straight lines and simple, natural materials. As well stick to your neutral colour palette.

Seek simplicity where you can find it, and make your home a place of serenity. Converting to a minimalist lifestyle isn't necessarily easy, but once you create some breathing room, you'll wonder how to ever survived without it.



Mike Chajewski photo

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