



Elegant in blue and gold: Shelina Mediratta, wife, mother and businesswoman.

At home with the MEDIRATTAS

Wood, wrought iron and warm, personal touches are what make this home stand out from the crowd. WORDS: IRENE OUSO. PICTURES: DEEPAK SANKREACHA.



LIVING LUXE: Blonde wooden floors and neutral walls form a serene backdrop for the dark leather chairs and heavy coffee table with glass top. Note how the wrought iron curtain rods match the boxy window frames. Warmth is created with lighting, bold artwork and scatter cushions in complementary colours.



CONVERSATION PIT: A comfy pale grey sofa and white coffee table make an elegant statement. Note how the framed family photos echo the boxy window panes.

Turning a four-bedroom Nairobi townhouse into a warm and welcoming home for family and friends is easy when you're Shelina Mediratta. You stick to a neutral colour palette, and you only fill your home with pieces you love.

Shelina is a wellness and weight loss coach at Aromatic Spa, and holds the East African licence for Metabolic Balance. Her husband Hitesh runs PG Bison, manufacturers and suppliers of building materials. They have two sons, Ari, 11, and Arav, 10.

The couple both had input in the décor of their home: Shelina in the furnishings and art work, and Hitesh in the floors, dining room table and bedroom and kitchen cupboards.

"I like keeping things simple," Shelina says. "If we were to move to a completely different house, I wouldn't need to change much. I also collect art from wherever I travel."

The art in her home ranges from bright, bold paintings to a Zanzibar chest, a wall-mounted Lamu door and >>



LOUNGE LIZARD: An L-shaped sofa in cream provides ample seating for family and friends. The yellow sheers, yellow and grey wallpaper and grey ottoman give the space a fresh, elegant feel. And this beautiful quilt is perfect for snuggling under on cool Nairobi nights.

<< small laughing Buddhas. Shelina loves using wallpaper in innovative ways: a sheet of textured mocha wallpaper from Design For Living features portraits of Paris.

Shelina is a self-confessed neat freak. "I dislike clutter and I believe that the true beauty of a space is brought out when you don't crowd it with too many things."

Besides the lounge, there are two TV rooms, one casually furnished with low beds, the other more formal with an L-shaped cream sofa and grey ottoman. Shelina's office overlooks the garden. "I love the view of my garden from here, it's so therapeutic."

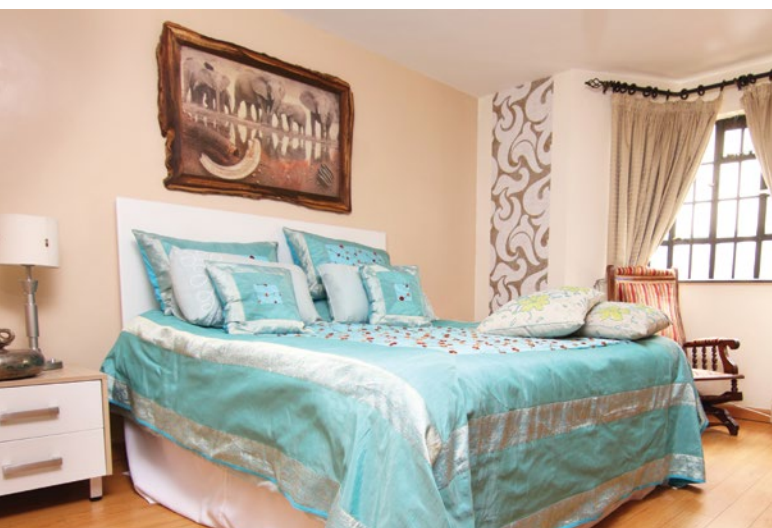
And she loves Kenya. "I adore the weather, people and freedom, and that my children can play outside and enjoy the fresh air. Most of my family live here and that makes it all the more pleasurable."

The Mediratta home is contemporary, clean and fresh. Although it has minimalistic touches, it is a home that is clearly well-lived in, and well-loved. 11



DRAMA, DRAMA: Although Shelina loves a neutral décor, she knows that dining rooms lend themselves to a little drama, hence the eye-catching red, cream and old gold upholstery on the chairs (the fabric is from Spiegel Interiors). Incidentally, if you're thinking of replacing your dining room table, consider a square one like this as it's easier for everyone at the table to make eye contact and chat.

For more on this home and other East African homes, grab your copy of Home & Living magazine today.



BEDTIME STORY: A generous bedside cabinet and a wooden rocking chair make this bedroom an inviting space. Note how Shelina has kept large areas such as the walls, floors and windows neutral and kept more adventurous colours for the bed. It's cheaper to change the bed cover than changing the floor or walls!



WOW FACTOR: Is there anything more luxurious than a four-poster wooden bed? And a white sofa at the end where one can read or just relax? A wrought iron ceiling light matches the skinny black picture frames and curtain rods.

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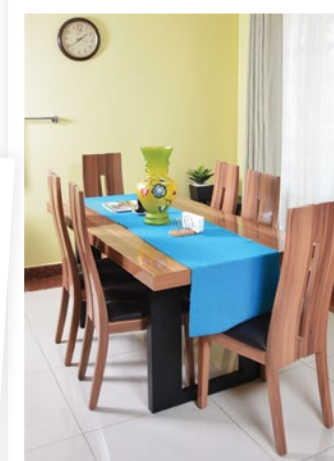
Luxury Home

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