

Shadow and light

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This two-tone kitchen from Urban restoration has classic features with some fresh twists. Case in question: lighting. The lights of the pendant of the globe over the island inject a bit of trendiness still mesh well with the general appearance of space, and their transparent glass enhances the opening of the Room.A Urban Restoration lighting reaches every corner of this kitchen by Jennifer Ryan DESIGNA thanks to the wide lighting, gold appliques resume the hardware cabinet in gold-tone and ensure sufficient lighting at crucial work stations such as the sink, hob and refrigerator, while a threesome of dark pendants shaded with gold accents illuminate the island. Jennifer Ryan design | Kathryn Moran Photography The shape of this hanging echo ceiling lamp in this kitchen by James V. Coane & Associates. Where the ultra-long pendant lights could be penalized by the effect of the high and inclined ceiling, the rectangular chandelier draws attention. A lot of recessed lighting ensures that the large living room bright room.À James V. Coane & Associates A little glamour, a little eccentric, this chandelier adds pizzazz to this fresh, modern black and white kitchen from Crystal Blackshaw Design. This small touch shows how a declaration-making lamp can instill a space with a new personality. Crystal Blackshaw Designa | Erin Gervais industrial style lighting in this kitchen Bya PB Built adds a little edge a otherwise traditional space. The stainless steel finish corresponds to the hood stove and range, and proclaims that this is a laborious kitchen. PB Built Trying to go modern? The Sputnik-designed lamp of this kitchen designed by Risa Boyer Architecture provides the final touch to an already elegant design. Also note the glass pendant on the sink.À Risa Boyer Architecture | Lincoln Barbour oversize pendants in this kitchen from Bella Habitat make a statement without trampling too much towards any style or specific trend. While completing the transition aspect of space, it might also work well if the color or design of the kitchen changes along the way. Beautiful Habitat lighting goes a long way towards determining the atmosphere of a room. This kitchen, designed by The Good Home à Interiors & Design, is immersed in natural light from the sink next to the window. For a cosy farmhouse feeling, a couple of lanterns over-the-island give a softer light. The Good Home Interiors & Design | Style Darren Setlow Photography Agriturismo, which is all about warm tones and natural touches, can too easily cross in the village kitsch. To balance the look, ITA a good idea to add a couple of modern elements, as it was made in this kitchen by A.Sadowski Designs. For example, black and gold of the spherical pendants brings aof glam to this modern farm kitchen. An Ae Sadowski Designs | À Alyssa Lee Photography Not every kitchen needs eye-catching lighting. The pendants cone of transparent glass all over the island and school school above the sink go hand in hand with the clean Craftsman style of this kitchen by Right Arm Construction. The lighting is in tune with the times but not overtly trendy. Building the right arm A renovated kitchen can have all the charm of the past, without all the drawbacks. Vintage-style details, such as the sink light, allow this renovated kitchen to remain true to its historical roots. Zillow home in Henniker, NH Get inspiration from the sun! The bold yellow pendants add a double dose of cheerful colour and bright light. blog.sweeten.com The modern Midcentury is all about functionality, sleek lines and soft curves, and this trio of pendants is sure to fit that design. Narrow lights are also the perfect size for the short counter. blog.sweeten.com The lighting it points out isn't always big and flashy. These long, almost austere pendants enhance the elegance of this pastel kitchen without being big or bulky. airbnb.com Why settle for just one appliance? Take a page from this kitchen designed by Restructure Studio and consider incorporating two different styles of lighting fixtures. You can stick to a single shape or color for coordination, but don't be afraid to mix different looks.À© Renovation Studio |À© Leonid Furmansky Photography The all-white kitchens offer a large white canvas to add fun details like these mint green pendants. They provide a splash of color while still fit with the quiet pattern. Zillow's home in Cambridge, MA Design is often an act of balance. In this vibrant kitchen, the lighting is delightfully maintained, giving a touch of industrial chic while retaining the stainless steel and white aesthetics of the room. airbnb.com Homemade By Carmona makes a visual statement of luxury with the lighting of its dream kitchen. Rich gold pendants hang like upside down chalices over the sharp white island, giving glamour to a modern kitchen with white and marine finishes.Homemade By Carmona The lights of this cool kitchen by IDF Studio match the overall style of the room. The wooden details of the fixtures evoke more natural touches in the kitchen, and the glass gives a sparkling touch.À IDF Studio | Christopher Stark Donât let a trend scare you. Pink has made its appearance in the world of design, and is particularly at home in this playful yet sober kitchen. The gold finish of the crescent pendants matches the tap and cabinet hardware and completes the coloured wall coverings. Jennifer Ryan Design|Katheryn Moran Photography String lights add warmth to a space, whether it's a dorm room or a deck at the back, but it's a great way to make it feel better. are not entirely suitable for formal furnishing. In this kitchen by Jennifer Ryan Design, a group of hanging light bulbs captures the sympathetic glitter of arc lights, but more mature and wise. Jennifer Ryan Design The Sweet Beast replaced a snout ceiling fan with a simpler appliance. Its transparent glass cover reveals a vintage-style bulb that reflectsOld-fashioned charm of the 1920s house. The sweet beast lets your endless luxuries show your eclectic style. This kitchen incorporates three different shapes and sizes of a single appliance style to change things while maintaining a cohesive look. Blog.sweeten.com Even the functional lighting you need in a kitchen can bring beauty to the space. bobvila.com wants to enter old, new, daring, beautiful, strange and wonderful homes all over the world? Subscribe to the House Lovers Today newsletter! Art and typography collide in this typography experiment of the character of shadow can be realized by almost all means and inspired by almost everything. We've come across some great experimental fonts in recent months and we continue to be impressed by the imagination of designers around the world. When art and typography collide, it's a game made in paradise and this shadow font experiment by Fred Eerdekens is an absolute delight. Carved from copper wire, cotton and various other materials, it plays on the art of light and shadow to create words on the walls. You may not be able to immediately interpret the messages, but once the sentences appear, the intricate molding of the thread becomes apparent. A beautiful art installation demonstrating the typography is still one of the most creative outlets around. Even more than Fred's experimental work on his website. Like this? Read these! Seen an experimental typography project? Let us know in the comments box below! Photo courtesy: Marvel Studios / The Walt Disney Studios / IMDb For beach boats, experts always recommend a healthy sunscreen coating to protect the skin from those fastidious ultraviolet (UV) rays. But sunlight contains more than just UV light. In fact, it consists of red, green, yellow, blue and orange luminous rays, which combine to create "white light" (a.k.a. sunlight). If you're not sitting through a high school chemistry class for a while, no worries. Let's break the important things à ~" without being too scientific. As the name suggests, visible light can be seen by the human eye, and each ray reflects a particular color. The color of a given ray depends on the wavelength of Ray's Wavel (see graphic below) – or the distance between successive crests of a wave. (Lateral note: this means that objects take their colors through the wavelength of the light they reflect from them. Trust us à ~"Don't think too much about this. Things get trippy.) Another important relationship to note Of wavelengths and energy: the longer the distance between the waves, the less energy Ray has to offer. Think about it this way à ~"If the wave ridges are further away, they are a bit loose, but if the ridges come in fast There is a frenzy of energy there. All this means rays on the red end of the visible light spectrum have longer wavelengths and less energy, while the rays on the blue end have wavelengths brief and more energy. UV rays, which Aren is not on the spectrum of visible light, visible, blue light in terms of how much energy they contain. This incredible amount of energy is how those rays are able to create a physical change, how to tan (or burn) your skin. With moderation, ultraviolet radiation can be positive for us (think about vitamin D!), but, on the other hand, it can also produce devastating effects (think about sunburn and snow blindness!). But what about blue light, these visible rays that are found few notches under harmful UV rays? Well, about a third of all visible light is considered blue light visible at high energy (HEV). Blue light is literally the reason why the sky looks blue: These rays disperse more easily than other visible rays when affecting air and water molecules of the atmosphere and all this dispersion makes the sky a vibrant blue. Photo Courtesy: Wikimedia Commons There is no escape, especially because the light of the day is our main source of blue light. But it is not all negative: experimenting with blue light during the day helps to adjust its circadian rhythms, makes more alert, improves cognitive function, promotes good memory and is also used in light therapy for treating seasonal affective disorder (SAD). However, even objects created by man, including LEDs and screens on flat screen TVs, computers and smartphones, emit blue light. Although these devices emit only a fraction of the blue light emitted by the sun, researchers and doctors have still expressed concern for the excessive time devoted to patient screens in recent years. Perhaps surprisingly, the human eye is quite good at protecting the retina from UV rays, but blue light is a different story. Practically everything penetrates into the photosensitive retina, causing damages that approach macular degeneration, a condition that can lead to loss of sight. In addition to potentially damaging eyes over time, blue light can also lead to eye fatigue. If you've ever found yourself with a terrible headache after watching an Excel spreadsheet for hours, you're probably familiar with that particular discomfort. When we noticed how blue light contributes to making the sky blue, we said that this is so because of how blue light spreads. Well, according to All About Vision, the same dispersion of blue light emitted by the screens creates "an unfocused visual noise" that reduces contrast and can contribute to the digital tension of the eye." If you do not suffer from eye fatigue due to increased exposure to blue light, these unavoidable rays can still have negative health effects. Any kind of light, regardless of where it falls in the spectrum, can suppress the human body's ability to release melatonin, the hormone that regulates cyclesleep. However, it is thought that light blue blue suffocates melatonin secretion even more than other shades. Harvard university researchers compared the effects of exposure to blue and green light and discovered that À «Blue light suppresses melatonin [secretion] for about twice time time Circadian rhythms light and shifted twice. "Blutech, a company that produces special blue light filtering lenses, reports that 43% of adults have a job that requires a prolonged use of a tablet or computer" à ~"and that they are only while said adults are on the clock. Factor in all that time we spend online, sending messages and netflix marathons and adults spend about 12 hours a day watching the screens and catching the blue light. So, how can you mitigate the harmful effects of prolonged exposure to blue light? Photo courtesy: @FelixGreys/Twitter Well, these blue-light filtering lenses are getting all the rage. Although not as ubiquitous as via suitcases or blue apron commercials, you probably would have heard commercials for Blue Light Filtering Specifications by Felix Grey or Dearby Parker on your favorite podcast or from your Radio Talk show. Felix Grey Blach, for example, proud to have a blue-light filtering material built into the inside, which the company says it was scam eye effort, es headaches and sleep interruption. If you are not in the eyewear path, experts recommend taking breaks from the screen, both at work and at home; Keep screens clean to reduce glare and additional eye strain; Change your abrasive white display background to something less bright; flashing more often; and avoiding screens for at least 30 minutes to an hour before bed because the screens stimulate your brain. Maybe it's time to trade the Blue Emitting Blue tablet for a Kindle PaperWhite, or, you know, a good old-fashioned book.

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