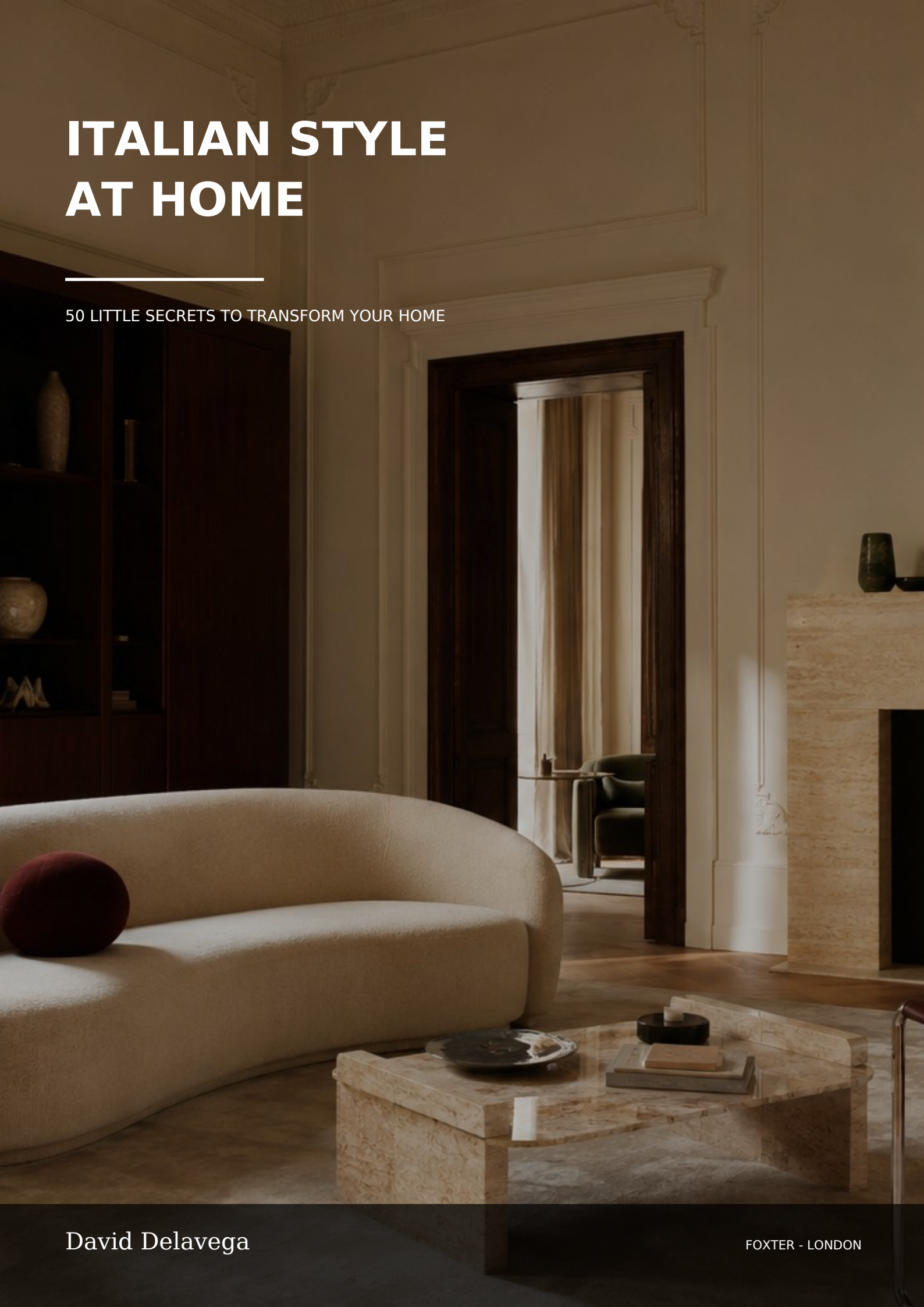


# ITALIAN STYLE AT HOME

---

50 LITTLE SECRETS TO TRANSFORM YOUR HOME



David Delavega

FOXTER - LONDON



Italian style is not decoration. It  
is an attitude.

---

A home becomes elegant when every object has purpose, every material feels honest and nothing appears to be trying too hard.

# Inside the Book

01 The Italian mindset

---

02 Fashion as a design language

---

03 Materials with soul

---

04 The Milanese living room

---

05 Kitchens and dining

---

06 Bedrooms and dressing

---

07 Bathrooms and ritual

---

08 Light, art and objects

---

09 Bringing it together

---



# About David Delavega

---

David Delavega brings 25 years of experience in property design and renovation to this exploration of Italian style. His approach connects fashion, architecture and practical construction to show how small, controlled details can transform the feeling of a home.

## Design experience, shared simply

Across 25 years in property design and renovation, David has learned that memorable homes are rarely the most complicated. They succeed because proportion, materials, light and daily life have been considered together. This book turns those lessons into practical Italian-inspired ideas that any homeowner can understand.

### AUTHOR'S PRINCIPLE

Do not copy a showroom. Build a home with confidence, warmth and details that feel personal.

DAVID DELAVEGA - 25 YEARS OF EXPERIENCE

# 01 - THE ITALIAN MINDSET

---

Confidence without excess



# Design as a way of living

---



Italian homes are shaped around daily rituals: coffee, conversation, cooking, dressing and welcoming friends. Begin with how you want to live, then allow furniture, lighting and materials to support that life with ease.

## THE LITTLE SECRET

The Italian effect comes from control. Apply design as a way of living as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

### DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Elegance needs confidence

---



Do not decorate every empty surface. Choose fewer pieces with stronger form, then give them space. Confidence is visible when a room does not need to explain itself.

## THE LITTLE SECRET

The Italian effect comes from control. Apply elegance needs confidence as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Old and new belong together

---



Pair historic mouldings, aged timber or inherited furniture with a clean modern sofa or sculptural lamp. The tension between memory and modernity gives Italian interiors depth.

## THE LITTLE SECRET

The Italian effect comes from control. Apply old and new belong together as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# La dolce vita at home

---



Luxury includes pleasure: a beautiful breakfast corner, sunlight on linen curtains, fresh flowers and music in the evening. Design small moments, not only impressive photographs.

## THE LITTLE SECRET

The Italian effect comes from control. Apply la dolce vita at home as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# The Italian design brief

**01** What daily ritual deserves a beautiful setting?

**02** Which object should become the room's protagonist?

**03** Where can history and modernity meet?

**04** What can be removed to create calm?

**05** Which material will improve with age?

DAVID DELAVEGA - 25 YEARS OF EXPERIENCE

## 02 - FASHION AS A DESIGN LANGUAGE

---

Dress the room with the discipline of tailoring

# Think like a tailor

---



A tailored room begins with proportion, structure and fit. Walls are the pattern, joinery is the cut, upholstery is the cloth and details are the stitching. Every junction should look intentional.

## THE LITTLE SECRET

The Italian effect comes from control. Apply think like a tailor as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

### DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# The suit-inspired palette

---



Build around ivory, camel, tobacco, charcoal, navy or espresso. Introduce one confident accent such as oxblood, racing green or saffron. Like a fine suit, the base remains timeless while accessories create identity.

## THE LITTLE SECRET

The Italian effect comes from control. Apply the suit-inspired palette as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

### DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Texture before pattern

---



Use bouclé, linen, wool, leather, lacquer and brushed metal. Their contrast creates richness without noise. Reserve pattern for one controlled gesture: a cushion, rug border, silk scarf or artwork.

## THE LITTLE SECRET

The Italian effect comes from control. Apply texture before pattern as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# The fashion detail

---



A leather tray, sculptural buckle-like handle, contrast piping or pleated lampshade can reference fashion without becoming theatrical. The detail should reward a closer look.

## THE LITTLE SECRET

The Italian effect comes from control. Apply the fashion detail as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

### DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Wardrobe logic for interiors

---



Create a dependable foundation, add a few statement pieces and edit seasonally. A home, like a wardrobe, feels luxurious when everything works together and each piece earns its place.

## THE LITTLE SECRET

The Italian effect comes from control. Apply wardrobe logic for interiors as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

### DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Fashion-led styling rules

**01** Repeat one metal finish

**02** Use one statement colour

**03** Mix matt and polished surfaces

**04** Keep silhouettes clean

**05** Remove anything that weakens the composition

DAVID DELAVEGA - 25 YEARS OF EXPERIENCE

## 03 - MATERIALS WITH SOUL

Stone, timber, leather and metal



# Travertine and warm stone

---



Travertine brings movement, warmth and architectural weight. Use it for a fireplace, table or vanity rather than everywhere. Porcelain alternatives can achieve the scale when edges and joints are handled carefully.

## THE LITTLE SECRET

The Italian effect comes from control. Apply travertine and warm stone as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Walnut and dark timber

---



Walnut gives immediate depth. Use broad quiet panels, concealed doors and fine shadow gaps. Avoid breaking the grain with unnecessary handles or too many small compartments.

## THE LITTLE SECRET

The Italian effect comes from control. Apply walnut and dark timber as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Leather that improves with age

---



Choose leather where touch matters: a chair, bench, desk surface or handrail. Tobacco, burgundy and deep brown feel warmer than black and develop character over time.

## THE LITTLE SECRET

The Italian effect comes from control. Apply leather that improves with age as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Chrome returns

---



Polished and brushed chrome bring crispness to warm interiors. Use it in lamps, taps, furniture frames and small details. Its cool reflection prevents walnut and stone from feeling heavy.

## THE LITTLE SECRET

The Italian effect comes from control. Apply chrome returns as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Lacquer and gloss

---



A small lacquered cabinet or glossy ceiling detail adds glamour. Use reflection strategically and balance it with matt plaster, wool or timber so the room never feels like a showroom.

## THE LITTLE SECRET

The Italian effect comes from control. Apply lacquer and gloss as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# The material test

01 Does it feel good to touch?

02 Will it age gracefully?

03 Are the edges convincing?

04 Does the finish work in daylight and evening light?

05 Is it repeated somewhere else?

DAVID DELAVEGA - 25 YEARS OF EXPERIENCE

## 04 - THE MILANESE LIVING ROOM

---

Conversation, sculpture and restraint





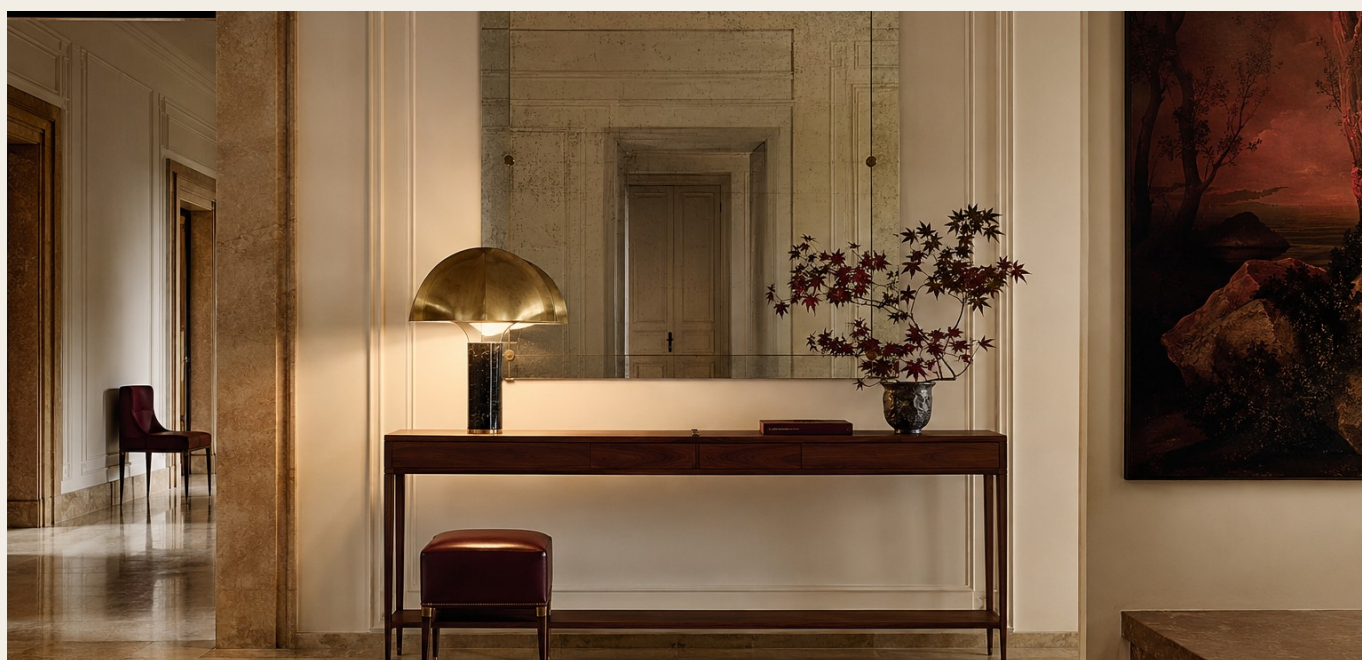
## The room as a composition

---

A curved sofa, travertine, walnut and an oxblood accent create a distinctly Italian balance: architectural but comfortable, fashionable but never fragile.

# Seat for conversation

---



Arrange furniture so people face one another rather than a television. Mix a generous sofa with lighter sculptural chairs. The room should invite conversation and still read as one composition.

## THE LITTLE SECRET

The Italian effect comes from control. Apply seat for conversation as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# One protagonist

---



Choose a single hero: a sofa, lamp, artwork or fireplace. Supporting pieces should differ in texture or era but remain quieter. Too many heroes create visual competition.

## THE LITTLE SECRET

The Italian effect comes from control. Apply one protagonist as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

### DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Curtains like tailoring

---



Hang curtains high, let them reach the floor and use enough fabric for relaxed fullness. Linen and wool blends soften architecture; a discreet contrast border adds a fashion detail.

## THE LITTLE SECRET

The Italian effect comes from control. Apply curtains like tailoring as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

DAVID DELAVEGA - 25 YEARS OF EXPERIENCE

## 05 - KITCHENS & DINING

---

Precision softened by hospitality





## The tailored kitchen

---

Dark walnut cabinetry reads like a fitted suit; pale stone gives contrast; fluted glass and metal introduce jewellery-like detail. The result is calm because the working elements are visually organised.

# Hide the machinery

---



Integrate appliances and group tall storage into one architectural wall. Keep work surfaces generous and protect clear circulation. Italian elegance depends on performance being present but visually quiet.

## THE LITTLE SECRET

The Italian effect comes from control. Apply hide the machinery as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

### DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Dining is theatre

---



Use a table with presence, comfortable chairs and a pendant that creates an island of light. Add linen, glassware and one imperfect ceramic piece; hospitality should feel prepared but relaxed.

## THE LITTLE SECRET

The Italian effect comes from control. Apply dining is theatre as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

### DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# The aperitivo corner

---



A small tray, cabinet or niche for glasses and bottles turns an unused corner into a ritual. Add warm light and a mirror or fluted glass back panel for evening atmosphere.

## THE LITTLE SECRET

The Italian effect comes from control. Apply the aperitivo corner as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

DAVID DELAVEGA - 25 YEARS OF EXPERIENCE

## 06 - BEDROOMS & DRESSING

---

Private spaces with tailored calm





## The bedroom as a tailored suit

---

Upholstered wall panels, walnut, ivory linen and tobacco leather translate clothing construction into architecture. The luxury lies in alignment, stitching and touch.

# The bed wall

---



Treat headboard, bedside tables and reading lights as one continuous elevation. Extend upholstery or joinery beyond the mattress so the bed feels grounded and generous.

## THE LITTLE SECRET

The Italian effect comes from control. Apply the bed wall as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Dressing-room discipline

---



Plan storage around real clothes, then conceal it behind calm full-height doors. Inside, use warm lighting, lined drawers and consistent hangers; private details deserve the same care as public rooms.

## THE LITTLE SECRET

The Italian effect comes from control. Apply dressing-room discipline as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# A silk accent

---



A silk cushion, scarf, lampshade or lined drawer introduces softness and a small connection to fashion. One carefully chosen accent is more elegant than a themed collection.

## THE LITTLE SECRET

The Italian effect comes from control. Apply a silk accent as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

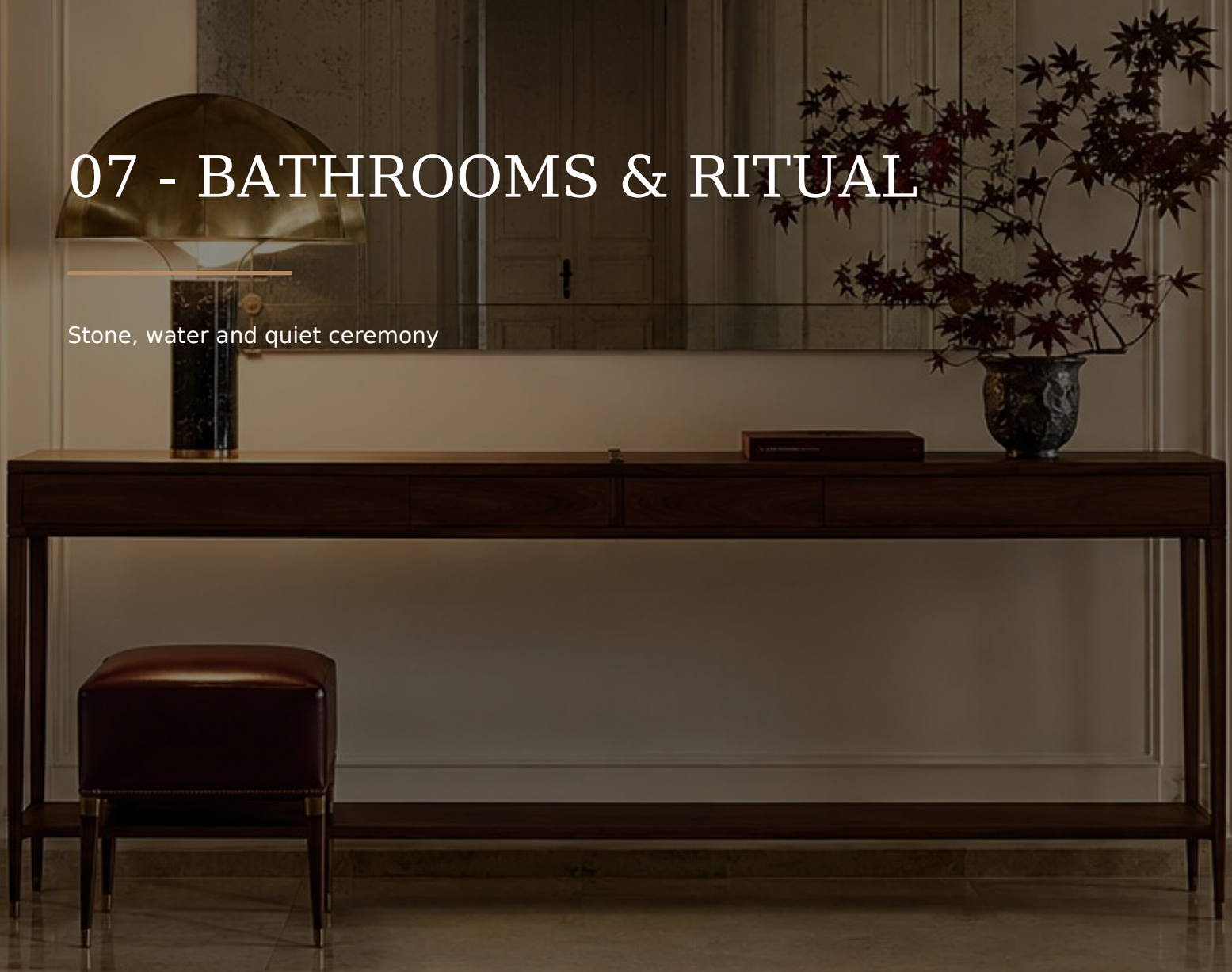
## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

DAVID DELAVEGA - 25 YEARS OF EXPERIENCE

# 07 - BATHROOMS & RITUAL

Stone, water and quiet ceremony





## The Italian bathroom

---

Book-matched stone gives architecture, curved walnut adds furniture quality and chrome introduces precision. Robes, trays and lighting turn routine into ritual.

# Design the vanity as furniture

---



A curved or floating vanity should have considered proportions, refined handles and a beautiful top. Keep everyday products concealed while leaving one tray or vessel visible.

## THE LITTLE SECRET

The Italian effect comes from control. Apply design the vanity as furniture as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Mirror and light

---



Use a generously scaled mirror and light the face from both sides where possible. Warm ambient light creates calm; accurate task light keeps the bathroom functional.

## THE LITTLE SECRET

The Italian effect comes from control. Apply mirror and light as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

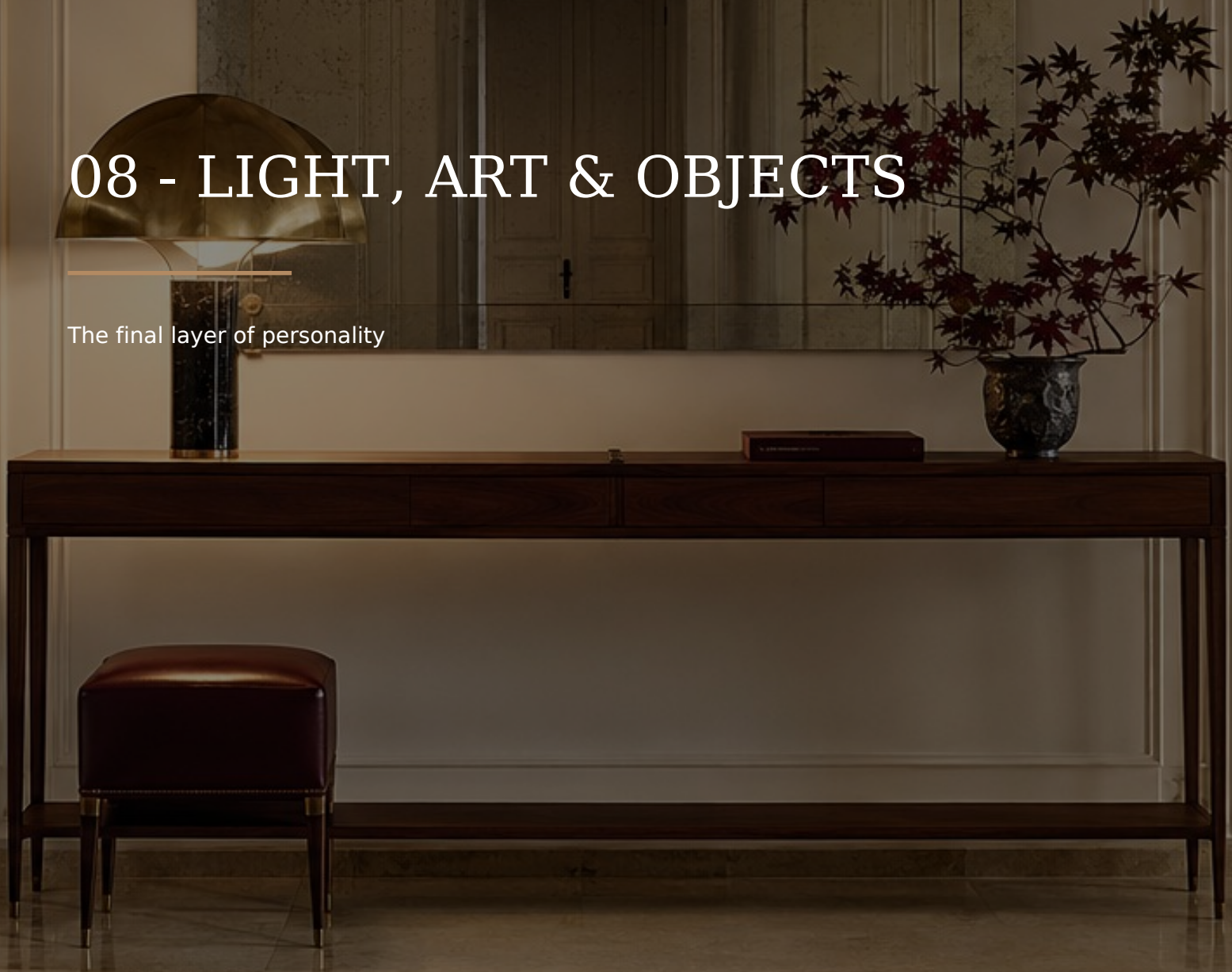
## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

DAVID DELAVEGA - 25 YEARS OF EXPERIENCE

## 08 - LIGHT, ART & OBJECTS

The final layer of personality



# Sculptural lighting

---



Italian lighting often behaves like art. Choose one expressive lamp and support it with discreet architectural light. The goal is atmosphere, not maximum brightness.

## THE LITTLE SECRET

The Italian effect comes from control. Apply sculptural lighting as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

## DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Art without matching

---



Artwork should bring emotion, not simply repeat the cushion colour. Allow contrast between old rooms and new art, or minimal rooms and expressive pieces. Frame with restraint.

## THE LITTLE SECRET

The Italian effect comes from control. Apply art without matching as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

### DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

# Objects with provenance

---



Display books, ceramics, glass or travel pieces that carry a story. Group them deliberately and leave empty space. A collection looks luxurious when it feels personal and edited.

## THE LITTLE SECRET

The Italian effect comes from control. Apply objects with provenance as one deliberate layer, repeat its colour or material once elsewhere, and leave enough quiet space for the detail to be noticed. Test the decision in daylight and again under warm evening light before committing across the whole room.

### DAVID'S PRACTICAL NOTE

Start with one room and one strong idea. Photograph the result, remove anything that competes with it, then repeat only the most successful element elsewhere in the home.

DAVID DELAVEGA - 25 YEARS OF EXPERIENCE

## 09 - BRINGING IT TOGETHER

---

Edit until only character remains

# The final Italian edit

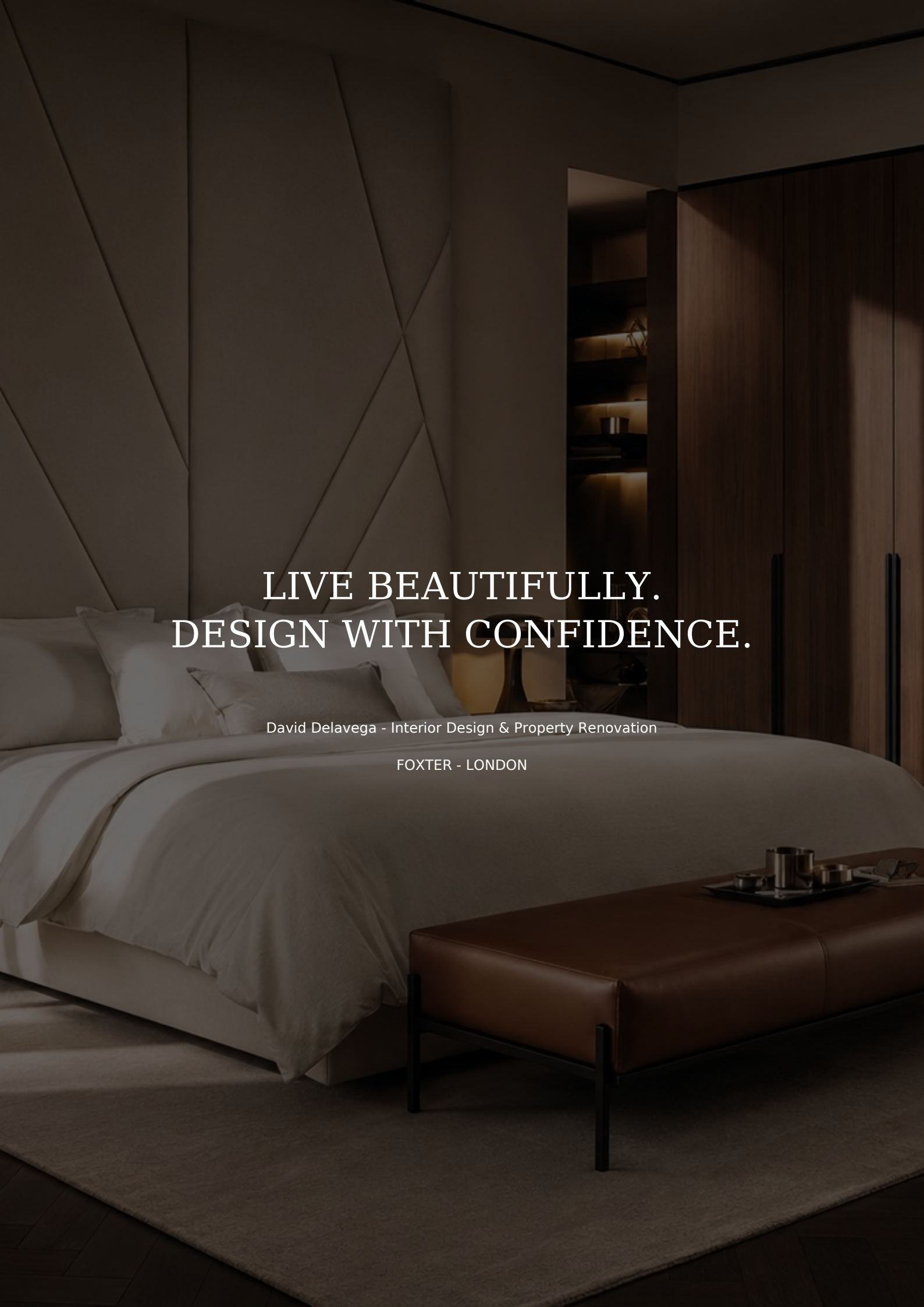
**01** Remove one unnecessary object

**02** Align lamps and artwork

**03** Repeat the accent colour once

**04** Check every material junction

**05** Set an evening lighting scene

A modern bedroom interior featuring a large bed with white linens and multiple pillows. The headboard is composed of large, light-colored panels with a geometric, diamond-shaped pattern. To the right, there is a tall, dark wood wardrobe with a glass-fronted section revealing shelves. In the foreground, a long, low leather ottoman with a black metal frame sits on a light-colored rug. A tray with metallic containers is placed on the ottoman. The overall lighting is warm and ambient.

LIVE BEAUTIFULLY.  
DESIGN WITH CONFIDENCE.

David Delavega - Interior Design & Property Renovation

FOXTER - LONDON