

MIA PARRES

HOME & DESIGN

Kitchen Styling Guide



*10 ways to style your kitchen and keep it looking
gorgeous every single day!*

Photography: Lo Miller Styling Me&Mo

Free Guide from Mia Parres



Heart of the Home

Your kitchen is a place for gathering, with the promise of a delicious meal in the air, an important space in each of our days to nourish ourselves and spend time making memories with our loved ones.

It's one of our favourite rooms to design because it often extends off of a family room, has a window or connection to the outdoors. The kitchen, when planned and designed according to our clients needs, can offer the perfect blend of functionality and ease. This space is truly the heart of the home, when it comes to meal making and bringing together our families and friends.

We believe it is important to take pride in the spaces we gather, and the kitchen is no exception. We're here to help you make your kitchen shine.



“If you want a golden rule that will fit everything, this is it: Have nothing in your houses that you do not know to be useful or believe to be beautiful.” William Morris

Photography: Kerri Torrey

About Me



In 2011, I launched Mia Parres Design Inc. with a passion for creating contemporary, casual and authentic spaces for my clients.

With over ten years experience in the industry, I have an Honours Bachelor Degree in Architecture and Urban Planning from the University of Toronto, as well as a Bachelor Degree in Interior Design from the Ryerson School of Interior Design. I've worked and lived all over the world, studying Interiors at the Parsons New School of Design in New York City, and Architecture at the AA School of Architecture in London, England.

In 2012, I moved her love of set design to becoming an on camera host and designer for HGTV Canada. I'm currently a host/designer on the new season of Family Home Overhaul. You can check out all of my HGTV series Home To Win (Season 1-4) and The Expandables (Season 1-2) on www.hgtv.ca.

*I believe your home should be both beautiful and functional,
and should be designed as a reflection of who you are*

Mia Parres



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OI De-Clutter and Re-Group

The best part of this phase of kitchen styling? It's free.

One clean sweep of your kitchen counters will have you feeling like you have a brand new space. If you haven't had the luxury of designing them into your custom millwork (one of our fave parts of space planning!), we recommend tucking all appliances into your cupboards and pantries.

Then start fresh with small groupings on your counter tops - cutting boards, crocks with wooden spoons, even artwork to add some personal and stylish touches. Keep reading for more!

Photography: Kerri Torrey



02 Stylish Appliances

Every day appliances deserve their "moment", and we don't believe you have to shy away from keeping these stylish beauties out on the counter tops. These days, brands are getting with the aesthetic times and coming up with innovative and timeless ways to invest in pieces that will look stunning in your kitchen. Here are some of our top picks:



A few appliances that are stylish investments worth making

1 Coffee Maker. There is always a coffee lover in every family, and so many options on the market that are counter-approved.

2 Toaster. The newest appliance style maker on the block. This once tucked away appliance is now ready for it's close up.

3 Kettle. Hot water never looked so good.

03 Statement Cookwares



Practicing your craft in expert fashion is noble, honorable and satisfying.

Anthony Bourdain

The Our Place cookware is designed to replace 16 pieces of cookware. Efficiency, functionality and a gorgeous profile, they have even our legendary Le Creuset rivalled.

Similarly, they come in an array of colours for those who want to add a flash or flair to their space. Click the cookware above to find out more!

For someone who loves to be able to leave a washed pan out on the stove after cooking, or use to to style a photoshoot this is the cookware for you.

Photography: Lo Miller Styling Me&Mo



04

Dual Purpose Cutting Boards



The best purchases are both functional and beautiful
Cutting boards can truly be works of art. When stacked together and grouped based on varying sizes, they can make such a gorgeous impact against a tile back drop. We use ours for chopping and charcuterie but always recommend having a couple on display.

66
Our passion for kitchen design extends beyond the millwork and space planning, into the tradition of gathering, creating and sharing delicious moments



05 Striking Salt + Pepper



Sculptural and timeless, these functional pieces will have your guests asking "where did you get these?". Adding different materials to your kitchen counter top display is a fabulous way to curate the perfect backdrop for your cooking and hosting tableau.

06

Selective Utensil Display



...and a vintage crock.



This is one of the best ways to add a cohesive style to your counters. It involves tucking away all your colourful, mismatched cooking tools neatly into an accessible drawer by your cooktop. Then it's time to display your favourite set of wooden spoons.

To really make them shine, find the perfect medium sized crock to display them and possibly stack against your grouping of wood cutting boards. Voila!





Photography: Kerri Torrey

07 Lovely Linens

Linens are a beautiful way to add textiles and pattern play to your space. They're look stylish draped on the kitchen sink, the oven handle or even on the wall using hooks or hardware. As a part of your decluttering phase, tuck away dish towels and cleaning rags into the drawers and under the kitchen sink with your cleaning products.



08 Cookbook Display



Photography: Kerri Torrey



*Books, Tablets,
Kindles, Phones*

Stylish + Functional. This is the perfect place to perch your recipes, texts, entertainment, phone calls while you prep in your kitchen.

09 Soaps + Scrubbers



This is a trend that's here to stay. Repurposing your plastic super market dish and hand soaps into pretty glass containers and recycled wood pot scrubbers that are as beautiful as they are practical. Here are a couple of our favourites.



10 Fresh Centrepieces

We encourage foraging in your garden for this display, or using a gorgeous potted plant. When it comes to centrepieces we recommend using an oversized glass jug or a woven display to elevate your florals. For your bowl centrepiece, we love using fruit or vegetables as a display you can eat. Just remember to remove the stickers and stick to groupings, for example seasonal peaches, artichokes, or apples.



Photography: Kerri Torrey



Photography: Lo Miller Styling Me&Mo

Bonus Tip: Candle Collection

We've crafted the most beautiful Candle Collection of scents that are perfect for your home. We love adding a candle to each space. Check them out in our online shop.



Thank you for checking out our free kitchen styling guide and joining our monthly newsletter. We look forward to sharing more design tips and content to help you elevate your space. Looking for more help with your space? [Click here to learn more about our services.](#)

[Our Services](#)

We value our clients ability to see the importance in professional design advice and services. As such, we strive to bring our most trusted opinions, experts, and design aesthetic, as we appreciate the investment in creating your dream abode.



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