

FINAL LOB EPS407 Jade Joyner

[Liz Theresa]

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[Speaker 1]

Here with me today is Jade Joiner, the founder of Metal and Petal. Welcome to the show, Jade. Thank you so much for having me.

I'm so excited to be here. I'm excited. We were having a really interesting conversation, and then I was like, wait, we're getting into territory where this should have been the show, and so I had to end it.

But we were talking about, because you do interior design stuff. That's right. Yeah, and we were talking about realness and how now more than ever, people are craving real things, and it's like, I didn't even tell you, but I am a Facebook group, and it's called Real Boss.

Uh-huh. I love that. Yeah, because I'm, and it's not a collective, because everybody else is collecting people, and I'm like, no, let's just be a group.

I could have even called it Real Boss the group. Yeah. I'm tired of the word community.

Must we commune? I mean, it's really an entitled and patronizing word, isn't it? Like, I have to go commune now?

Right. Exactly. Almost daunting, too.

It's like, I gotta go to a community? Can't I just go somewhere? It should just be, I should call it Real Boss Place.

Right. I love that. Way to take all the pressure off.

Yeah, exactly, exactly. Real Boss Place. Oh, I'll just go to the Real Boss Place to talk to some real boss people.

That's like what I, and like, people crave authenticity. And then you talked about, well, you said something like, we'll say it smarter when I ask you to, but like you said, real interiors, you want to deal with real people. And you have even chosen to tighten your social circle and tighten the, it'd be more discerning about the personalities that you'd probably expose your very precious energy to.

But that goes for your clients. And then how do you think that authenticity comes to light in interior design? Because like you said, like, especially when you guys, you know, you do such beautiful projects, it does appear to be a luxury firm that you run.

Sure. That communicates not, no, I mean, communicates is not the right word. I think people have the wrong idea sometimes about interior design, that luxury, and that we think that we have to be perfect or that it has to be perfect.

Pressure. Yeah. It comes with its own pressure, much like your Facebook group, you know, like.

Yeah. Trying to not have it be that. Yeah, I think people look at Pinterest and they look at Instagram and they see these shots of these beautiful homes and they think I should be living like this.

Well, there's been 15 people working on that house for two years, you know, trying to get that one shot that's not real. So one of my focuses and our entire firm's focus is real, whether it's commercial or residential, real spaces for real people. And that also goes to choosing the right clients, being the right fit.

My firm is not the fit for everyone. And that's not a cost thing. It's just art.

There's a lot of interior designers out there. And you always want to make sure, I mean, this is how I feel at least in life, partnering with the right people. Yes.

Because in interior design, like in real life, it is a relationship that you're forming. And I need to understand you and what you want, and I can translate that and make it happen. But for us to do that, we have to meet and connect.

And we use the words in our firm, like with our vendors and builders, we don't, we call them partners. We call our clients partners. Like we're not interested in, I'm just coming in here to present you with a design and I hope you like it.

Good luck. You know, so we understand you have dogs, you have kids, you're working. You're a double income family that is only going to be at this house half the time.

And so maybe we don't need everything to be super high end, or, you know, we could take some pressure off the guest bedrooms or whatever the case is. So yeah, I'm all about, and now more than ever, just authentic spaces. And I think it's very overwhelming for people when they think about interior design to connect the two.

Well, I think too, because of you, I mean, like, you know how, like when you watch people on YouTube, I don't know if you have to do this. My son's little, so I have to watch people on YouTube. Yeah.

And these YouTube families, right? They all really rent the same house for the shoots. They rent houses for these shoots and all the houses are white walls, perfect marble floor or perfect hardwood floor, but like in a cool tone, everything is cool tone, white, neutral, light gray.

There's no bric-a-brac. There's rarely photos on the walls. There's just not a lot of stuff.

Exactly. It sends the message of perfection, right? Perhaps not intending to.

Yeah, I've even fallen into this trap. And in fact, I took a social media break personally, recently, because I was like, I think I'm starting to compare my firm and myself to other people. Yeah, it's not good.

Not healthy at all. You know, the way I live is not the way you live. Well, in the beige, remember, like, what do they call it?

Vanilla girl aesthetic, which is kind of like a racist thing to say anyway. But it's like these girls that are like, like, oh, look at my ivory sweater. And like, I have these pants.

I can't get these pants to ever look right on me. But like, you know how all these women have linen pants? Yes.

And it hasn't worked for me yet. Like, I just haven't found the right pair, maybe. But like, they all have like the white sweater with the linen pants and then the dog that like is perfect and doesn't even go to the bathroom kind of dog.

Yeah. And it's like, you know, their latte is always out of a clear glass mug. And then they like, if they have a Stanley, they have the backpack version where it goes around their shoulder and it has like the spot for the credit card.

I just like, I can't. It's a lot of pressure. And then it is.

Well, it's also unrealistic, right? Not real. I'm an interior designer.

I deal in high-end homes, luxury homes. That's not my life. I am halfway like running out the door to do something.

I'm like, you know, always missing a yoga class I want to attend. I'm like with my dogs who were

making a mess yesterday. I took them on a walk and they ran into the water, the muddy water and I'm bathing them off like that's real life.

That's real life. And those are things that interest me, like designing for people who are able to say in an authentic way, this is how I live. I'm not here to create show homes.

I've done them. They're beautiful and they're fun. But I'm here to create spaces that mean something.

That's why I got into interior design anyway. So, so wait, cause you, cause well, tell me more about that. Cause you said you've done the show home thing, but you got into spaces to do the real spaces.

Yeah. So I'm a second generation interior designer. My mother's interior designer.

She's 81 and still working, which is amazing. God bless her. That's awesome.

I know she's a firecracker. But what I learned from her was that her connection with her clients was always so strong. So she's one of those designers that has had a, had a client all the way through, like from, they were all in their forties together and now they're all in their eighties together, you know, and, and that is all about connection.

So that's something I immediately like grabbed onto when I decided to become an interior designer is forming good relationships that are authentic. When I started, I did young family homes. That was my specialty because I had a young family or a young family.

Yeah. And it resonated and I understood we're not going to do the glass coffee table. We're not going to do the mat walls.

You know, we're going to make something that is livable for the season that you're in now. Yes. And as I've grown and I've gotten a little older and matured, my clientele has matured with me.

But I love those. I still love the young family, small families. It's so much fun to be like, we're tackling the toys today.

You know, I bought like the \$500, 600. It was so expensive. It was a playmat that was like bougie, pretty house of Noah.

I think it was. Oh, yeah. Do you know those where they have like the pretty designs?

And so it's like a rug, but it's really silicone mat or rubber mat. And so it can't make a mess. Yes.

Yeah. They don't, the only thing they're not sponsoring the show, but like, so I'll tell you the truth about it. They, they peel the design peels off the top.

So even though they were really expensive. Yeah. Yeah.

And then they're hard to throw away. They're not biodegradable. Yeah.

There's a lot of problems with that, Matt. Yeah. That's it.

And they're wicked heavy when you put them all together. It's heavy. Oh, yeah.

Oh, yeah. I sometimes will like, not fight a client, but argue with a client when they're trying to choose something that's very impractical for the life. I'm like, we don't need this \$10,000, \$20,000 sunfa when you have a toddler.

No, it's nonsense. It doesn't make any sense because I promise you, no matter how good we invest in the right fabrics and the right green, perfect spray product, which we have, I mean, we are going to have, it's going to be worn out in a couple of years. If you're- Also, because wear.

Also, life wears out where you spend time, which is why beds wear out, mattresses wear out. Everything wears out. My couch, I like how I point it.

You can't see it. It's like in a different room. Yeah.

It is a sight. I gotta be honest with you. It is, but they don't even, it's a sight, but I haven't like been able to rally because it's so functional.

Yes. Yeah. It is still so functional.

It's the best shape couch, like the best. It's comfortable. It extends and pulls out.

It does so many things I need it to do. Yeah. So I can't get children.

He's six. Okay. And I got it when he was like, maybe like one or two.

So you're a few years out from, you know, getting a slip cover or upholstering it or- Well, I put a, I put a cover on the, on the bottom of the couch has a cover, like the seat, there's a, there's a long, pretty cover I got on a bed seat. Yeah. Like somebody makes and it's nice and it doesn't fit quite perfectly, but it like looks really cute and it covers the damage the dog did.

That's the big thing. That's real. You know, and then when you're older and the kids are out of the house, then we can upgrade We can have the nicer couch or the better material or the velvet or the mohair.

Yeah. Yeah. You know?

So I think there's a lot of like misses in interior design in that direction. I think people aren't getting the idea. Well, I think, I think that people are probably leaning into things like what you're doing at Metal and Pedal.

See, I'm Metal and Pedaled again. I brought it up because it's so fun to say, but people are probably leaning more into that. I mean, I have a few clients that are in interior design, right?

And so I build websites for people like you. And one of the things I had to do recently for a client is she needed me to build a way for her to add to her portfolio. And I bring this up because in the course of like building her portfolio, she was like, oh, look at this person's portfolio, that person's portfolio.

I showed her ones that I built before and I said, we found one. And there was this woman that had, I don't even know. I might be crossing stories, but I'm going to keep telling you just to tell you about this woman.

She had this like chair in a living room and it was like the couch looked comfortable, but then there was like this chair. And I was like, that is the chair that's going to hold newspapers. If people still read them or magazines, it's going to hold mail because it's really low to the ground.

I said an awkward spot where you're just going to throw pillows, blankets, your dog's going to sit in it. No human can sit in it. It's a beautiful chair, but it's too low.

If I sit in it, I'm going to fall backwards. Right. Because I'll be too excited to sit down.

Right. Like you can't like, you can't like run up and plop. Right.

You're going to have to like ballet plie into the chair like that. Yeah. That's it.

So this is not a functional design I saw. This is a beautiful design. Right.

And you know, function and form should be hand in hand. I mean, in Trosten, a lot of my clientele is a little bit older. So I'm looking at things like, how do they get in and out of the bed?

You know, how are they? It can't be too low, but it can't be too high. That's right.

That's right. And the pitch has to be right. So I'm looking at, OK, this is great for them at 60, but is this going to be great for them at 65 or 70?

Yeah. So form and function really have to go hand in hand. And I think that all relates back to authenticity and creating spaces for real people.

And that's what we do at our firm. So we don't do a blanket rollout of a design. No.

I'm not pushing my aesthetic on you. If anything, I'm here to tell your story and just elevate it and bring out the best of what you want and help you like as your tastemaker and your editor, help you figure out what works best for the season of life that you're in and how to help you. Also, a big part of what I do is investments, meaning they're going to have a budget for what they want to spend and helping them find the right pieces to invest in, whether it's \$20,000 or \$300,000, what makes the most sense?

So those all have to work together. And how do you make that decision about where to invest

in? Is it more about where are you spending the most time?

Yeah. So there's some kind of rule of thumbs. Your primary bedroom, of course, as far as furniture goes, it's really important.

I once had a client in D.C. who started with her primary bedroom, which I'd never had before. She was like, I want to wake up and go to bed in beauty before I do my living room because I don't care. I love that for her.

Yeah, it's great. I spent the most money actually in my house. The most money I spent was on my bedroom set.

Yeah. And I love my bedroom. You're spending a lot of time there.

That's why. And I want it to feel like a real retreat. Yes, exactly.

Living room, obviously, is a great way to space to invest in. Your guest bedrooms and things you can pull back on a little bit. One great piece and a good mattress and some great sheets.

You're on the road, right? And then as far as renovations or new builds, you want to spend money on your primary bath and your kitchen. And then everything else, you can be a little bit, you can knock it down a notch.

Because it's where you spend your time. I love your example about the sofa. Sofas can be quite a lot.

Oh, yeah. I mean, even if you're not going through an interior designer, even if you're going to, like, Ashley, you're going to spend more on a sofa than you do sometimes in other parts of your house. I mean, you should.

You want to be comfortable. That's the thing. If you buy a cheap sofa, there's nothing worse in life than a bad couch.

No. I had four daughters, and they're all 17 and up now. But when they were little, I had twins, and they were just wild.

They were so much fun. They were wild. In our media room, I did an Ikea sofa.

And every, I think, every other year, I changed the slipcover. Because I didn't care if the juice box was in the media room, and they were watching Cinderella. You know?

Because they weren't happy. Yeah. Right.

Now, that wasn't in my main rooms. You know, that wasn't, you know, that was just something I was like, OK, I'm going to find the best looking Ikea sofa I can for this space. Because people love that thing.

That Ikea sofa with the slipcover. Some people, like, if you're in that, I like how you're also saying seasons of life. Because this is also a reminder that, like, nothing has to be forever.

No. And furniture, unless you're getting the highest-end furniture, it doesn't last forever. You know?

So, nowadays, especially. So, it's important to think about that when you're designing your space and making your selections for your home. It's like, this is five, ten years.

Most. At most. You know?

I have a porch rocker on my front porch. It's like a bench rocker. Yeah.

And I bought it from Pennsylvania Amish people. So, I spend, like, you spend more money, but it's, like, really nice. Yeah.

It's the nicest thing I have. That's probably an heirloom piece. Like, you'll have that forever.

I will have that forever. It's never been loose. It's built, like, I built it.

I did it myself because I'm so good at stuff. I'm really good at that. Yeah.

I'm good at, like, I'm very handy. So, like, I did that, but I'm like, that was probably one of the nice things we bought. My bedroom set is also one of my favorite things I've ever bought.

And I remember when I ordered it on the phone because they didn't have my color in the showroom. Yeah. And I was like, I want the bougie.

It's like the whitewash wood color. Oh, yeah. Driftwood, white driftwood color.

Yes. And I said, and I want it to have the lights above. So, it has, like, a light above my head and it has USBs on the nightstand.

I, like, went and then the drawers are all underneath. Yes. It's so nice.

Yeah. I live, like, you could have that for a long time. Replace your mattress, replace your sheets.

How long, how long did it take to replace the mattress? I know that's a dumb question, isn't it? Like, it used to be 10 years, but isn't it faster than that?

Yeah. And I think it depends on how you're sleeping. Now, for cleanliness, I say five to seven years.

Yeah, yeah, yeah. But it also depends on, like, a few factors. So, I change my sheets every week without hesitation.

I also steam my mattress, take care of it. I flip it, rotate it. So, if you're doing all these things,

you can get a little bit more longevity out of it.

But if you're just, like, you know, sleeping in it every night, not doing anything, not, you know, I put baking soda on mine once a month and vacuum it. God, you're so nice. Can I live there?

Like, it makes a difference. And I've said it does. Yeah, it does.

And that's how, kind of, everything is. Like, even if you buy the \$15,000, \$20,000 sofa, you still have to take care of it. You have to take care of it.

Yeah. Those steam cleaners, I got the one. I don't even know who makes it.

I got the one that had a bunch of ads, though. Or a bunch of influencers bought it. And it's great.

It's green. Uh-huh. Yeah, yeah, yeah.

Not mighty, but it's something. It's got a cute name. That is amazing.

Yeah. The best thing I ever bought was my little steam cleaner. Can you use that?

I know now we're getting away from interior design. I can use that same one that I use on the couch, on the mattress, right? Because they also mattress.

There are mattress-specific cleaners, but you don't need that. You could just...

[Liz Theresa]

Probably not.

[Speaker 1]

I mean, I'm sure you could look up that specific brand and find out, but... I don't think I need a new mattress, though. Mine's old.

Yeah. 2017. Yeah.

I mean, you're... Mm-hmm. Might be time.

Do you use a mattress cover, too? Oh, yeah. The hypoallergenic...

Yeah. Da-da-da-da-da. And then you can wash the cover.

And then after you wash the cover, that's when you do your mattress ritual. Yeah. I think this is interesting.

You've made... It's a good episode. I like what we're doing right now.

It's interesting. These are, in part, grown-up things. Yeah.

Yeah. Well, you invested in your bedroom furniture. Yes.

Why would you not invest in your mattress, keeping it up, and your layers of your bed? I mean, good bedding changes everything. So like, Brooklinen.

They have a lot of commercials on podcasts. Not mine. Not yet.

But like, that's an example of very bougie sheets. Right. I feel like...

Yeah. I will... I definitely notice a difference if I'm nice.

I don't have those ones. But like, I have nice sheets. But like, I even have the ones that lasted the best for me, although they just ripped and so now I have to get rid of them.

They finally wore out. Yeah. This threshold by Target.

Yeah. Nice threshold sheets. Yes.

But like, what's your favorite? Well, I use a ton of different brands, depending on, you know, kind of price and needs. Yeah.

I love Peacock Alley. They're super, super high-end. But they look amazing.

Yeah. Yes. I have all my duvets pressed.

Oh, so you duvet. I duvet. I'm a duvet-er.

I heard you're a duvet-er. You seem like you would be. I bet you also have a bed skirt.

You do? I designed my bed. It's all upholstered.

So I don't know. But yeah, I mean, I think I want to walk in my room, much like you're talking about. I want to get in my bed at night.

I work 70 hours a week. I want to get in my bed and be like, you know, just breathe and feel beautiful. I love and recommend linen sheets all the time.

Oh, linen instead of cotton? Linen instead of cotton or a linen blend, especially for your duvet. And then, of course, layering is key.

So yeah, we're one of those families. We have the decorative pillows. We have the quilt.

But honestly, like, I take the quilt and pull it out when the dogs are home all day. Lay on that and then I fold it up to the end of the bed. I mean, all of this very functional.

Find and your body rests better. Yeah, it's true. I mean, like, it's like a messy room, right?

Or a messy desk. Yes. I know I look a bit messy.

My son has my son's desk. Those are the best times. These are the good times, right?

But it's like, I like my desk is pretty organized, right? But like, I think and even upstairs, I went on like every time the seasons change, I clean a lot. So it's like I got rid of like two giant trash bags of clothes that I either don't like, don't fit, have a stain, I hate wearing for some reason, or I feel guilty about not wearing and I can't keep looking at it.

Yeah, it's like I had a giant bag of that. I got rid of so much random just stuff. Like we just have stuff.

Clutter is horrible for you. Yeah, it clutters your mind. Yeah.

The allergens that it picks up just having like, you know, blankets stacked up and you're not taking care of them. You're not dusting. You're not vacuuming them.

I mean, all of that's terrible. I'm anti clutter. Yeah.

And it really a clean house is a clean mind. So you probably like I met professional organizers and you go hand in hand too. Yeah, for sure.

They must love what you do. Yeah, well, and I recommend it because if you're going to invest in interior design, you might as well take it to that next level. You don't have to do it at the same time.

But if you're spending, you know, \$150,000 on a brand new kitchen, get an organizer to come in and keep everything streamlined, functional, labeled. Their labeling is incredible. I love labeling.

Yeah, I label. I have. I finally did my pantry like that, honestly, because I saw on Instagram somebody did it.

Yeah, and it's like I have a chip bin for all chips. I have a candy bin for all candy. I have a cracker bin for all crackers.

I have a cookie bin for all cookies. And it's like it makes it. You can tell we're so healthy, right?

But I do. I have all these snack gummy bin. Yeah, all these kid food bins.

Yeah, so everything is there. I mean, I remember there's this girl. We used to be friendly.

We're not that friendly anymore. But what I like about what she taught me is that when I had my son, she's like, no matter what you do, always make snacks that I level that he can get his own snack. Absolutely sick as it increases their independence autonomy.

They'll learn to open it faster by themselves. Then you're not getting up to get a snack every four minutes. For sure.

And that holds out to everything else in your life. Yeah, make it functional. Make it functional.

How likely are you to change your bed every Sunday if the sheets are folded properly in a location you can get to them easily? They're already washed and ready to go and maybe labeled in a basket. Yeah, much more likely to do that.

Much more likely. Wadded up and pushed and shoved in the back of the closet with like 16 others that you don't like. You're gonna be like, ah, I'll get to that later.

You know? Yeah, yeah. Man, you change them every week.

I should, I gotta be better adult, but I think I'm not unusual. No, I think it depends on what your needs are. I also have children with allergies and I have Hepa's in the house too.

Hepa filters that filter. Yeah, absolutely. Those are amazing though.

They make a wicked big difference. My mom used to sell that stuff. Hepa filters and vacuums.

It's a huge difference. Fancy things. She sold fancy vacuums.

I love that. Like high-end vacuums. And she knew vacuum facts.

Like she knew, like, like the kind that used in the white, that's used in the White House was a SIBO. And so SIBO was sold a lot, but they're really heavy. Yeah.

And then her favorite is a Miele. And these are ones that people don't ever hear. You hear Shark and Dyson all the time.

No, Miele's the best. I have a Miele. I love my Miele.

Yeah, it's the best. It's expensive, but it's that, that will last you forever. I just happened to get it.

I think it was because somebody dropped it off to be repaired because it was like so nice. Yeah. And then they were like, nevermind, I just bought one, just keep it.

And then they gave it to her. And so she gave it to me. Yeah.

It's really nice. Yeah. I love that.

I love that. Look at us just like talking about like house. This is nice though.

This is one of those amazing things people need to know though. Yes. Yes.

Basic functional living. I mean, like, because there's no question you do beautiful work, but to hear that you do beautiful work, that helps people like can functionally exist in it without feeling like you're in a museum. Because I think that's what people get afraid of with the so-called like perfect.

Yeah. Space is like, I have a stress relief from my desk. It's a perfect example of clutter, but it's kind of a fidget.

Yeah. I do this sometimes with it, but it's like, but like, I feel like you, what it sounds like is you like that part of me probably. Like you like the real part of me.

Yeah. Much to my husband's dismay who runs the business with me. Yeah.

And does all the finances. I'm not a salesman. I am.

My goal when I leave this earth is to help people live better, work better, have more beautiful spaces because your space directly reflects how you feel, your productivity, you know, you just feel better. I've witnessed it. So I truly love helping people elevate their lives.

And yes, I have a business from it. Right, right. And I have to, you know, I'm paid for it and all that.

But at the same time, that is my goal. That is my purpose. Yeah.

Yeah. And how do you, well, I mean, have you ever thought about how when you work on your space, it's, I used to say this to somebody that does interior design. Isn't it so nice that you're not the problem for once?

Yes. You know what I mean? I feel like all we do is work on ourselves.

Yes. Constantly. And it's like, isn't it nice to be like, it's that pillow's fault that I didn't go out for that job that I should have gone out for.

Or like my clutter, my clutter is why I have to take Clarendon. Or like, you know, there could be anything, right? Like we always, or like, I don't fit into pants because I have too many blankets holding me back from.

Right. But what I love is that it's such an easy fix, right? It is, isn't it?

Clean up, clean out, buy new bedding, get some new pillows, light a candle. Yeah. I'm not sleeping.

Like there are so many ways that our space can affect us. I feel like it can affect sleep. It can affect us.

Probably mood, efficiency. Absolutely. Goal getter-ness, ambition.

There's so many things like that. I feel like it's like. Well, no one comes to me to buy a new sofa.

Yeah. Right. They come to me when they've just had a baby.

They've come to me when they just got married and they're merging homes, when their children have just moved out. There's always something like psychological. Yes.

Find every client decision to hire me. And probably all interior designers. Yeah.

So my goal, like for instance, I had a couple in Buckhead who I loved to death. And they said, the woman was like, we have a very good marriage, but I'm going to tell you the truth. I read until 6 a.m. He is a lawyer. He's out the door at 6 a.m. And so they said, what do you think about separate bedrooms? And then your kids are grown. So you don't have to like set some sort of standard for them.

They already know you've been married for 35 years. And if you're, this is what you love to do. She loves to read at night.

Yeah. She can just relax. So I created separate bedrooms for them.

And they called me like a year later and said, to do another room. And they said, we just love it. We don't sleep in the separate bedrooms every night.

Sometimes she just goes in there to read and then goes to bed. It's not an anti-intimacy. Like they're still married.

And they're still married because they realize how this is, this is actually how we're living. And that was so cool. You know?

Wow. Yeah. That's like reminds me of I Love Lucy, where they showed them living in, like remember their bedroom was two beds.

Yes. That's so weird. Yeah.

And like, it's just funny, but like, this is like a separate room. Yeah. No, they're not having any trouble with each other.

They actually love each other. It's not like. Well, it was functioning for them.

Yeah. And I love sleeping with my husband. I don't want this for myself.

It wouldn't work for my lifestyle. I'm not like pro this for everyone. But just the idea that you're using your space to live your life better.

That's what your, that's what films are made for. Yes. So it doesn't have to be, you know, the things we do when we started design is we talk about intention.

Yeah. Do you need a dining room? I don't know.

Not everybody needs a formal dining room. Should we make that your office? Should we flip it and make it your living room?

What are you doing more of? Are you entertaining? Is it just your family?

You know, do you need separate spaces where he can go and do watch TV or the game or whatever? And she can go over here and do something else. So starting out and looking at not

going with just like the standards of this is our formal dining room, we're going to put a table in here that we use.

Oh, you know, you mean I don't have to watch the game. I'm just kidding. What a relief.

Because sometimes I really don't want to. No, but I, I think like, because I look around, right? And I'm looking at my immediate what's here.

And I have like some awards on the wall, which are nice, like a picture. I have a picture of my son, Drew. That's nice.

Sometimes I feel like I think everything is nice. And I, I think because I think everything is nice, there's I have so many things on my walls. Right.

And then like, sometimes it feels like it's overstimulating. Yeah. So you probably need a little edit.

Yeah. You know, I take something on. I don't hate it.

Yeah. Do you know what I mean? Like, you know, I'm, I'm so sensitive, right?

So I'm like, oh God, it'll hurt the painting's feelings. Or like, right. That clock, my, I don't even, I have this thought.

I don't know why. I'm looking that up. I don't know why.

I don't even think it's, no, it's not even ticking. It's just, just looking at it. It's a, it's a baseball clock.

It's really unusual and cool. I remember I had it for years. It was originally something my mom bought my dad.

My dad didn't want it anymore. It, my brother didn't want it. It ended up with me.

It is an exceptionally beautiful baseball clock. It's really unusual. I even brought it to a clockman to have him put in clockwork on it to re to relock it.

I guess it was broken, but like you couldn't fix it. Like I couldn't fix it because it can't. Yeah.

Very hard to take apart. So he did like break the, the, the front to get in the back. It was really crazy.

So I put a lot into this clock now that I'm thinking about this over the years and I'm looking at it. It doesn't even tick. That's it.

I don't even know how I feel about it. Like, I don't even like, I'm not like, I hate you. Right.

Like, I don't know. Am I, can I ask you this? Can I ask you this?

I know I'm thinking about like, do you see these people that do, um, color analysis where they'll like look at you and they'll be like, yeah, you're a spring, you're a summer, whatever. Anyway, I met somebody on this, like doing this. She said I was winter because I am high contrast between my eyes and my hair.

Right. And then I went and got my colors done. I'm a spring.

So I'm not a winter at all. I would rather be winter. They have really, like they have purple.

I don't, purple's not a lot in spring. Like you have to wear lilac. Right.

But then I thought, have to, right? My, it's my language. I have to wear whatever spring is now.

And then I went through a phase where I got rid of everything that wasn't spring. And my wardrobe to simplify it and pare down to only like colors that I looked visually appealing in. And so I couldn't even wear white because like white is a winter color.

So when you're a spring, you wear ivory. So I don't know how deep you've gone down this rabbit hole. And then I have this other person on the show, different stylist who came on.

And then she said, why are you letting a color season tell you what to wear? And even Clinton came on, you know, from what not to wear. And Clinton was one of my clients.

And like, he says, wear whatever the F you want. Yes. Wear what you want.

Live, live how you want. I don't mind the interiors too. It should.

Yeah. Does everything have to mean everything? Absolutely not.

I mean, here's the thing. I think going back to what you're talking about. Yeah.

You, you, well, first of all, it's your house and do whatever hell you want to do. Right. Yeah.

And if you love it, do it. I've had people who've had collections of things. I'm just like, okay, that's random.

Oh, like what? Like trolls. Moments.

Wait, what? Wait, what? Precious moments.

Oh, those little baby little things. Not my cup of tea, but like her mother had just passed suddenly and left her this collection. Yeah.

And she was like, I want to see some of it. So we edited that little collection down and we had a few pieces out and we did it in a really nice, like a little glass dome and did it really tastefully. Yeah.

But it is your house. It is your space. And if you love what you're doing, do it.

And the same applies for dressing. You know, I think if you're feeling like your walls are cluttered, rotate some things out or match all your frames to give a little more continuity, you know. That makes a big difference, by the way, when you match the frame.

Huge difference. It does. Yeah.

Yeah. So yeah, you definitely like, there are not, especially when it comes to decorating now with design and like new builds and renovations, there's lots of rules. But with decorating, you know, putting art on walls, there's not a lot of rules.

You know, it just makes you feel good. And if you love it, that's the whole point. Yeah.

I have, I worked with a feng shui expert. I was going through a season of what I'm called bad luck, crazy things. I was sick.

There was just a lot happening. I totaled a brand new car. I bought a brand new hallucinata.

I even bought the extended warranty on the brand new, which was unlike me. But I was like, I just feel like I should. And then I totaled it in five days or nine days after I got it.

Gosh. Yeah. And I was in an accident was like one of those chain reaction accidents where like you get like you get slammed into and then you hit the person in front of you.

And so I told it totaled the car. And why am I telling you this? What are we talking about?

Feng shui. Feng shui. So then I hired a feng shui person because I was like, I think I'm running on a run of like bad luck.

Like maybe my house is sick, right? Yeah. And so what she has you do like her process.

I just wonder because you probably do this in person when you do the walkthrough because you have to walk through the space and stuff. But like she works remote. So like I took my iPhone and I walked.

She had me walk through the house and comment on everything. And so it was kind of interesting because I would be like, oh, my God, I didn't even know that was there like where it was. Yes.

Do you ever set your space? We've heard that. No, like every morning I'm I'm have been working really hard in developing my morning ritual just so because I'm a little all over the map during the days and it helps me a lot.

Yeah. I get trying to get up at a certain time, which is like 5 a.m. 530, which is super early. Look at you.

Yeah, you don't have any more matches, do I mean, like you do lots of cool things. Bully me. There was times that this when the kids grow up, you get a little more, you know, a little more

room to do that.

Yeah. And well, a little more sleep to be able to do what you really got. But so I like I say to the house in the mornings, I only have all my lamps off.

I have no overheads on, of course. And I have just I light like a couple of candles and I manifest. I set my space for the day.

I make sure everything's cleaned up, organized in that like two hours before my day begins. And I do it at night now as well. So right before I go to bed, I put everything away, clean up.

I say to do a little Palo Santo. But that's something that's really good for your energy. Open up your windows.

Open up a door. I always have our door open to just have that fresh air. And it's really, really important.

And that applies to Feng Shui as well. So I care a lot about having a window or door open. That's the thing in Feng Shui.

Also having a really good welcome mat. Yes. To welcome new opportunity.

I might buy a welcome mat right after this, because actually mine's kind of dicky.

[Liz Theresa]

Yeah.

[Speaker 1]

They get funky. And I might go buy one because I also need milk. And Target sells both.

You should do that for sure. And that seems like your entrance. I talked to a client about that.

Your entrance to your house is so important. The way you come in. Not necessarily only the way the guests come in.

Yeah, yeah. For an interest. But what are you walking into?

If you're walking into a blank wall with a gray paint color that you don't love. And there's no way to put your purse or your keys or your backpack. I have hooks.

I made that. I have actually like one of those old coat racks because I don't have like a lot of room. Yeah.

So I have a small coat rack behind the door. So you can hang up your coat right away. And then I have a shoe cabinet that also has a spot for entryway things.

Yeah. It has a mail bin. And then there's a little bulldog that holds like keys.

And love it. It's cute. And then I have like a sunglass rack that I have a keyhole.

Like I have like I'm so good at my you'd be excited by my entryway. I love it. I want to see a photo.

One thing I don't have is like I don't like when you say it's like, do you hate that it's gray? I kind of do. But like it's gray everywhere.

And if I ever make it not gray, it'll be thousands of dollars. Well, but that's something you can embrace and make a cute little time. Yeah, yeah.

You walk in the door. I wish you were blue, you know, then it's good. I wish you were blue.

Right. I mean, only because I'm like, I don't love the gray. And like the blue would go a bit better.

Yeah. Like I've never had a house palette done either. Like I feel like I would do that first.

I feel like you should get your this is me who does. I mean, you would know, right. But like a whole home palette could be really fun.

And then you would take on, you know, and I will say, never underestimate the power of paint. It's amazing what it can do. It is amazing what it can do.

I painted the trim on my cabinets. I've really horrible cabinets in my kitchen. They're awful.

These are, that's like the next thing to do. Like if I were going to be strategic, my kitchen is, it's an amazingly big kitchen. No one gets big kitchens.

I have an old house with a big kitchen. Very rare. Yeah, very rare.

Right. And so I, but I was like, oh, my cabinets are heinous. So I swapped out all the hardware.

And now they've done like with gold pulls. Yeah. Cause the kitchen is yellow, which I love.

So I have suns everywhere. It's like a, like the sun. Good morning, America feel.

And then like all the cabinets have gold. I swapped the silver for gold. Then I paint the trim on goldenrod.

But it's so gorgeous. So it's like pastel yellow with goldenrod. So I can tell that this will make you so happy.

Oh, I love it. I'm so proud of it. I like came up with it by myself.

I have an accent wall, not here, like on near, it's in the entryway. Like the, where the stairs have

probably like a mini wall. I actually covered that in like this paper.

It's like so gorgeous. Like the peel and stick kind. Yeah.

There's some things that I've done that I'm like, oh, I like love. Yes. I think it's important to have spaces like that.

Like nothing will ever be perfect, you know? But like we're not trying to achieve perfection. No.

We need to stop trying to do that with everything. Yeah. And as a general rule.

Yeah. And even when we take out a client, I'm like, I will not be perfect. I will not get everything right.

I don't know. Everything there is to know about my nail polish. I'm sure it's just.

Yes. Do you know what I mean? Like it doesn't mean throw the whole finger away.

Exactly. Oh, God, that's a great little, uh, you should use that. That's good.

I don't know. It's a good euphemism for like, just because something's a little bit doesn't mean we're just have to start over or like it's everything has to die. Embrace the imperfections.

Yeah. Yeah. Yes.

Oh, my God, Jade. I can talk to you until tomorrow, frankly, but we should end the show sometime. And can I go for your last question?

Let me ask you your last question, because I wanted to ask this anyway. Where did metal and pedal come from? And is your name really Jade?

Because that's a cool name. What a cool person. Do you like the color Jade?

I do. For all my birthdays growing up, I got a piece of Jade. So I have a little Jade collection.

So that's so like you're like little angel babies. You have Jades. Right, right.

You know, a Jade army of Jades that will come to your defense if you ever need it. And then why do you why is metal and pedal called metal and pedal? So my husband and I started the business nine years ago this month.

I regret saying. Yeah. And we wanted something like she, him, him and her.

So he came up with metal and pedal. Although I will tell you, I'm not super flowery. I'm, you know, so.

You're a Jade. Right. Really a gem.

But it doesn't rhyme with metal, metal and gem. But I like it because it's like the hard and the soft. And, you know, a lot like we do construction, but we also do wallpaper.

And it just kind of has like. Oh, is he like the construction side? He does the finances and business development.

And yeah, he does all the project management as well. So. Oh, that's kind of cool.

Yeah. He kind of handles that side. But that's also how our interiors are.

So we like the balance of the soft and the hard, the old and the new, the classic and the contemporary. So that's what we leaned into. Yeah.

I think you're way cool. Tell everybody how they can find you online. You can find me at metal and pedal.

That's M-E-T-A-L-A-N-D-P-E-T-A-L dot com. I'm on Instagram. We have a great little Instagram, Facebook as well.

And yeah. All right, Jade Joyner. You guys, thank you all for being here.

Jade, thank you for being here. All the links will be in the show notes. And yeah, again, Jade, thank you.

Thank you so much. What an honor.

[Liz Theresa]

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