

GET THE LOOK: EXPERT REVEALS HOW TO GET THE TRENDING '80S INTERIORS LOOK AS STRANGER THINGS RETURNS TO SCREENS

- *With Stranger Things set to return to screens on Wednesday 26th November, the final instalment of the record-breaking series goes hand in hand with the trending, retro revival of 80s interiors*
- *Searches for 'retro interiors' spiked to a five year peak this year*, and **Laura Dollimore, B&Q Decor Expert** has revealed her tips on how to achieve the 80s style loved by fans of the show*
- *Starting at just £18, all decor is available in B&Q stores nationwide now, or online at www.diy.com*

XX November 2025: As the final instalment of the record-breaking series Stranger Things is set to hit screens on Wednesday 26th November, Brits everywhere will be plunged back into the sci-fi, retro world of the Netflix original show. With renewed interest in retro home décor on the rise, Laura Dollimore, Decor Expert, has revealed a handy guide for how to emulate the popular aesthetic, with a list of top product picks from B&Q.

Searches for “retro interiors” have hit their highest point in five years*, and the hashtag #retrohome has gained more than five million likes on TikTok**. This growing interest has sparked a renewed love for rich wooden furniture and warm, muted colour palettes like khaki green, mustard yellow, terracotta red, and more. What’s more, the wooden panels seen in the home of Joyce (played by Winona Ryder) have been a trend on TikTok in 2025, with 86.7 million posts of DIY panelling on TikTok (that’s a 91.4%*** increase since January 2025!).

Here to help fans hoping to get the look, Laura Dollimore, Decor Expert has unveiled her top tips for how to incorporate the retro look in every space, whether through bigger changes or subtle hints and accents.

Laura Dollimore, Decor Expert says: *“The 80s aesthetic is all about bold self-expression and fearless colour, something Stranger Things captures so perfectly. It’s an easy trend to embrace because you can dive in completely with wallpaper and paint, or just add fun accents like a geometric lamp or a colourful throw. At B&Q, customers can easily recreate the show’s authentic 80s vibe by pairing bold primary colours with graphic patterns and warm wood tones to create a look that feels both nostalgic and modern. The retro aesthetic is a great way to inject some personality into your home this winter - especially if you bring it into your Christmas decor.”*



LAURA'S TOP TIPS FOR ADOPTING THE 'RETRO REVIVAL' LOOK

- **Go bold with colour:** Don't be afraid of the decade's signature palette. Think electric blues, magenta, teal, and primary colours like the reds and yellows often seen in the Byers' home - you can even use B&Q's colour mixing service to match these iconic shades.
- **Embrace geometric patterns:** The 80s were defined by graphic, often abstract patterns, so look for geometric designs in wallpaper or textiles. In the 80s, it was common to wallpaper your kitchen with colourful designs, which fell out of style as neutral kitchens came into fashion. With eclectic home decor on the rise, wallpaper can be a great way to achieve a stand-out kitchen.
- **Layer the lighting:** Lighting was often warm and functional - consider floor lamps with fabric shades or simple, multi-directional track lighting to mimic the basement or garage feel. Neon signs can also add a distinct 80s flair.
- **The power of panelling:** From wood chip to faux-wood vinyl, panelling was everywhere. For an easy accent wall, B&Q's tongue and groove wood panelling can be stained or painted a deep, moody colour to instantly transform a space into a cozy den or a basement hangout.
- **Coloured tiles:** Colour doesn't have to stop with textiles and paint, tiles are a bold way to bring the 80s into what have become more neutral rooms. The [Ca' Pietra Portare Collection](#), designed exclusively for B&Q, offers a range of statement colours and geometric patterns to choose from.
- **Accessorise with a mix:** Look for vintage-style electronics (like a chunky old radio), shag pile rugs, and plenty of clutter -the 80s was an era where clean minimalism was not the rule. Hang a few simple, framed posters or mix patterns on cushions and throws.

With decor options starting at just **£18**, achieving a stylish 80s revival is accessible for all budgets. All the necessary paints, wallpapers, lighting, and accessories are available now in B&Q stores nationwide or for delivery via www.diy.com.

Laura recommends



[Flip Clock Retro Alarm](#) -
£34.95



[Oskar Acacia 190cm Extra Large Grooved TV Unit](#) -
£299.95



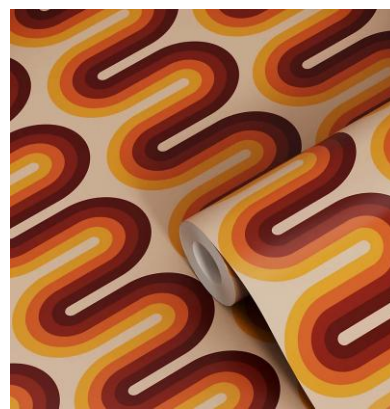
[GoodHome Durable Chueca Matt Emulsion paint](#) - £18



[Benross Classic Retro Telephone](#) - £25.99



[Cookology Retro Microwave](#) -
£69.99



[Bobbi Beck eco-friendly retro line wallpaper](#) - £84 (£16 per m²)

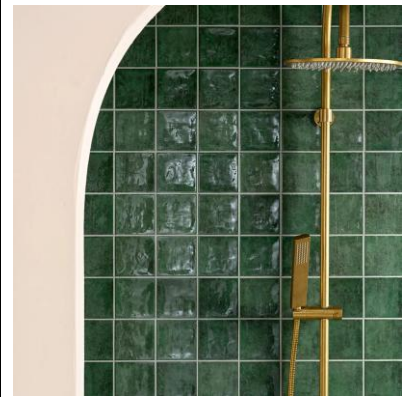
B&Q



[Envy Morse Coral & Navy Geometric Smooth Wallpaper](#)
- £45 (5.2m²)



[Ca' Pietra Nebula Spring Bloom Green & Pink Matt Porcelain Indoor Floor & wall tile, Pack of 10](#) - £55.50



[Ca' Pietra Casamar Green Gloss Zellige Embossed Ceramic Indoor Wall tile, pack of 25](#) - £55



[Envy In the Loop Choc Orange Geometric Wallpaper](#)
- £36.80 (£7.08 per m²)



[Cheshire Mouldings Tongue & Groove MDF Modern Wall panelling kit](#) - £49



[GoodHome Kotenay Gloss Brass effect Floor lamp](#) - £60

Next day Click + Collect delivery is available on many products for a convenient shopping experience and B&Q Club members enjoy rewards every time they shop - helping them to create a home they love. For more information visit: www.diy.com.

ENDS

*Google trends data

**<https://www.tiktok.com/tag/retrohome?lang=en>

***Number of "DIY Panelling" TikToks in January 2025 = 45.3m

**Notes to editors:**

For more information, images and sample requests, please contact b-and-q@wearetheromans.com

About B&Q:

B&Q is the UK's leading home improvement and garden living retailer with over 300 stores throughout the UK and Ireland, offering great prices, with over 2 million products available to order at diy.com for home delivery or click and collect.

For trade professionals, B&Q TradePoint offers exclusive membership to those in trades such as electricians, plasterers, fitters, plumbers, roofers, decorators, joiners, tilers, builders, landscapers and facilities and maintenance professionals. TradePoint members have exclusive access to dedicated TradePoint counters at around 200 B&Q stores as well as to [Tradepoint.co.uk](https://www.tradepoint.co.uk).

B&Q launched the UK's first home improvement marketplace in March 2022, adding additional choice for consumers. The Marketplace offers a unique, integrated experience with in-store returns for many products and, as of July 2025, Click + Collect options too. B&Q's Marketplace at diy.com offers over 2 million products from over 2,000 third-party sellers alongside products for sale from B&Q.

Their team of more than 20,000 colleagues of all ages are respected nationwide for providing great home improvement help to customers. They're the beating heart of B&Q and their iconic orange aprons are worn with pride.

Every year, more than 20 million people improve their homes and make life better with B&Q, and every year the company achieves ever-higher standards for sustainable operations and sourcing, and supports our local communities, including funding B&Q Foundation grants and Shelter's DIY Skills Advisors. For more information on our community initiatives visit diy.com/corporate/community or to read our Build a Life Project annual report visit diy.com/responsible-business

B&Q is part of Kingfisher plc, the international home improvement company, operating over 1,900 stores in 7 countries across Europe.

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