

### 3 Style Tips for Mindfulness in Your Home

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Rebecca Snowden, Interior Style Advisor at Furniture Choice shares 3 tips on how to create a relaxing space that can also boost wellness.

With wellness being front and centre in people's minds, it's no wonder that creating a serene, happy space has become a huge interior trend to explore. Combining the best of Scandi comfort and health-focused influences - think aromatherapy, colour psychology, and lots of plants and greenery - this wellness trend is growing, and here to stay.

#### 1. Introduce small, meaningful accessories

When it comes to embracing a happier and productive space, a little goes a long way. "The trick is to decorate smart," says Rebecca. "Go with decor elements that will easily switch up the ambience of the room, like scented candles and aroma diffusers for an instant pick-me-up."

Sarah Duncan, Reiki therapist and founder of Soul Candles (<https://www.soulcandles.co.uk/>), discusses the benefits of these stylish and practical accessories, and the importance of turning the home into a sanctuary. "I'm a big believer in the effects and benefits of using aromatherapy oils in the home, and the two easiest ways of going about it are with candles and diffusers."

"While candles can really set the mood, you can get the same effects - and do away with potential fire risks - by opting for a diffuser, and then selecting the right oils for the right space. For example, our Relax range is ideal for the bedroom and winding down after a long day - notes like lavender, geranium and ylang ylang will lift your mood and improve cognitive function. For livelier spaces, such as the living or dining room, go with our Uplift range to awaken the senses."

#### 2. Decorate with natural materials and plenty of greenery

It's no secret that natural homeware and decor are big this year, with rattan pieces and the tropical aesthetic shaping up to be hot summer favourites.

"Woven rugs, wooden furniture and rattan baskets are ideal picks for this look," Rebecca says. "They lend a handcrafted appeal that complements the understated, calm tones of the space."

"This is also a perfect opportunity to exercise creativity and incorporate some DIY decor. So whether it's customised shelving or macrame wall art, the end result is a personalised creation that scores big on style without breaking the bank."

Another mood lifter to consider: indoor plants. "Greenery can be key when it comes to promoting productivity and a healthier wellbeing," says Rebecca. "Succulents and cacti are easy to care for, but for a statement-worthy investment, a terrarium would make for a stunning feature piece."

#### 3. Build a calm, energised setting with colours and texture

Taking visual cues from the Hygge craze last year, neutrals can set the mood for a relaxing space. "Taupe, ivory and trendy sage lend a sophisticated look that'll work beautifully for a calm interior," Rebecca advises. "These hues are a great foundation to work with, matching easily with other colours, and can be kept pared back or dressed up depending on your preferences."

"Neutral tones are also perfect as a background for more dramatic accent colours. Sunny shades like yellow provide a cheerful burst of creativity, while giving your space charm and personality."

"And when it comes to dialling up the comfort, layer in different textures. Think elements like a plush sofa, soft throws and even a fluffy faux fur rug for a huge boost in cosiness."

## ENDS

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Read our Advice & Inspiration article on The Art of Wellness: Styling with Calm Shades ([https://www.furniturechoice.co.uk/advice-and-inspiration/the-art-of-wellness-styling-with-calm-shades\\_a10000020](https://www.furniturechoice.co.uk/advice-and-inspiration/the-art-of-wellness-styling-with-calm-shades_a10000020)).

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Founded in 2005, FurnitureChoice.co.uk (<https://www.furniturechoice.co.uk/>) is an independent furniture retailer. The company combines a deep knowledge of contemporary furniture manufacturing with first-class e-commerce expertise.

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