How to make your home a personal sanctuary

In today's ever connected world, it has become more crucial than ever to find a way to relax and de-stress, and recent studies are pointing to a simple solution: give your home a revamp to make it feel like a retreat.



GET RID OF EXCESS ITEMS

- [ ] Studies have shown that a chaotic and messy home can lead to anxiety and stress. So before adding the blissful touches, you need to get rid of the clutter. This may be a challenge, but once crossed off your list, you will feel cleansed. Just make sure to be strict on yourself and think, if you haven't used an item in a year, do you really need it? For those things you simply can't bring yourself to throw out but that are taking up space, turn to storage solutions like Spacer.com.au where you can rent space affordably off locals who have room to spare.

BRING THE OUTDOORS IN

- [ ] Now it's time to add the touches that will make your home ooze with serenity. Start by bringing in some greenery. Leafy plants of yellow and greens make us feel more calm and one with nature. Not only does it look stunning and stylish, but it also freshens up the air in your home and is known for making people feel more relaxed.

ADD CANDLES AND ESSENTIAL OILS

- [ ] Jazz up your home with calming fragrances from candles and essential oil diffusers. There is nothing that feels more luxurious than coming home and to the smell of a beautiful candle or diffuser burning. Top oils that are known for helping with anxiety include Lavender, Rose, Vetiver and Ylang Ylang.

TURN YOUR BATHROOM INTO A SPA

- [ ] With a few simple touches you can transform your bathroom into an everyday spa. Treat yourself to a fluffy bathrobe, a luxe

bath-bomb, a gorgeous candle and a natural facial mask. Towels and beauty touches in colours you would associate with nature will make it look and feel like a real spa. Stage your bathroom with these products and make sure that you put time away for a long, relaxing bath at least once a week to reload.

HIDE ELECTRICAL CORDS

- [ ] Electronics forces us to be constantly switched on and reminds us of work. Getting rid of your TV may be too much to ask but simply hiding the electrical cords will make a dramatic difference. Invest in storage in earthy materials like wooden boxes or woven baskets. This will not only balance your home but will also make it look dazzling.

CREATE A 'HAPPY SPOT'

- [ ] Knowing you have a happiness spot where you can sit, relax or meditate will get you in the zone when you want to boost your mood. To create this, choose a seat that you feel comfy in, maybe a beanbag on the floor? Play your favourite music and keep some personal visual, like family photos, close by to keep you focused on what makes you happy. Do this 15 minutes a day to give yourself some 'me time' and to rewind.

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