

GardensLiving

An exclusive magazine serving Everglades, Sanctuary, Crystal Pointe, Frenchman's Creek, Frenchman's Reserve, Frenchman's Landing, The Isles, Steeplechase, Paloma, San Michele

The Nicklers

Treasuring Family



Best Version Media

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Stress Relief Your Interior



By JoAnn Munro, ASID

The way that you live in your home spills out into the rest of your life, so creating an atmosphere that reflects your deepest desires and loftiest dreams is key. A touch of *feng shui* can help you relax and enjoy the journey.

Consider this: Your sub-consciousness “sees” everything, absorbing and processing messages from your environment. A home filled with unwanted gifts, dying plants, and cluttered closets sends an entirely different message than one brimming with treasured objects, vibrant flowers, and neatly organized closets. Even the smallest details have an impact. As the Dalai Lama says, “A loving atmosphere in your home is the foundation for your life.”

Having said all that, here are some *feng shui* tips to help create the *right* foundation for your home:

- Add a calming fountain and/or soft music or white noise to your home’s entrance to set the tone for the rest of your home. Nature sounds such as birds, rain, island breezes, and a soft rolling surf send a particularly

soothing initial message that can be echoed in other relaxation areas like bedrooms.

- Choose smoothly transitioning flooring materials for your home’s entrance. Maintaining similar flooring materials seems to expand your home’s space. Stone, wood, tile, and stained concrete floors and easily cleaned, with comfortable rugs providing beautiful accents.
 - Don’t be afraid to mix natural materials and textures (such as shells in a handmade bowl of raffia).
 - Don’t forget to consider the psychology of color. Too many intense, bright colors can be stressful. Control them by surrounding them with neutral colors and natural materials.
 - Remember that neutral can be beautiful (as well as easy). Neutral or “non-colors” such as black and white and shades of cream, beige and brown become more interesting when you mix textures and patterns.
 - When choosing art and décor, opt for an uncluttered look with clean, straight or softly curvy lines. (Balance, proportion and scale of objects can be asymmetrical or symmetrical.)
 - Opt for green design, incorporating sustainable products (like bamboo, natural cotton, wool, and linens) for healthier living.
 - Bring the outdoors in by framing your most beautiful views, not hiding or covering them.
 - Open windows for natural ventilation when possible. Releasing VOCs (volatile organic compounds) from your environment can help prevent the headaches, itchy eyes and scratchy throats they sometimes cause.
 - Embrace aromatherapy. Candles and essential oils can help clear and calm the senses.
 - Make your bedroom a haven for rest and relaxation. Have a chair and ottoman for reading – but *NO TV!*
 - Make your bathroom a spa with chromo-therapy lighting and a jetted tub and/or rain shower.
- Remember that *feng shui* and the psychology of interior design are essential to creating a happy, healthy home.

-Your Interior Psychologist, JoAnn Munro, ASID ■



CREATING A
Drop Dead Look
 without getting killed in the process

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