

10 Ways to Add a Calming, Relaxing Ambience to Your Living Space



#1

To tame visual clutter, and open up surface space, use closed storage, such as baskets which come in a variety of sizes. Also, bookcases or cabinets with doors help streamline, and add a seamless, calming flow to to a room.

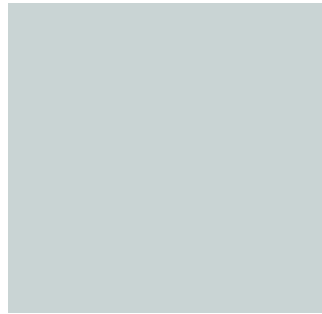


#2

Use cool colors as a backdrop for your wall pallet. Greens and blues mixed with grays and whites are reminiscent of water - oceans, lakes and rivers which have a calming effect on mood. Here are some examples:



Blue Willow - Behr



Wedgewood Gray - Benjamin Moore



#3

Switch from high to low lighting. Overhead ceiling lighting is great to illuminate the entire space of a room when needed. To create calming, soothing ambience to a space, it's great to have a dimmer on the overhead light. Another option for creating that ambience is using a pair of lamps such as on nightstands in the bedroom, or even on the dresser. Other options are to have a pair lamps on a cabinet or sideboard, or sofa table in the living room directly behind the sofa.



#4

Fresh flowers add cheer and freshness to any room. The scent of roses especially provides a sweet escape and reminder to “stop and smell those beautiful blooms,” i.e. slow down.



#5

Relaxing your gaze on an impressionistic piece of art, such as, landscapes, townscapes, etc. has the quality of transporting one to another time and place.



#6

Add soft treatments around windows, even if just a window scarf



#7

Add candles either tapered on pretty holders, or in hurricane vases to a dining room table, fireplace mantle, or smaller votives to a bath area.



#8

For a rustic calm, find creative ways to incorporate organic elements of nature



#9

Strive toward an open and airy feel. You aren't necessarily a minimalist if you prefer ample space for traffic flow, and a neutral airy backdrop in your wall palette. It gives you the freedom to experiment with complimentary colors and patterns in accessories for a relaxing yet classic aesthetic.



#10

For a calming respite outdoors

Build a pond in your back yard, or purchase a fountain from a local garden center

