

5 ways to make your space more calming

Tidy up.

De-cluttering and organizing are therapeutic. A clean space is good for your well-being.

Add natural elements.

Use wooden pieces and add a plant or two to feel more connected with nature.

Find the right lighting.

Use a soft and warm light to create a cozy ambiance.

Move furniture.

Rearranging will give you more space and a new-old spot to enjoy relaxing in.

Add a pleasant aroma.

Use scented candles, a room spray, or a diffuser to create a pleasant environment.