
Mindful Living



Mindful Living Autumn Winter



A wellness inspired space that embraces disconnecting and mindful living will likely become a favourite spot in the home.

Turning to wellness inspired design, Rebecca Snowden, Interior Style Advisor at Furniture Choice, advises to allocate a corner in the home that's dedicated to relaxation. "If you have a work desk at home, it's a good idea to carve out a zen zone within the same room for quick stretch breaks," says Rebecca. A little nook will do; just enough space for preferred stretches. Fit it out with a yoga mat or thick rug for comfort.

"Getting enough good quality sleep is important, so encourage restful slumber by creating a calm and inviting bedroom," she says. Introduce neutrals in varying tones for interest and depth - perennial hues to try include white, soft grey and the recently popular greige. Comfortable bedding with soft layers like wool or faux fur helps set the tone for a soothing, restful environment. "And where possible, go with furniture that feature curves and organic lines instead of straight, sharp edges."

Nothing relaxes the mind more than being surrounded by nature; particularly, plants. Choose a mix of large and small greenery, and varieties that help clean the air while soothing the eyes. To continue the natural theme, pick furnishings made with materials like wood, rattan, or clay. She explains, "The warmth and rawness of their surfaces contribute to a design that has a relaxing, back to nature vibe that's perfect for mindful living."

Hi-res images are available for download at www.furniturechoice.co.uk/about-us/press-centre/autumn-winter-2019/mindful-living/ »

About Furniture Choice

Furniture Choice launched in 2005 as an independent, online, furniture retailer, matching a deep knowledge of contemporary furniture manufacturing with first-class e-commerce expertise.

With a dedicated UK call-centre and an experienced quality control team in Asia, Furniture Choice is able to offer customers the greatest variety of high quality contemporary furniture and best-in-class customer service, backed-up with fast, free delivery and returns.

For more information please contact Amthal Karim on [0800 035 0070 ext.224](tel:08000350070) or mail press@furniturechoice.co.uk »

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Kenley Oatmeal Fabric Ottoman Storage Bed - King Size

£449.99

Kenley Oatmeal Fabric Ottoman Storage Bed - Double

£399.99



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Denver White Wooden Bed - King Size
£239.99

Denver White Wooden Bed - Double
£219.99

Denver White Wooden Bed - Small Double
£219.99

Denver White Wooden Bed - Single
£169.99

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Milton Dining Table - White 120cm
£149.99

Pendle Dining Chair - White
£59.99 per chair



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Harlow Dove Grey Plush Fabric Corner Sofa
£899.99

Harlow Dove Grey Plush Fabric L Shape
Corner Sofa
£699.99

Harlow Dove Grey Plush Fabric 3 Seater Sofa
£499.99

Harlow Dove Grey Plush Fabric 2 Seater Sofa
£399.99

Harlow Dove Grey Plush Fabric Armchair
£299.99



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