

## Introduce Mindful Living Into The Home For 2020

*Everything is fast, easy and digital, yet natural instinct pushes us to disconnect and slow down to regain our sense and quality of life.*

*As a fresh start to the new year, Rebecca Snowden, Interior Style Advisor at [Furniture Choice](https://www.furniturechoice.co.uk), shares 3 style tips for designing a home that's focused on mindful living.*

### 1. Start with a clean and calm neutral palette



Begin the year refreshed and rejuvenated with the help of a home environment that focuses on living well.

*Ring in the new year in a relaxed and mindful manner with the help of a home environment that focuses on living well.*

Start by introducing a quality of softness into the home, coupled with interior design that's comforting and inviting. "Let the intention of creating a clean and soothing ambience guide your design decisions," advises Rebecca. "Ultimately, the goal is to create a personal haven you'll love going home to relax in."

Make it a priority to get plenty of good quality sleep. In the bedroom, a white wooden bed presents the perfect starting point in a space meant for restful slumber. Introduce neutrals in varying tones for interest and depth. Safe, perennial hues to try include white, soft grey and the recently popular greige.

Select comfortable bedding with minimal prints to focus on creating an uncluttered, restful environment. Where possible, go with furniture that feature curves and organic lines instead of

sharp, straight edges.

[Denver White Wooden Double Bed](https://www.furniturechoice.co.uk) - £219.99 - [www.furniturechoice.co.uk](https://www.furniturechoice.co.uk)

## 2. Nature is nurturing

Nothing relaxes the mind more than being surrounded by nature; particularly, plants. Start the year on a green note by maximising on the benefits of having indoor plants. Choose a mix of large and small greenery, and varieties that help clean the air. Leafy, trailing plants also inject a little wildness to create a tropical inspired ambience.

Besides making the air fresher, their lush green colour is soothing on the eyes after a long day of working with screens.

To continue the natural theme, pick furnishings made with materials like wood, rattan, or clay. "The warmth and rawness of their surfaces contribute to a design that has a soothing, back to nature vibe," says Rebecca.



[Harlow Dove Grey 2 Seater Sofa](https://www.furniturechoice.co.uk) - £399.99 - [www.furniturechoice.co.uk](https://www.furniturechoice.co.uk)

## 3. Dedicate a corner for conscious relaxation



[Milton Dining Table White](#) - £149.99, [Pendle Dining Chair White](#) - £59.99 - [www.furniturechoice.co.uk](http://www.furniturechoice.co.uk)

As a reminder to make wellbeing a priority for the year ahead, allocate a corner that's dedicated to relaxation. "A little nook will do; you'll only need enough space to practise your preferred stretches," says Rebecca. For meditation and stretching exercises, fit it out with a yoga mat or thick rug. "And 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."

Maintaining the same neutral palette, style the space in light hues, and include plenty of plants. Another factor to consider is the accessibility of natural daylight, as it can help reset a confused circadian rhythm. A wellness inspired space that embraces disconnecting and being present will likely become a favourite spot in the home.

## **ENDS**

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For media enquiries, please email [press@furniturechoice.co.uk](mailto:press@furniturechoice.co.uk), or call Amthal Karim (0333 015 0000, ext: 224) or Rebecca Snowden (ext: 225).

### **About Furniture Choice:**

Founded in 2005, [FurnitureChoice.co.uk](http://FurnitureChoice.co.uk) is an independent furniture retailer. The company combines 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. To find out more visit <http://www.furniturechoice.co.uk/about-us/>.