

HOME

SANCTUARY

Declutter, Simplify, and Relax
the Natural Way

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**Home Sanctuary: Declutter, Simplify,
and Relax the Natural Way**

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Chapter 1: Introduction



Your whole body aches from running around all day. Finally getting home you

should be able to sit back and relax. But the moment you take your first step into the house, stress and chaos surrounds you.

A pile of mail is in a sloppy stack by the door. More clutter is lying around.

Email is piling up and the TV calls out for you to sit zombie like in front of it as a way to “unwind”. Is this what a home should really feel like?

What Happened to “Welcome Home”?

If you feel as though you're in constant motion, from the moment your alarm goes off to the second your head meets the pillow, you're not alone. It's hard to break away from the never-ending cycle that has you running in different directions and tearing at your hair.

As a result there's no room to relax, no time to rest, and no time to focus on yourself. This can all lead to a cluttered, disorganized, stressful and hectic home. It gets to the point where your home is no longer welcoming, no longer inviting. **Your home becomes just another**

obstacle to overcome.

That's not what you want.

Turning Your Home Into a Sanctuary

We have taken inspiration from the tropics to create ‘Home Sanctuaries’. Relaxed home lifestyles based on everything from simplified home décor styles and decluttering solutions, to organic home spa recipes and treatments.

Part 1 of ‘Home Sanctuary’ goes over creating a relaxing home:

The Fountain of Inspiration. Create your own coffee table Look Book as a source of inspiration to creating your ideal home.

Turn your home into a tropical

oasis. Bring the outside in with the natural interior design principle. Beautify your home with natural materials, one room at a time. Stop tossing and turning at night by creating a soothing bedroom atmosphere for a more rejuvenating nights rest.

Simplified living. Get started decluttering and organizing your home to create an enjoyable and comfortable space.

Part 2 will cover the different ways to relax at home:

Decluttering the mind. The first thing to do when stepping through your home is to focus first on relaxing

the mind. From here we can then work on relaxing the body. Find out the fastest and easiest way to relax the mind when you step home.

Learn how to do simple home spa treatments. Recreate the spa experience at home. Find out about aromatherapy oils and their different effects. Soak in a home bath spa treatment or give yourself a soft facial with natural herbs and essential oils. And check out the easy to make home spa drink recipes.

Reap the Benefits of a Relaxing Home

Your home should be your sanctuary. A place of solitude, a place of comfort. A relaxing home can help create better relationships. It can also boost your energy and creativity.

Creating Better Relationships.

Negative energy can build, and all that stress can pile up until you're on the brink of explosion.

A clean and clutter free home helps create a feeling of balance, a feeling of joy in coming home, and joy in being at home.

Experience Happiness. Instead of clinging to that feeling of dread every time you walk into the door, experience the joy of a clean, clutter-free environment. Simply keeping your home organized can give your life balance, make you more productive, and give you a sense of control.

A Sense of Pride. Did you ever welcome a guest, only to immediately feel embarrassed about the state of your home? Instead, be proud of your home and the work you put into creating a beautiful environment.

There's work involved, but it doesn't have to be back-breaking hard. You may

even enjoy the transformation.

Chapter 2: Getting Started – Creating a Fountain of Inspiration

Your home can be a sweet retreat from your hectic workload, tranquil and filled with harmony, where you can cut yourself off from outside stress and find peace of mind.

But before you can create such a place, you need to know what you want.

First Thing's First



Envision the end result.

Having a picture in mind, an image of what you want your home to look like before you actually get to work, can

keep you focused. Suddenly, you have a road map.

Too many households fail to keep things organized and create harmony in their lives because they don't have a clear vision. They're too stuck in their hectic lifestyles to reflect on the way they live. To transform your home, you need a map. Only then can you start making changes.

A Source of Inspiration

A Look Book is a fantastic source of inspiration when looking to create that ideal living environment you've always wanted.

You might have seen a number of Look Books before. These are coffee table books that are filled with large, gorgeous pictures. They could be Look Books of different types of homes, cars, fashion styles, or anything really. Here we want to create your own personalized Look Book.

Your Look Book will be filled with pictures of:

Homes and rooms you find amazing

Décor styles you admire

Furniture pieces you'd put onto your wish list

DIY projects you want to do in the future

Art pieces you'd love to see hanging on your walls

Anything you find inspiring

For an example of a Look Book, visit ours at

<http://balihomeliving.tumblr.com/>. Think of your Look Book as a visual reference guide. Every time you look through it, you'll be inspired to transform your home.

Building Your Look Book

Pinterest.com is a great place to see other peoples Look Books and develop your own. People create Pinterest ‘boards’ to organize their inspiration pieces. For example, a person can create a board on ‘master bedroom ideas’ where they collect images and links related to the master bedroom.

The best way to create your Look Book:

- 1. Choose the location of your Look Book.** Pinterest.com is a great way to build your Look Book. They make it easy to collect and organize images and ideas. Another option would be

to print out your images and create a scrap book or hang them on a wall. I would recommend using a separate folder on your computer's desktop. This gives you easier access and faster viewing than using Pinterest. Give your folder a name ("Gallery," for example) and create a series of subfolders where you'll store images and other sources of inspiration. You can make subfolders for each room in your house, different styles of art, interior designs, or DIY projects.

2. Add photos and images to your gallery. Surf through Google images, Pinterest, and lifestyle blogs for inspiration. Does anything catch your

eye? Add it to your Look Book.

Tip: By putting an underscore “_” at the beginning of a folders name, that folder will be at the top of the list, marking it as important (as seen below).

Gallery

Organize Open Include in library Share with Burn New folder

Search Gall...

	Name	Date modified	Type	Size
Favorites				
Desktop	_books	12/22/2011 6:46 AM	File folder	
Downloads	_music	12/22/2011 6:17 AM	File folder	
Recent Places	_MyPhotos	4/28/2012 7:26 PM	File folder	
Dropbox	Architecture	12/16/2011 1:36 PM	File folder	
	BathroomDesign	6/19/2012 11:57 PM	File folder	
Libraries	Bookcovers	12/15/2011 5:01 PM	File folder	
Documents	Cars	12/15/2011 5:14 PM	File folder	
Music	Crafts	12/15/2011 4:56 PM	File folder	
Pictures	Decor	4/26/2012 3:26 PM	File folder	
Videos	DesignResources	1/6/2012 12:26 PM	File folder	
	Digital	12/15/2011 4:56 PM	File folder	
Homegroup	DIY	6/13/2012 8:59 PM	File folder	
	Fashion	5/14/2012 1:26 AM	File folder	
Computer	Fishtanks	12/15/2011 4:37 PM	File folder	
Local Disk (C:)	Funny	5/11/2012 12:16 PM	File folder	
Data (D:)	GraphicDesign	5/17/2012 12:22 AM	File folder	
MEDIAIRECT (E:)	Illustrations	12/15/2011 4:56 PM	File folder	
	Interior Design	5/27/2012 11:14 AM	File folder	
Network	JapaneseArt	5/11/2012 11:43 PM	File folder	
	LightFixtures	2/29/2012 8:22 AM	File folder	
	Wallpapers	Date modified: 12/15/2011 4:52 PM	File folder	

Here are some amazing home and lifestyle blogs to help you get started looking for inspiration:

Vintage home DIY:

<http://abeautifulmess.typepad.com/>

Home design blog:

<http://www.designsponge.com/category/peeks>

Home lighting design:

<http://lightsandlights.com/>

Scandinavian home design:

<http://frenchbydesign.blogspot.com/>

You and Your Look Book

* A Look Book will save you time when it comes to future home projects. Say sometime in the future you want to remodel your kitchen or want to buy artwork to hang up on your walls. You'll have a folder of images you've collected that you can instantly use as inspiration for your project or as a starting point to find more inspiration and references.

* It is fun surfing for and collecting beautiful and inspiring images (that's why Pinterest is so popular).

* Every now and again, go back to

these folders and images and look them over. If the images wowed you when you first saw them, they will continue to be inspiring and will make you want to create your ideal home too.

Chapter 3: Creating a Home Sanctuary (Relaxing Home Décor)

Your Look Book will help you stay focus on creating the type of home you want. To help you get started on creating a relaxing home space, we've gone and found inspiration from some of the most relaxing places around – spas and topical homes.

Spa-like Home Decor

Spas and tropical homes tend to use the same design principles. They create calm environments that appeal to our senses. This is done using the natural interior design principle which is to bring the outside in by using as much natural materials as possible. Natural materials are used to bring in the spirit of nature, imparting their unique visual and aromatic characteristics on a room. So you would see a lot of wood, stone and greenery being used to decorate these spaces.

This design principle can be applied to any home. You'll be benefiting from a more natural home environment, full of

beautiful wooden grains and stone textures. Greenery, making use of house plants, not only adds an organic color palette to your home, it also helps clean the air. So too would a water feature like a simple plug-in bamboo fountain.

Exploring the Tropics

Wood can be used for large furniture pieces such as bed frames, and couches. Wicker is lightweight, inexpensive, durable and airy. While teak, a hardwood, has unique oils that help it resist mold.

Here are some simple wooden décor pieces to consider:

Wicker Baskets: Wicker baskets have many uses. Use them to hold

trash, carry items, or store supplies. Made with entwined strands of rattan or bamboo wood, wicker baskets are long lasting and can be easily carried around the house. Use them to gather items and free your rooms of sprawling clutter. Turn them into fruit baskets, small trays, storage boxes, laundry hampers, magazine racks, or trash bins.

Bamboo Shades: Bamboo shades offer your room a nice finishing touch. Natural grass, bamboo, reeds, and jute work together to create a woven shade that is both practical and beautiful, instantly making your home environmentally friendly while

creating a relaxing atmosphere. You can also attach these shades to both the inside and outside of your windows. Roll up shades can reduce sunlight on the porch in especially sunny areas. Roman bamboo shades, on the other hand, offer greater insulation against light, and heat.

Teak Benches: Bring comfort to your bathroom with a teak shower bench. These shower benches can last a while without losing their shape or becoming damaged with mildew. Not convinced? A teak shower bench protected with sealant, oil, or varnish can last even longer. Add in some flowers, fresh towels, and a wooden

bathmat and you'll have created a spa like bathroom.

Bamboo Pictures Frames: Decorate your walls by putting up photos in an all natural bamboo picture frame.

Stone can be brought into the house through a number of ways. Stone bowls can be used in bathrooms or by the front door to keep loose items together. Stone statues can be used to decorate hallways and living rooms, while stone wall ornaments can decorate plain walls.

At www.balihomeliving.com/catalogue we've gathered a range of beautiful items to decorate your home, all of which can be purchased online.

Tapping into Nature

Not only do plants offer a refreshing change in your home environment, but they also cleanse the air. Try adding plants to rooms where you spend the majority of your time. Usually this will be your bedroom, living room or work space.

Use wicker pots to house these plants. For example, if you have a dedicated office at home, you may want to place a potted plant right on your desktop near your computer. Use the corners of the room for placing large plants. A pot of flowers might also work well as a centerpiece on your dining room table.



Ideas for a More Relaxing Home

Later on we will go over how to make your home smell like a spa. For now, here are some other ideas that will help in creating a more relaxing home.

Brightening the Walls

Plain walls can easily make a space feel sterile. To create a relaxing room you'll need light colored walls. Use a light paint color that mimics sunlight. This will make a room appear larger and brighter.

Making Better Use of a Space

A room divider can turn a large space

into a cozier one. You can also use room dividers to hide items from view (like any workout equipment or a home office that shares space with your living room). The cheapest way to add a room divider would be to put up a curtain divider. Simply screw a rail to the ceiling and swing the curtains closed. These curtains can be made out of bamboo, or your fabric of choice.

Large and Fluffy

Try taking outdoor furniture cushions inside. Outdoor cushions are made to be water and stain-resistant. They also last a long time with very minimal upkeep. Since most are oversized, they make for relaxing and informal lounging areas.

Lighting to Match Your Mood

The lighting within a room can have a major impact on how the space feels. There are a number of ways to use lighting to create a more relaxing environment. Mood lights can help brighten a room. Use yellow light when it is grey and cold outside. Or paint the walls with blue or green light depending on your mood. Cool colors such as blue and purple are calming, while warm colors like orange and yellow are energizing.

There are a number of modern mood lamps that use LED lights, allowing you to change the color of the lamp to any color you want. They can be set to cycle

through different colors and are remote control. Two popular choices are the Yantouch Jellyfish which resembles an iPad, and then there is the Philips Living Colors collection. An inexpensive alternative to these sleek devices is to use an LED color changing light bulb. These can be simply fitted into normal light sockets in the ceiling or in lamps, and can be controlled via a remote (all of these items can be found at

www.balihomeliving.com/catalogue).

Another inexpensive alternative is to replace your lamp shades. Using a deep red or blue colored lamp shade will wash the room in that color.

When it comes to lighting a room, you

will want to use a number of different light fixtures. This creates different lighting effects and layers. Avoid using overhead lighting when you want to turn a room into a relaxing and cozy space at night. Turn off the ceiling lights and instead use table, floor, or mood lights. Use lights around areas of the room that should be focused on. For example in the bedroom, putting lights behind the headboard focuses our attention to the bed. Side table lights are another ideal option. If you would like to create a whimsical and enchanting atmosphere in your bedroom, look to using string lights above your bed.

In the living room, place floor lamps

next to the couch. They bring our focus to this area, and are in easy access while sitting down. There are also decorative floor lamps that bring ambient and soothing lighting to a room. Twig lamps are branches that have lights on them. These can be store bought or even made at home. All you need to make one of these lamps is to find a number of tree branches (you can leave them plain or paint them), stand them up by planting them into a pot of sand, and then wrap string lights around them.

In the bathroom, candles would be the go to choice. If you are afraid of them being a fire hazard, place a number of floating candles into a bowl of water. Another

alternative is to use LED lights. You can find ones that mimic the look and feel (and are even scented) of a candle.

There are also LED spa lights which can float in the bathtub or be stuck to the walls. A number of these in the bathroom will create a relaxing and soft glow of light.

You can instantly transform a room from a function space to a more relaxing one by installing dimmer switches. They allow you to have absolute control of the lighting in a room, and you can even get switches that are remote controlled.

Another way to help make a room feel more relaxing and secluded is to use blinds and curtains. These help add

privacy while blocking out outside noise and light coming into the room.

A Good Night's Sleep (A Sanctuary within a Sanctuary)

Your bedroom is where you sleep, relax and rejuvenate, ready for the next day. So it is highly important to have a simple, relaxing and soothing bedroom.



Use these tips to make sure your bedroom is one of the most relaxing spots in your home.

Dim your lights. Soft lighting can set you in the mood for a restful sleep. Try lighting your bedroom with

dimmer switches or only use floor and table lamps when nearing time to sleep.

A place to rest. Try to keep as much as possible out of your bedroom. Get rid of clutter, work papers, bills, etc. Fictional books help us in getting to sleep while non fiction books stimulate the mind, so try and keep those non fiction titles out of the bedroom.

Give your walls a fresh coat of paint. Color can have a relaxing effect on your mind. Light pink, blue, mint green, ivory or ochre set a soothing atmosphere. Stay away from bright, flashy colors.

Include a pampering station. Move a nightstand beside your bed and fill the drawers with soft lip balm, and moisturizers (we go over making relaxing and organic homemade lip balms, moisturizers, and perfumes at the website:

www.balihomeliving.com).

Get comfy. Use bed sheets that have 100% natural fibers, like cotton or linen, and layer your sheets for a more decorative look. Switch out your pillows every couple of years.

Creating a relaxing bedroom can help you have a more restful sleep.

Chapter 4: Simplified and Clutter Free Living

There's no use working on the interior design of your home if clutter is just going to steal attention away from the hard work you put into it. Let's start managing that clutter one room at a time until your home is transformed into a clean, serene environment.

The World of a Minimalist



There is a growing trend of people who are going down the minimalist route.

They are getting rid of a lot of their possessions, some even going to the extreme of only owning 100 items or less.

Why? Because they desire a simpler lifestyle. The more stuff we own, the more time and energy it all sucks out of us.

Minimalists rather have fewer possessions which are more meaningful. Instead of owning 7 average shoes, they will sell them off and buy 2 high end pairs. Instead of having shelves of bits and pieces from different vacations, they'll hold onto the few that mean the most. Clutter and possessions can distract us from what is most valuable in

life.

“The more you have, the more you are occupied. The less you have, the more free you are.”

- Mother Theresa

Possessions bring temporary happiness while experiences, memories, being in control, and being free can create lifelong happiness.

Simple Living and Happiness

Imagine a place where everything is clean and organized. Expensive clothes that you couldn't bear to part with 10 years ago no longer take over your closet. You can find what you need when you need it, without running around in circles or replacing what was lost. You no longer hoard items that might be useful "someday."

By turning your home into a clutter-free environment, you...

Focus on what matters. By getting rid of the nonessentials, you are more focused on what brings value and

meaning to your life. You're forced to make an immediate decision on what to keep in your home and what to get rid of. Your life suddenly becomes less complicated.

Pad up your wallet. No longer will you go on excessive shopping sprees that only end up leaving you bankrupt. Every time you go shopping, you'll think more about the items you buy and whether or not they're really necessary. You become less inclined to make purchases and can instead save your hard-earned money.

Feel confident. When you start making those tough decisions about what stays and what goes, you begin

to feel powerful. You feel a sense of achievement, and you become empowered. Your possessions no longer control you, you control them.

The good news? You don't have to be an extreme minimalist to experience these benefits of living completely clutter-free.

Getting Rid of Clutter

Clutter doesn't have to take over your life. With a few simple steps, you'll be that much closer to overcoming clutter and improving your quality of living.

Build Up Momentum

By starting off small and essentially breaking up large projects into smaller pieces, you're more motivated to transform your home into a clutter-free environment.

Some people rather spend a whole day to take on the entire house. It is perfectly normal to continuously work on decluttering your home over a number of weeks or months. You can do one sweep

of an area, say your closet, and get rid of the major items that are not needed. Then the next week you take another sweep at the closet, focusing on smaller items or draws. It doesn't have to be perfect the first time round. A clutter free life is a continual process.

Build up momentum by starting with a small project. For example a good place to start would be to buy a decorative bowl. This can be placed by the door, on the coffee table, or anywhere where clutter breeds. Gather all the clutter and place it in the bowl. Now instead of the clutter being sprawled all over the place, it is all collected in the bowl, moving you closer to a clutter free home.

See if you can plan what you want to do the night before. They saying having more than 3 priorities in a day means you have no priorities at all. 3 is the magic number. Keep a list of the 3 top things you want to get accomplished the next day, this includes other major personal and work related tasks.

By taking small steps, decluttering your home becomes a reality. And you'll be surprised with what you can accomplish simply by completing the small tasks first.

The 80/20 Rule of Simple Living

You can apply the Pareto Principle to

your own lifestyle to make decluttering easy and painless. By evaluating your possessions and removing the nonessentials, you can efficiently complete decluttering tasks throughout the day.

For example, most of the time you'll use 20% of your possessions 80% of the time. Remove the other 80% of items that you don't use that much.

This rule can be applied to each area of your house. If you're cleaning the closet, you'll generally only wear 20% of your clothes on an everyday basis, so it would make more sense to free up closet space by donating the rest of your clothes that you don't wear as frequently.

Instead of standing around deciding what to wear, getting dressed in the morning suddenly becomes a much simpler task.

Now move on to the kitchen. How many cups and dishes do you have in your kitchen cabinet? Can you identify the 20% of cookware you use to cook the majority of your meals? Get rid of the other pots, pans, and dishes just taking up space. Soon you'll be cleaning other drawers, cabinets, and storage containers in this manner.

Let's Get Rid of Clutter

At first glance, the very thought of decluttering your home might make you feel discouraged. But if you complete the task in steps, watching your house

transform will spur you on to make more progress. In fact, there are many ways to declutter a home; you don't have to stick to one method.

Let's take a look at three different ways you can manage clutter.

3 categories. Get a trashcan and try piling your items into three separate categories: put away, donate/sell, and storage. As you move through each item, determine its value. Do you really need that extra pair of slippers? If the answer is no, drop it into the donation box. After you've spent some time decluttering the room, spend an extra 15 minutes organizing the items that you placed

in the "put away" bin, setting them in their appropriate places. You can store the donation box in the garage or trunk of your car so that it's out of sight.

Out of sight. In this method, clutter is moved someplace out of sight (like a garage, basement, or attic) until you're ready to organize your items later. Gather your clutter, removing everything from tabletops, inside cabinets and drawers, on shelves, and randomly strewn around the floor. Put your items in plastic bags or bins. See each room of your house transformed **instantly** as you quickly take the clutter out of sight. Now,

gather a few helpers and sift through the items. Separate them into two different piles, one pile for items you'll keep and the other for items you'll throw away or donate. Put the essentials away and donate the leftovers.

No turning back. Slowly clear up small areas in your house one at a time. Once you clear a particular area, clutter isn't permitted to reappear there. No matter how cluttered other rooms are in your house, that one area that you organized can't be allowed to get cluttered. Move on to other rooms in your house, making sure that the areas

you clean remain clutter-free. Soon, you'll declutter the whole house with this method.

Take baby steps. If you start small, you'll make steady progress.

More Useful Decluttering Tips

Here are a few more tips that will help you along the way.

When you're waiting for things to get done, get busy! Coffee brewing? Clean the dishes while you wait. Tea kettle still boiling? Go through a draw and trash as much as possible before the kettle is done. You'll get a lot more done than you think in that

little time waiting.

Pretend you're out shopping.

Picture your whole house as one giant shopping mall. Which items in that pile of clutter should you buy? Get rid of the items you aren't prepared to "buy." Every week, go on this same shopping spree until your home is free from clutter.

Declutter regularly. Don't try to take care of your whole house at once.

Declutter each room one at a time, regularly setting aside some time to clean up. Try to do this at the same time each day. Start by taking only 15 minutes out of your schedule each day to organize your home. Setting

increments will make the task less daunting.

Start decluttering your home today.

Don't let yourself procrastinate. Changes only happen if you start now.

Clutter No More

Now that you've gotten rid of the clutter clogging up your life, you might think you've wiped your hands clean of it for good. But that clutter can sneak back up on you if you're not too careful. You'll need a system to stay organized if you're going to make your efforts worthwhile.

The last thing you want is that clutter to return.

Keep clutter at bay once and for all with

these tips.

Keep your mail organized. Don't leave your mail strewn around the house. Fold newspapers and place them in a recycling box when you aren't reading them. Maintain a filing system for stray papers so that they don't take over the countertops.

Start establishing positive habits. Get into the routine of putting things away after you use them. When you come home from work, put your keys in a bin or hang them up on a hook above the door. When you take off your coat, immediately hang it up. Try sorting mail over the trashcan as soon as you bring it in.

Replace what you buy. Before you buy something new, think about what can be replaced with the purchase. Donate what you don't need. You'll be less inclined to buy, saving you money in the long run and you won't accumulate unnecessary clutter.

Practice these tips and you're well on your way to maintaining a clutter-free home.

Chapter 5: A Clutter Free Mind

When you walk through your front door after a hectic day, the first thing to do is to relax your mind. It is only after relaxing your mind can you relax your body and enjoy the time in your home.

Let's look at the benefits of doing simple mind relaxing exercises:

Fend off stress. Stress can negatively affect our moods and bodies. By putting your mind at rest, you're no longer captive to those negative thoughts and emotions. You experience a sense of clarity and

focus. You can think clearly about your problems without letting worry or fear get in the way.

Your mind feels rejuvenated.

You'll recover from your exhaustion and go into a relaxed state. You can get more done. You'll even get better sleep.

Let's look at ways you can develop a clutter-free mind.

The Fastest and Easiest Way to Relax the Mind



Writing is one of the easiest and fastest ways to relax the mind. It is a powerful

therapeutic tool that not many people use to its full potential. The reason writing relaxes the mind is because it forces our brains to slow down. Our brains can think a lot faster than we can write.

When you are under a lot of stress your mind is “racing a mile a minute”. But when you sit down and write about what is on your mind, your thoughts have to slow down. And when we do this, they become more focused. When our thinking is slowed down and focused things become less overwhelming and stressful.

Using writing as a mind decluttering exercise can be done whenever you feel stressed or can be done as a daily ritual.

Focused Breathing

Meditation can be as simple as closing your eyes and listening to music for 1 minute while breathing in and out deeply. Watch your stress ebb away with each rise and fall of your chest. Master the art of focus and attention with each breath as you slowly go into a meditative state. It doesn't take long to learn the techniques, and you can get started anywhere at any time.

Follow these steps.

- 1. Find a quiet place and close your eyes.** If it helps, use headphones to muffle outside noises.
- 2. Breathe deeply, inhaling in and**

exhaling out. Relax the tension in your muscles, and just focus on your breathing. Feel your chest expand when you inhale. If distractions or thoughts start cluttering your mind bring your thoughts back to your breathing. The goal is to train yourself to stay focused on your breathing.

3. When you are done open your eyes and stretch. Meditation will get easier with practice, and soon you'll be able to maintain your focus while you meditate.

Feel free to turn meditation into a daily activity, even if it means carving out three minutes out of your day just to

practice.

Chapter 6: A Home Spa – The Different Ways to Relax At Home

There are much more soothing ways to relax at home than zoning out in front of the TV for hours on end. For example you can easily make your home smell like a spa and be soothed by aromatherapy oils. Why not mix your own homemade spa drinks? There are also a number of simple home spa treatments that will rejuvenate your mind

and muscles.

Soothing Scents

Ever walk into a spa and find yourself captivated by the relaxing smells of oils floating through the air?

Now you can use aromatherapy oils to make your own home smell like a spa. Simply grab an oil warmer and pour some aromatherapy oil in the pot positioned above the candle. As the oil gets warmer, the room fills with its refreshing scent.

The good news? Oil warmers are cheap! So if you don't have one, you can pick one up for as little as \$5.

But what type of aromatherapy oil should you use? Pick one from the list.

* Chamomile, Rose, and Lavender are incredible relaxers.

* Basil, Ginger, Peppermint, Lemon, Jasmine, and Sandalwood are great pick-me-ups.

You can also use an air purifier to cleanse the air so that the aromatherapy oil has a chance to do its magic. An air filter with a built-in ionizer will remove dirt and dust particles, clearing the air for your soothing fragrance.

Home Spa Drinks

A nourishing and relaxing refreshment, one that is easy to make at home, is a herbal tea. Herbal teas are made up of a mixture of leaves, herbs, fruits, vegetables and flowers. They do not actually contain any tea in them. Not only do herbal teas relax you, but they flush out toxins, improve blood flow, ease digestion, and keep your body hydrated.

So grab a pot (non-metal), a container, and some fresh loose herbs. Let's get our fingers wet!

Fresh Tropical Oasis Herbal Tea Recipe

Start by gathering the ingredients. You'll need three cups of water, three tablespoons of mint leaves, three tablespoons of lemongrass, two slices of oranges, and one sliced mango.

1. Boil three cups of water in a pot. Throw in three tablespoons of mint leaves and lemongrass, and let the mixture sit for 15 to 20 minutes.

2. Remove the herbs by straining the tea into a container.

3. Add in two slices of oranges and one sliced mango, leaving the container in the fridge over night. When you rise out of bed early the next day or when you come home, your herbal iced tea will be ready

and waiting.

Enjoy!

Refreshing Experiments

Different ingredients will help your body in various ways.

- * Chamomile and roses calm the body.

- * Ginger and lemon grass ease digestion.

- * Cinnamon, ginger, and eucalyptus soothe the body.

- * Lavender, mint, and spearmint stimulate the senses.

Which ingredients should you use in your herbal tea? Play around and experiment!

Thirst Quenching Herbal Tea Combinations

Try these herbal tea combinations for your next glass of herbal iced tea.

Simply boil water and add in one of these combinations.

Body Warmer: Ginger, cinnamon, and a leaf of lime.

Cleansing and Detox: Combine vanilla with cinnamon, turmeric, ginger, and lime.

Peppermint Fusion: Mix peppermint, lavender, and sliced limes.

The strength of your tea will depend on how long you let the ingredients sit in the hot water. You'll want to make your tea

strong initially because the flavor will get diluted once you add ice. Try keeping your tea strong by adding three tablespoons of ingredients for each cup of water.

Sweetening your tea while the water is still hot will keep your glass tasting delicious. Try your tea with honey, sugar, or citrus-based juices. You can also give your tongue a burst of flavor by replacing ice with frozen fruits. Satisfy your sweet tooth with a slice of strawberry.

Soothing and Organic Home Spa Treatments

There's nothing quite like relaxing at home, soaking in your own homemade spa treatments. And there's no end to how you can enjoy your time at home. Whether you choose to rest your sore limbs in a hot bath or give yourself your own personal foot massage, find a nice and quiet environment to pamper your body.

Let's look at a few areas to focus your attention.

Full Body Treatments

Let the heat from a hot bath soften your

tense muscles and relax your troubled mind.

The next time you wash up, grab a bath pillow, light a candle or two, and drop in some bath salts. Here are some bath treatments to help you unwind.

Aromatherapy Bath Treatment:

Treat your body to aromatherapy oils and add the element of fragrance to your bath water. Simply drop ten drops of oil into your bath and reap the benefits. Use lavender, rose, or chamomile oils to soothe and relax your tired muscles. Peppermint, sandalwood, lemon, or jasmine oils for activating the senses. Rosemary and ginger oils for healing and

recuperation. Feel creative? Mix and match oils to complement your mood.

The Cleopatra Bath Treatment:

Get silky soft skin just by adding a touch of milk to your bath water. Not only does milk sooth aggravated skin, but the lactic acid sweeps away dead skin cells. Get started by adding two to four cups of whole milk to warm water. While cow's milk works best, you can also use skim, soy, goat, or powdered whole milk. When you're done, the water should be milky white. Soak in the bath water for at least 20 minutes before rinsing yourself off and dabbing your body dry with a cloth.

Floral Bath Treatment: Did you know that many spas on the islands of Indonesia end the spa session with a floral bath treatment? The flowers give off a subtle and relaxing aroma. Use fresh flowers in your bath water for a tantalizing, relaxing fragrance. Soak lavender, jasmine, or fresh flowers of your choice in the water for 20 minutes. When you're done, you'll come out smelling and feeling great.

Had a hard day and need a little extra? Enhance your experience with bath salts and candles. Scented candles work great with milk baths, while bath salts complement floral or aromatherapy bath

treatments. Play soothing music in the background, and you'll love every second of your home spa retreat.

Foot Treatments

If you've ever seen a long day, you know how it feels to have aching, worn-out feet. By soaking them in a large stone or plastic bowl, you can give your feet a luxury they don't see often. The rough surface of stone bowls will help exfoliate dry skin, while plastic bowls are lightweight and useful for carrying around.

These incredible treatments will pamper your feet in no time.

A Simple Foot Spa Treatment: Get carried away with a relaxing foot spa

treatment. First remove old nail polish and trim the nails if you want to. Soak your feet in warm water and add in 3-5 drops of aromatherapy oils of your choice. To reduce swelling from sores, use Epson salts. Rock salts are great for detoxifying your skin, while peppermint oil or fresh aloe vera juice keep your skin feeling cool and fresh.

Sand Massage Exfoliating

Treatment: Use sand to scrub away dead skin cells. The rough, grainy texture of sand will do wonders to your skin, and you can find sand at just about any department or hardware store. Place some sand into

a large bowl and combine it with vegetable oil to form a tacky paste perfect for a foot massage. Add in drops of aromatherapy oils (peppermint is a good choice) and start massaging the undersides of your feet.

Floral Foot Bath: In the tropics they use flowers in their foot spas to protect themselves from bad luck. Floral foot baths also keep your skin smelling fresh. Experiment with different flowers and fragrances. Get your hands on whatever flowers are in season, or pick up some lavender or jasmine. Basil, jasmine, ginger, peppermint, sandalwood, and lemon

aromatherapy oils are great stimulants to add. Rest your feet in the warm water for 15 minutes, and then massage on coconut or olive oil to soften them.

Milk Foot Bath: Add two cups of whole milk to warm water, and soak your feet for 15 to 20 minutes for incredibly soft skin. Don't forget to rinse off completely afterwards.

Rock Massage: Give your hands a break. Gather rocks into a bowl, and fill the bowl with lukewarm water. Massage your feet by swishing them over the rocks. You can also go the extra mile and make a path of rocks around your garden. Walk the path

barefoot or with thin shoes, and then relax your feet in a soothing foot bath.

If your feet get especially dry or flaky, massage on peppermint lotion or olive oil after your foot bath.

Hair and Scalp

Ever wonder why women in tropical Indonesia have long, flourishing hair? They like to cleanse their hair with organic coconut and flower oil.

Learn how to keep your hair looking healthy and beautiful with the following hair treatments.

Simple Hair Treatment: Soak a cotton cloth in warm water to be used later. Warm up some olive or coconut

oil on the stove or in an oil warmer, and massage it into your hair for 10 minutes. The massage boosts the circulation in your scalp which in turn helps the hair follicles absorb more nutrients. If you have very oily hair, add a touch of fresh lemon juice. Take the cotton cloth you soaked previously and leave it wrapped around your hair for 10 minutes. The heat from the cloth will also boost circulation. Wash your hair out with water or mild shampoo, and condition your hair as usual.

Elaborate Hair Treatment: You can expand the simple hair treatment by applying a mask after you've washed

out your hair.

Use an aloe vera mask if you want thicker, fuller hair. Apply aloe vera juice from freshly cut leafs on your hair and scalp, letting your hair sit for 15 minutes before rinsing it clean. You'll experience a cooling sensation almost immediately.

Use an avocado mask if you have dry hair. Cut an avocado in half and scoop out the contents of one half, mashing it up. Combine the avocado mash with two egg whites and leave it in your hair for 15 minutes. Rinse out thoroughly.

Use a mint mask if you have a

dry, flakey scalp. Crush a few mint leaves into your conditioner and apply the conditioner to your hair. Leave it on for 15 minutes before rinsing it out.

Try using a spa treatment on your hair once or twice a week, and avoid strong shampoos that love to play havoc on your hair. Your hair will be feeling healthy, silky, and smooth in no time.

Face Treatments

Facial treatments generally begin with washing the face with warm water and a soft facial massage as this boosts circulation helping the skin absorb more nutrients.

Honey Face Moisturizer: Honey is

a natural humectant, a substance that attracts and retains moisture. Light honey that isn't too thick works best and will absorb moisture on your skin. Mix two tablespoons of honey and two teaspoons of milk. You can also use honey with two tablespoons of lime juice. Gently pat the honey mixture on your face, massaging it with your fingers. Wait 10 to 15 minutes before rinsing your face off with warm water.

Aloe Vera Face Moisturizer: If you have dry skin, using aloe vera is a great way to ease irritation. Combine two tablespoons of fresh aloe vera juice, water, and coconut oil. Wait 10

to 15 minutes, and then rinse off with warm water.

Oatmeal and Honey Scrub: If you want to exfoliate your skin without using harsh abrasives, oatmeal is a great alternative. High in iron and calcium, oatmeal can be used for gentle cleansing. Combine one tablespoon of crushed oatmeal, one tablespoon of plain yogurt, and one teaspoon of warm honey. Gently massage the paste on your face. Wait 10 minutes before rinsing it off with warm water.

Sugar and Olive Oil Scrub: Sugar combined with olive oil is a great all-natural remedy for dry skin and

acne. Mix two tablespoons of honey or aloe vera with three tablespoons of extra virgin olive oil and ½ cup of granulated sugar. Massage the mixture on your skin and relax for one or two minutes. Rinse off completely.

Remember: The skin on your face is very sensitive. Don't cleanse with very hot water, drying cleaners, or rough soaps.

Relax and enjoy your time of solitude.

Chapter 7:

Conclusion

By following the steps in this guide, you took the first step in transforming your home into a peaceful, relaxing sanctuary. Here's a quick summary of what we've covered.

Getting Started – Creating a Fountain of Inspiration

Envisioning the end result is a crucial step in the process. You'll need to see *how* your home will transform *before* you can make that transformation reality.

Your Look Book is a creative source of inspiration. It will motivate you to get moving and be a constant source of inspiration.

Creating a Home Sanctuary (Relaxing Home Décor)

Bringing the outside in will turn your home into an oasis. Explore the tropics by decorating your home with wicker, rattan, and teak furniture. Tap into nature with potted plants and a simple indoor water fountain,

Your bedroom is the most important room in your house. Dim the lights, give your walls a fresh coat of paint, keep the clutter out, build a pampering station, and get comfy with cotton or linen bed sheets.

Simplified and Clutter Free Living

Life as a minimalist will keep clutter at bay. Give yourself free space to roam around and reduce stress by removing the distractions from your life.

Simple living can bring you happiness. Focus on what matters by getting rid of the nonessentials, pad up your wallet, boost confidence, and make time for yourself to pursue your hobbies.

Decluttering your life is best done one step at a time. Accomplish small goals one victory at a time,

incorporate the 80/20 rule of simple living, get rid of the clutter clogging your life, and claim victory over clutter once and for all.

A Clutter Free Mind

Writing can help you think clearly. Grab a piece of paper and jot down what is on your mind. Writing slows down your mind, allowing you to focus and calm your thoughts.

Practicing meditation is a great way to ease tension. To get started, find a quiet place to relax. Close your eyes and breathe deeply, in and out. When you are finished open your eyes and stretch.

A Home Spa – The Different Ways to Relax At Home

Soothing scents keep the air smelling fresh. Get that oil warmer today. Use chamomile, rose, and lavender to relax. Use basil, ginger, peppermint, lemon, jasmine, and sandalwood to energize. Use freshly picked flowers for a refreshing scent.

Herbal tea refreshments calm the mind, flush out toxins, improve blood flow, and ease digestion. Boil cinnamon, ginger, and lime leaf to make a body warmer. Combine

vanilla, cinnamon, lime, turmeric, and ginger for a detox tea. Mix peppermint, lavender, and sliced limes to make a peppermint tea.

Scheduling a home spa retreat regularly has therapeutic effects on your body. Make a plan, gather your home spa materials, set the mood with soothing candles and lighting, grab some refreshments, and pamper your body with organic home spa treatments.

Home spa treatments keep your body relaxed. Try full body treatments to soften tense muscles and sooth a cluttered mind. Try foot treatments to ease aches and exfoliate

dry skin. Hair and scalp treatments cleanse the hair, while facial treatments nourish the skin.

At first glance, transforming your home into a relaxing sanctuary may seem daunting. Right now, it might even appear impossible! But if you don't take that first step, if you don't make that first giant leap, you'll never experience the joys of a relaxing home environment. You'll never give yourself a chance to be truly happy and enjoy your life without feeling the burdens of stress. If you haven't yet started your home transformation, what are you waiting for?

You'll only make progress if you take

action.

So get moving. Your Home Sanctuary is just around the corner.

Remember to visit

www.balihomeliving.com for extras such as our Look Book, the catalogue, and other natural home guides.

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