

Happy Home

We are big believers that your house should work for you, the layout and functionality of a room can have a huge impact on how it makes you feel. From broken handles and drawers, to bad lighting in a room these are just some of the things that can steal some of your happy mood.

The average person works around 37 hours a week leaving the other 131 at your disposal, so if you've had a bad day at the office or that deadline you needed to meet has just whizzed past, wouldn't it be lovely to feel a weight lift off your shoulders as soon as you step through your front door.

Here are some idea to help you regain your Happy!

Think layout

If every time you walk into a room you bump into something or stub your toe then, let's face it, something is not quite right. Move your furniture around and make it work for you, even if it takes you a couple of days to figure out what feels right, you may move the same piece of furniture around a few times and in the process infuriate your other half. Dave, the husband of our office administrator Annabel, knows this frustration all too well. Annabel is a great believer in moving things around to achieve the perfect layout! Persevere though, the end result will be worth it, you will feel more connected and happier in your space.



Bring the outdoors in

It's a known fact that having plants or foliage in the house can be beneficial to your health and wellbeing as they release oxygen, and take in carbon dioxide. Plants have also been proven to help with stress, anxiety and blood pressure, studies have shown that having a plant in the house can evoke a feeling of calmness and peace therefore lowering stress levels.

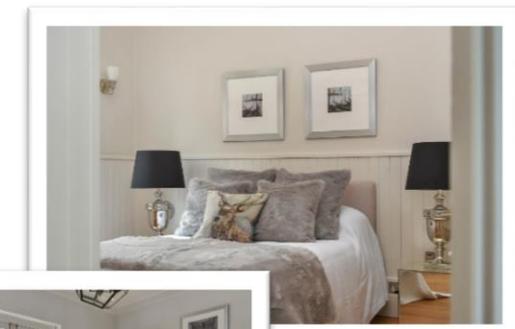


Switch off room

Create a room where you can switch off from technology and unwind! Turn your bathroom in to a sanctuary with candles or mood lighting, invest in some new fluffy towels, nice bath products and play some soothing music.

Turn your study into a den and surround yourself with your favourite books or a craft you like doing.

Get some 'Hygge' in your bedroom! Different textured rugs, throws, blankets and cushions can help you relax and drift off to sleep more easily and we all know a goodnight's sleep does you the world of good.



Fix things

How annoying is that sticky cupboard door or that drawer that won't quite shut properly! And how many times do we think 'I'll sort it at the weekend' or 'tomorrow'. Fixing the little things can make a big difference to a daily irritation. We all know how easy it is for tempers to flare when things don't go our way and the little irritations can soon add up to make something out of proportion.

If you need help to regain your 'Happy' then give us a call. We can get things fixed, bring in some 'Hygge' or some greenery or just advise on rearranging your space. Don't waste energy, we can help!

To see some of our properties take a look at our gallery page

<https://www.lemonandlimeinteriors.co.uk/gallery-2/>