

Design Tips for Better Living – Helpful Guidelines

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Be selective in the treasures you keep. Clutter creates chaos and takes up valuable living space. Fewer of your favorite elements is often more comfortable. Collections are most effective when grouped together, and if too many, you can't see the forest for the trees. *Remember the best gifts are those we hate to part with, find another to share your overabundance with!*

Incorporate favorite furnishings and accessories. Whether it is a cherished chair, treasured table or pillows with personality (maybe a needlepoint passion?) and throws (do you crochet or knit??) *Personalize your space with fun accents!*

Surround yourself with family and friends, design a gallery wall. *Pictures on a wall are better and more frequently enjoyed than when stashed in albums!*

Use artwork that means something to you, perhaps it reminds you of an experience long ago or it's from a favorite grandchild. *Art is inspiration for daily living, surround yourself and be inspired!*

Give a sense of life, add plants. If live plants are too much trouble or your green thumb is more brown (ferns are all I can manage!) then look at silks. They require only an occasional spray to eliminate dust, no watering. Do avoid plastic as much as possible. *Green plants belong in every room, and delightfully give the feeling of life and growth even when no one is in the room!*

Create balance and comfort. Make an effort to include elements from all five major materials, - wood, metal, glass, fabric, and ceramics. Balance is essential to the well-being a space promotes. *A room in balance feels good!*

Design for all five senses. Be sure to consider not only sight when decorating, but sound, smell, taste, and touch. Regarding sound, consider using music to design for the ears, or perhaps you prefer talk radio. What scents do you enjoy, floral, cookies baking, ocean breeze; aroma therapy is a big business and it works. For great taste or a room that is simply delicious, try a bit of color (red is known to make the best dieter hungry.) Touch refers to the tactile quality of objects, do you have a balance of soft, rounded elements complemented by smooth, slick, harder edged pieces? It is the balance that matters. If all your senses are considered, you'll find your space to be a true haven!

Color your world. While blues and greens are known for their soothing characteristics and promoting trust and compassion, red raises your heartbeat, yellow lends cheer and sunshiny warmth, purple guards against insomnia and makes us daydream, grey can make us indecisive, while brown typically is looked at as reliable, steadfast and conservative. But color is personal, what is your favorite?? *Whether you want just a splash, a bold stroke, or a subtle hue, it is the fastest and least costly mood changer!*

Light it all up. People are drawn to pools of light, like moths to flames. It means mood and ambiance, invitation and welcome. Be sure to use lamps to best advantage. A 3-way bulb will

give you greatest flexibility from reading, to conversation and overall illumination. *Lamps make it cozy and a home!*

Add some interest underfoot with a rug. Rugs are terrific for anchoring a room, and adding texture and pattern. Even a 6x9 or 4x6 is enough to make a significant difference. *Rugs are really artwork for your floor!*

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