

# retreat... escape... sanctuary

make your home into  
your own serene haven

**We've become a nation of busy bodies. As nine to five become 24/7, our homes are fast becoming one of the few places we can disconnect from the world.**

So how can you create a sanctuary, or serene haven, in your own home? Start by taking a look at your home in a new way. Look for ways to relax or unwind in comfortable, unexpected places. At the same time, look for ways to re-energize in open, well-lit places. A perfectly serene haven balances intimate, private spaces with head-clearing open spaces infused with natural light.

You'll know if your home is haven-worthy if you can achieve each of these 5 *serene haven benefits* in each room!



## get comfortable

Getting comfortable at home means finding plenty of places to kick off our shoes and settle in. Adding upholstered chairs around a dinner table invites us to linger for hours. Adding extra bed pillows helps us sleep better. Choosing weathered furniture finishes or organic colors inspires a feeling of quiet calm.



## lighten up

Daylight rejuvenates and heals. Sheer or translucent curtains diffuse light rather than blocking it. Light or white walls recreate daylight, while mirrors and mirrored finishes double the amount of natural light in a room... especially when placed next to windows and chandeliers!



## see things in a new way

A change is as good as a rest, even at home. Leaning a picture against the wall, mixing two wood finishes in the same room, using mismatched chairs around a table or adding a bar cabinet or chair in the bedroom feels fresh and new.



## embrace the imperfect

A perfect home no longer needs perfectly matched, new or polished furniture. Time-worn finishes, uneven, natural weaves and unmatched accent pieces make us more relaxed, connect us to nature and invite us to experiment without regret.



## reach out and touch something

Think how good it feels to walk barefoot in the sand. Creating similar sensory experiences at home means choosing textures that beg us to touch them and feel good when we do... a wooly rug next to the bed, hand-scraped or waxed table tops, carved bed posts or nubby fabrics.



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