



This small landing was the perfect place to be transformed into an intimate reading room. The vibrant, pumpkin-orange little love seat adds some fun and is perfect for lounging. The cabinets make for a classic library and display to conjure up sentimental memories. The small accent chair finishes out the corner of the room.



DESIGN FOR A RELAXING RESPITE

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Photography Provided

“Sometimes the most productive thing you can do is relax.”

So says Mark Black, author of the book “Live Life from the Heart,” and a man who exemplifies resilience and perseverance. In 2005 he became the first man in history to run a marathon with someone else’s heart and lungs. Today, he is a motivational speaker based in Canada.

Most people think of the bedroom as a place for relaxing respite. We want to wind down and prepare for a healthy night’s sleep, and then wake up to an environment that inspires us for a new day. As you are re-evaluating your bedroom in light of that goal, here are some tips.

Color is critical in promoting a space conducive to relaxation. Choose a calming color palette. Lighter shades of gray, blue, and green often promote calmness. Improve storage so there is no clutter in sight. Clutter can instill a sense of chaos instead of calm.

Flowers and plants can be visually and aromatically soothing. Certain scents can have a calming effect. White candles can add an air of serenity. Natural sunlight does wonders for one’s attitude. Let the sunshine in.

Throw pillows and blankets can create a feeling of coziness. Contrast hard surface

floors with area rugs to create softness and add some tranquil color.

If you have the space, create a reading or TV nook with a comfy upholstered chair, a chaise lounge, or a love seat.

Other rooms can be designed to be more relaxing as well. Exercising, believe it or not, is relaxing for some. If you have a dedicated space for exercise or yoga, add some design elements that enhance your escape from stress. Can you let more of the outdoors in by having more open window treatments? Can you bring nature inside with greenery? Can you add soothing music instead of some video coach yelling at you?

If you have a large multi-use space, you can create a little retreat in one area. Use a couple of chairs and an accent table to make for a solitary retreat or intimate space to converse with a guest. Use wall art or wall coverings to help make the space distinct.

A small landing can be the perfect place to be transformed into an intimate reading room. A little love seat can be perfect for lounging. A closed book cabinet with glass doors could make for a classic library, and display for keepsakes and photos to conjure up those sentimental memories. Add an oversized coffee table to also serve as a place for resting the feet. Finish it off with a small accent chair to offer seating for a guest.

Make those new design features a benefit to your mental health. Relax and enjoy.



Yes, for some, exercising, especially yoga, is a relaxing respite. This was an add-on space, adjacent to the combined office and study space for mom and kids. There’s room for yoga mats and other equipment. The client loves gardening, so there is plenty of room for plants. It all makes for connecting with nature while keeping mentally and physically fit.



The wall art and wall covering behind the bookcase create an outdoor experience in this multifunctional space.



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