

The Decorista's
GUIDE TO

GLAM-SHUI



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A LUXURIOUS LIFE STARS AT HOME

You don't have to have a huge mansion to live in a luxurious space that makes you feel like a million bucks! All you have to do is implement the right elements of dressing your home in such a way that it nurtures and supports you in being the fabulous woman that you are! I like to call it *GLAM-SHUI*, a little feng shui and a little bit *decorista*, you can use this to fill your home in such a way that will create the life you have always dreamed of.

First thing is first. Cleanliness is not an option. Keeping your home clean is of the ultimate importance. Do you ever find yourself anxious for no reason at all or always feeling that something just isn't right? That can come from the subconscious knowing that your home, your space, your nest, your domain isn't up to snuff. Even having a bunch of unopened bills can wreak havoc on your daily mindset. A home that is untidy will get you in the habit of disorganization and chaos. This will spill over into the rest of your life, so when you get your home right, your life will get right naturally.

I suggest you start by clearing out all clutter. This makes it much easier to clean your home and see any areas that may need a little extra care.

Once you have done all of this, I want you to treat yourself to a beautiful candle. Every morning, when you get ready for your day I invite you to light a candle and say an affirmation to yourself like "I am blessed by my beautiful home". You can do this at night too. Even if you live in someone else's home and you only have a little corner for yourself, do this consistently and you will set yourself up for a successfully happy day.

Recipe for Domestic Bliss:

- Eliminate all clutter.
- Keep up the cleanliness in your home.
- Create & practice nurturing rituals in your home.



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In order to ensure that your home is decorated & styled luxuriously, you will want to concentrate on 3 important areas. Your bedroom, your closet & your bathroom. These 3 areas are not only crucial to creating a home meant for feelings of luxury, these also play a huge role in self-confidence. Here are some things you can do to enhance your space for the life you desire:

Bedroom:

You will want to select the best bedding you can afford. Sheets with bamboo cotton or a sateen finish are best. I also like to throw an egg crate foam pad on top of the mattress for extra comfort (that is if you don't own a memory foam).

Make sure to have matching side tables and lamps on either side of your bed. This attracts harmony and also if you are single, *looking for a mate*, this in Feng Shui is said attract your perfect match.

Bathroom:

Get yourself the finest towels you can afford, you want to step out of the bath or shower and feel pampered. Be sure to have a robe in your bathroom for post shower comfort.

You want to stock your bathroom with things that make you feel feminine, lovely smelling lotion, a face mask and lingering body sprays. All of these things enhance your femininity. Don't let go of self care, its imperative to your well being. Get a beautiful tray to place all of your beauty products. This will keep them organized as well as stylishly displayed.

Closet:

This may sound like a little much but matching hangers is key for a well stocked closet. I love the felt hangers you can find at HomeGoods, they are thin and keep all clothes hanging in place.

Color coding your clothes is another look that keeps your closet looking chic and organized. When getting dressed, you want a pleasing and easy experience. Having a closet that is unorganized and unruly will make the experience of getting dressed annoying and cumbersome. This can make you want to stay in, feel fat and gross which has a horrible effect on your self- esteem.

Decor Therapy 101

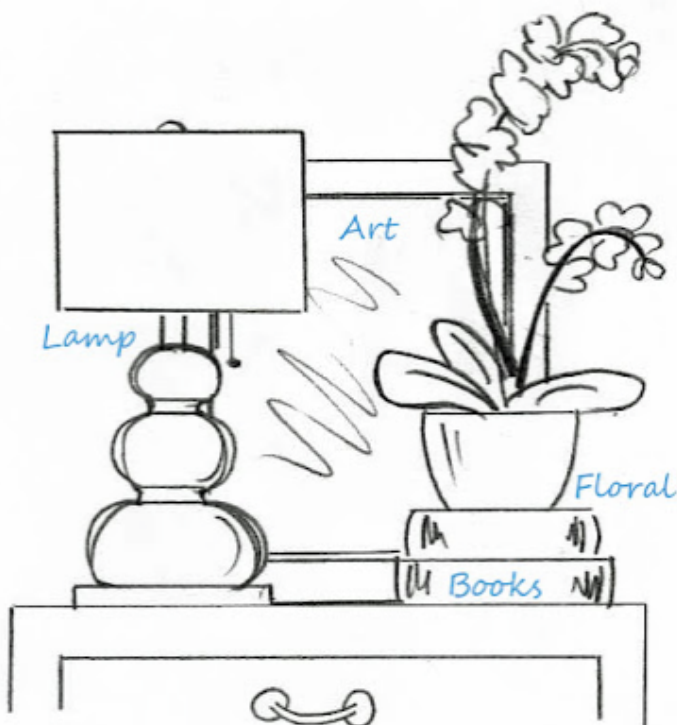
When I work with my design clients I get all into their lives and business. It's key for me to know how your lifestyle choices will reflect how you live. The thing you want to remember is that creating a mindset shift is of the utmost importance. If you are thinking "I'll wait to decorate when I buy my dream home" or "I don't want to invest in anything now because I may be moving out soon", these are thought patterns that are going to get you stuck in your life. Start paying attention to what you say.

You want to treat your everyday life like LIFE IS NOW. It's not tomorrow or "when you buy your new home". Indulging your self in good products and treating yourself properly should be right NOW. Take the time to build your home and lifestyle in such a way that makes you realize you are living your BEST LIFE TODAY! This will change everything.

Now, let' talk about how to make your home one that just screams "dream home".

START IN THE ENTRYWAY:

Much like when you wear a killer outfit to make a smashing first impression, you want your entryway to do the same! No matter if you have a small apartment or a large home. Your entryway should have a few important things.



ART/MIRROR: You want your guests and yourself to walk in a feel like you are walking into something well styled. A large art piece will get people talking and a mirror will not only make you feel like its a roomier space, it will also invite them to see themselves and instantly feel at home

CHEST: A good console, dresser or chest is always going to set the stage for the style of your home. I will usually get something to hold my keys, purse and a few stylish accessories.

LAMP: Lighting up your entryway is always a must. It should be the first light you turn on in your space. Make sure its something unique and beautiful. You want to walk and in LOVE your lamp.

BOOKS: A few books that explain your interests and personality are always a good way to give off your style.

FLORAL: Flowers make any home much more homey, they lighten your day and bring in some life to the home. I always think orchids are a great entryway piece.

Decor Therapy 101

After you have made your show stopping entryway, I want you to think about your kitchen. Is it nourishing you to take care of your body in the healthiest way possible? Don't be a slave to take out food and unhealthy eats. To the best that you can stock your kitchen with food that nourishes your body and lifestyle.

HOW TO BUILD A BEAUTIFUL KITCHEN:

Create a coffee/tea experience.

I like to keep my favorite teas in mega stock with a beautiful tea pot always sitting out on my stove for easy access. I get such joy out of pouring tea into my beautiful mugs. If you aren't a tea person, make yourself a cool coffee bar. Where you place your favorite mugs and the prettiest containers for coffee you can find. These small details do SO MUCH for the times when you are making coffee or tea for yourself or others.

Have proper smelling + cleaning items.

I like to always make sure that I've got a beautiful smelling hand soap and dish soap. It makes cleaning that much more fun and glamorous. When your kitchen is clean and smelling good it makes you feel like a proper domestic diva.

Framed photos of your favorite travels & cookbooks.

It's not that easy to "decorate" your kitchen, so I just like to make sure that what I can put in my kitchen is stylish and brings out positive feelings in me. That has me leaning towards eating healthier, taking time for myself and feeling good about my home. I don't like a fridge cluttered with photos and magnets, I keep my clean. I frame my favorite post cards or family photos and place beautiful frames on my counter. I also keep a small collection of my most treasured cookbooks in my kitchen for cooking inspiration. Even if you aren't the cooking type, there is a way to make your kitchen feel more "kitchen-y" and just like home.

Glamorous Glassware:

I am an avid collector of vintage glassware and it always makes for a fabulous conversation piece when I have friends over. When you are at vintage stores or cool house shops, buy the most stylish and fabulous glassware you can afford. Even if you have just normal dishes from Ikea, your glassware will step up your dining game.

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The last room I want you to focus on is your bedroom. This is the most important room in the home as this is the room that nurtures your soul. They say that people, on average, spend 1/3 of their lives sleeping so you want to make your sleep quarters ultra fabulous.

TURN YOUR BEDROOM INTO A SELF LOVE SANCTUARY:

Start with your rituals.

For me, I find that when I am implementing my self love rituals, I am always at my best. When I wake up in the morning, I immediately light a candle on my bedside table. Just that small act makes waking up so much more fun and I truly appreciate my space. I also meditate (quiet my mind) for 5 minutes, then I write in my beautiful journal and pen. These things I do in my favorite, cozy chair right off my bed in the bedroom. When you nurture yourself in this way, how can you have a bad start to your day?

Get the right lighting.

Be sure to have adequate lighting for the bedroom. Open the windows, turn on the lights in the morning. At night, low lighting is nice right before bed. Close the curtains so you can get some good rest.

Plush fabrics make a difference.

Curtains, headboard, drapes, fabrics, pillows, blankets. Every fabric should be cozy and ultra soft to the touch. Infiltrate your bedroom with the right fabrics and this will create a cozy vibe that you will so enjoy to retreat to. Don't forget a plush robe for after the bath!



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I hope you all have enjoyed your lesson in
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