

MAY 2016

# House Beautiful

120 COLORFUL YEARS

## SUMMER MAGIC

*\*Get that sunny feeling all year round*







**GO NEUTRAL**

*"If you want a peaceful room, pick a light, monochromatic palette, and stick to it! Slipcovers help. This eases the mind into a state of calm and clarity. Add a vase of flowers or branches for a nature boost."*

—Katie Scott

Peace by Piece

*Designers and lifestyle gurus agree: Emotional health is wealth. Here, a few of our top tips.*



Infused with lavender and eucalyptus.

**DRESS (YOUR SPACE) IN LAYERS**

*"Create a sense of richness by mixing different textural elements, such as thick, velvety cushions; crisp linen sheets; and chunky knit accents. Timeless and organic materials—birch wood, burlap, white stone—are soothing."* —Jessie Black

Luxe Fragrant Blanket in Beige. Cashmere. \$1,200. [jessieblack.com](http://jessieblack.com)

**DECLUTTER!**

*"Clutter raises our stress levels by making us feel distracted, overwhelmed, and out of control. Tidying restores order and brings a wonderful sense*

*of well-being. My suggestion: Completely empty the room, drawer, or closet you're organizing. Carefully consider each item. Do you really want to put it back? Decluttering is*

*easier when you're deciding what to keep rather than toss. Only retain items that have a very good reason for being in your life."* —Francine Jay, author of *The Joy of Less*



Inhale to Exhale

**HEAVEN SCENT**

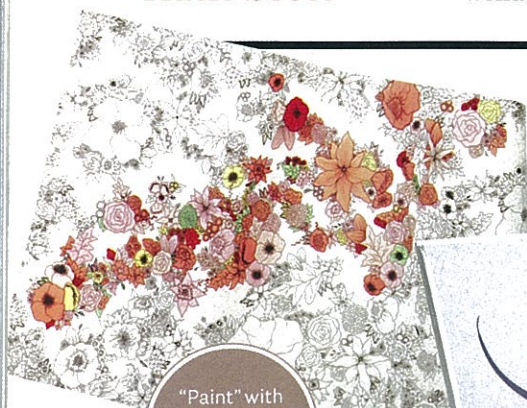
The best part of Muji's diffuser: It releases its delicately fragrant mist slowly, using ultrasonic waves. The second best part: You can pick from 48 essential oils—from cypress to rosemary—or blend your own bliss. Ultrasonic Aroma Diffuser. \$70. [muji.com](http://muji.com)

**BESPOKE PERFUMES**

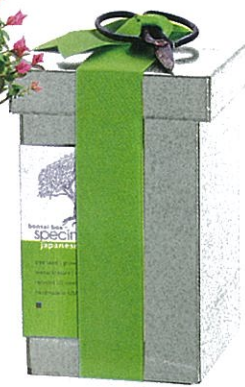
Freshly imported from Paris: the Harmonist, a line of perfumes and candles that uses the ancient concepts of yin and yang to tailor a scent just for you. Take their online quiz to find yours. From \$85. [theharmonist.com](http://theharmonist.com)

**BATHING BEAUTIES**

ThermaSol and Kohler are offering seriously advanced steam-shower options. A spa treatment every day, at home? Sign us up! [thermasol.com](http://thermasol.com) [kohler.com](http://kohler.com)



"Paint" with water! It evaporates for a fresh canvas.



Quiet Pursuits

To truly unwind, take up a hobby like coloring, painting, or even snipping leaves—all proven to reduce stress.

*From left:* Paper Table Runner Roll in Floral Pattern for coloring. By Kitchen Papers. \$20. [mulberrypaperandmore.com](http://mulberrypaperandmore.com). Enso drawing board. \$30. [buddhaboard.com](http://buddhaboard.com). Bonsai Box. In Crepe Myrtle (left) and Japanese Elm. \$34. [windowbox.com](http://windowbox.com)