

How To Make Your Home As Relaxing As A Spa

By: Pamela Savvy

When it comes to home spa design, some key factors are elements that soothe the senses: lighting, scent and sound. By making a few little adjustments in your home, you can render it just as relaxing--if not more so--than a professional spa!

* Lighting

The first trick in home spa design is subdued lighting. Too often, our homes are outfitted with bright, harsh overhead lighting. This is especially true of overhead fluorescent light fixtures; their lighting is glaring, unnatural and downright unflattering. Some people are even highly sensitive to fluorescent lighting; it causes them stress or upset. Try to completely avoid overhead fluorescent lighting except in garages or other utility areas.

You can install dimmer switches on certain ceiling-mounted light fixtures throughout your home. This is particularly helpful above the dining room table, as you have mood lighting at your fingertips. You can also use floor lamps or table lamps instead of overhead lighting; the fixed orb of light that they emit creates a cozy space. In the bathroom, avoid strips of movie-star dressing room bulbs above mirrors. The bright overhead lighting is great if you need to cake on a pound of makeup before going onstage, but that's about it! Use low-watt bulbs if you have such fixtures. Better yet, install low-light fixtures beside the mirror at face level. They'll make you look 10 years younger!

For all light fixtures and lamps, choose lower watt bulbs, especially in relaxation areas. Dim lighting throughout your home reduces overstimulation and calms the mood.

* Scent

Home spa design isn't about stuffing as many synthetically scented candles into your home as possible! Avoid synthetically scented candles, potpourri and incense, as they can irritate nasal passages. Besides, you're bound to eventually have guests who are "scentsitive." Opt instead for all-natural scents.

Lavendar is a very soothing and calming essential oil. You can purchase it at your local health food store. You can buy an essential oil diffuser ring that fits atop a lamp light bulb. Simply pour some oil into the ring, and set it atop the light bulb before you turn on the lamp. You can also simply dab a little oil on your fingertip and smudge it onto the light bulb before turning on the lamp.

* Sound

Ever notice how there's no TV blaring in the background at spas?

The same should hold true with your home spa design. The average American household has the tube turned on a whopping eight hours a day, which is not conducive to relaxation. Limit the time that the television is on; if no one is actively watching it, turn it off. When it is on, limit the volume. Set sound limits for all members of your household, especially children: using an appropriate indoor voice volume, and not blaring loud music or video games.

You can also purchase an inexpensive indoor fountain. The human body is 70 percent water, and the sound of trickling water is naturally soothing to us.

And of course, gentle instrumental music is more soothing than heavy metal or raging operas. You can even enjoy CD's of nature sounds, such as birds or the ocean.

Lastly, the most relaxing sound in your home spa design is no sound at all! As they say, "silence is golden!"

By implementing these simple sense-oriented details into your home spa design, you will always be just as relaxed as if you visited a spa. After all, your home is the ultimate refuge!

About The Author:

Savvy's Beauty Editor covers the top health spa products and wellness news. Visit <http://www.Savvy-Spa.com> – because everyone needs a little pampering.

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