

TRANSFORMING YOUR BEDROOM



The Minimalist Movement

There's no better feeling than walking into your bedroom after a long 9-5 grind and collapsing onto your bed in relief. It's a safe haven for you to retreat to after whatever your day consisted of and finally wind down. But messiness, clutter & dirtiness in your surroundings can inhibit your ability to fully relax. If your bedroom needs a total transformation, we've got our favourite tips for you.

Reminder:
A cluttered
floor
=
A cluttered
mind

Clear out the clutter:

Your bedroom is a sanctuary that is meant to promote relaxation to retreat and recharge the batteries. Clutter is the biggest blocker of relaxation. A cluttered floor = a cluttered mind. Carefully observe your surroundings – if there's anything not worth keeping, donate it or earn a few extra dollars by selling it! Being minimalistic in your approach to clearing out items is so important... our next step will tell you why.



Display your favourites:

Bedrooms are great for displaying moments. Meaningful objects like display photos, souvenirs and jewellery can be the centre-focus of your bedroom. Comfy chairs serve a dual purpose - for reading and for placing things on amidst getting ready in the morning. Investing in a trendy lamp to provide a warm, low-lit glow in the evening, instead of using your main bedroom light, will help your body to switch off and relax before sleep.

Your bed is the feature piece of your bedroom, so its bedding will be the first thing your eyes are drawn to upon walking in. You don't need to purchase an expensive bedding set for your snooze station to look nice, as so many affordable brands have jumped onto the luxe bed set trend at cheaper price points. Explore your options on the web. Don't forget about the placement of your bed - it should be on the longest wall in the room, then any remaining pieces of furniture are positioned around it.

Tone it down:

We are all visual creatures, and colour can impact our mood more than we think. It can make or break a room. Bright colours like orange, yellow and red can excite rather than relax us. These should be kept to minimal placement around your bedroom, such as through wall paintings or display pieces to add pops of excitement.



RayWhite