

• better

issue:

05

Living Style Guide

7. STEPS

to a high-vibing home reset

A deep dive into WELL design, what makes a home high vibrational and the steps you can take to get there. Post-Pandemic life.

HOMES IMPROVEMENTS

Reset your Home

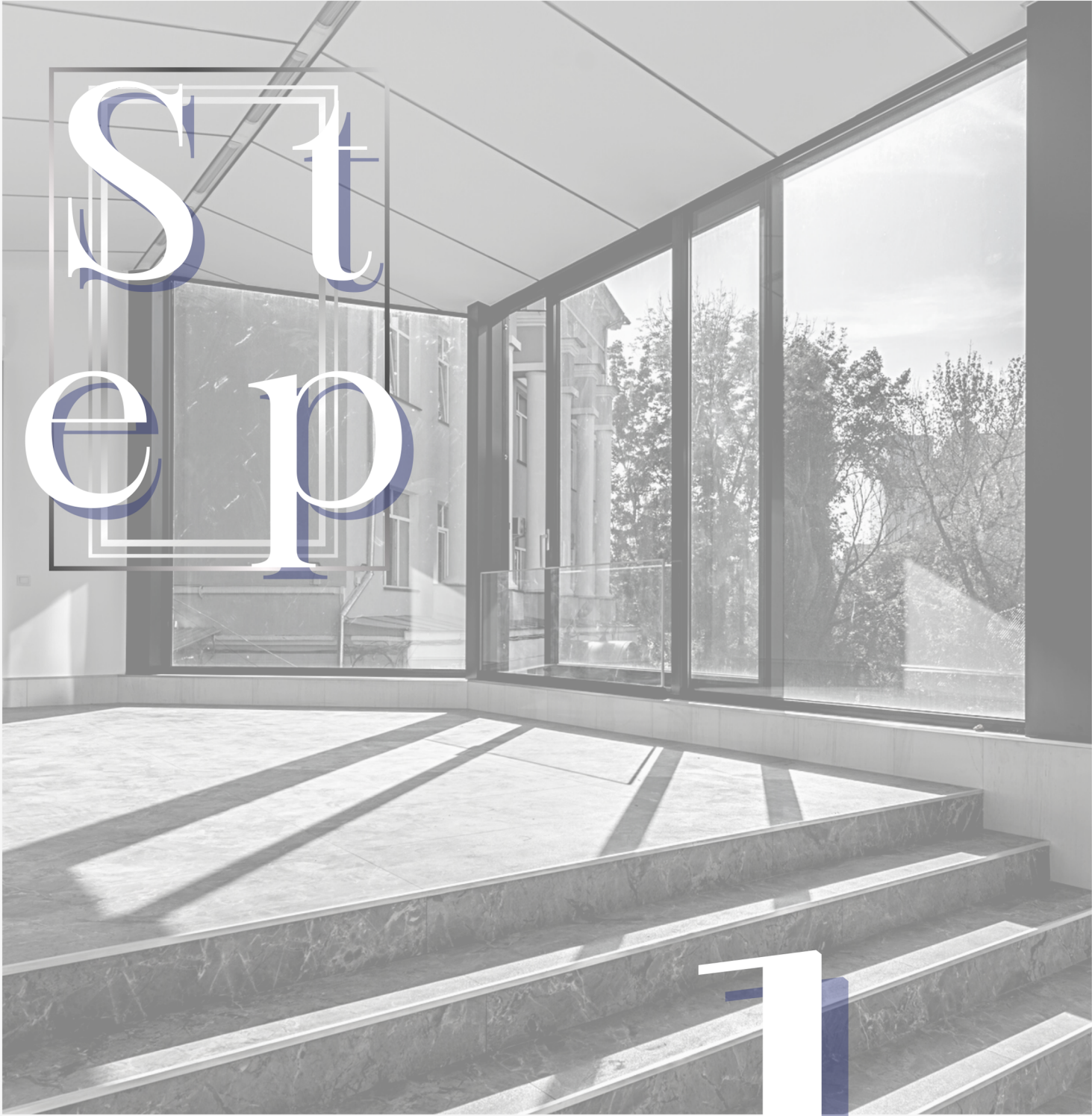
For Healthy Living Home Connections



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Step

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1



WINDOW PLACEMENTS ARE A BIG DEAL.

Let the light in to increase serotonin.

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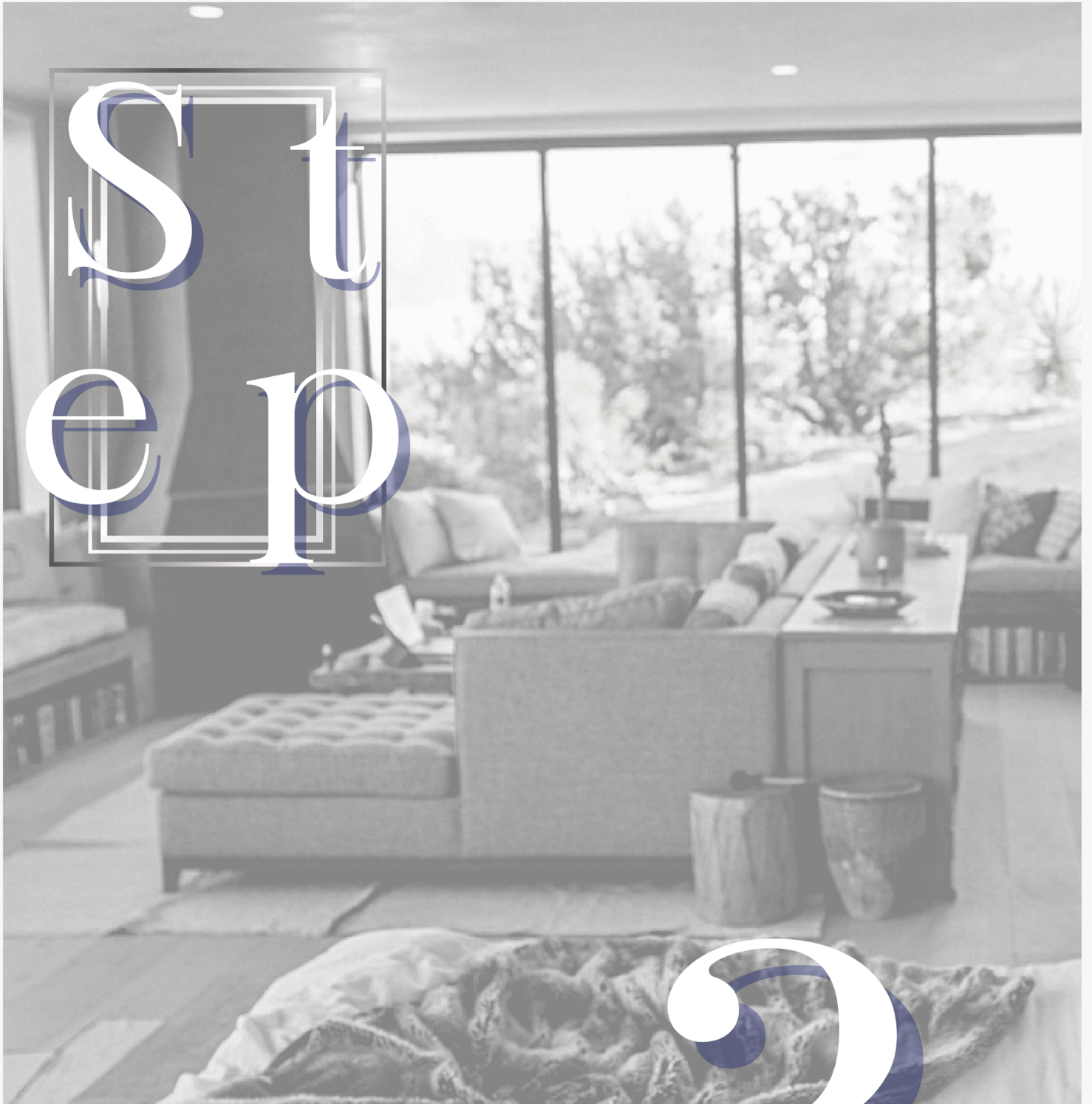


THINK ABOUT COLOURS YOU ENJOY.

Explore colours you resonate with.
Soothing colours can boost your mood
and energise your space.

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CREATE THE ZONE.

Maximise square footage and create purposeful zones which compliments your everyday lifestyle.

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REORGANISE & DECLUTTER.

Clear & cleanse your environment, inc. all
tech devices, to help regain emotional
balance.

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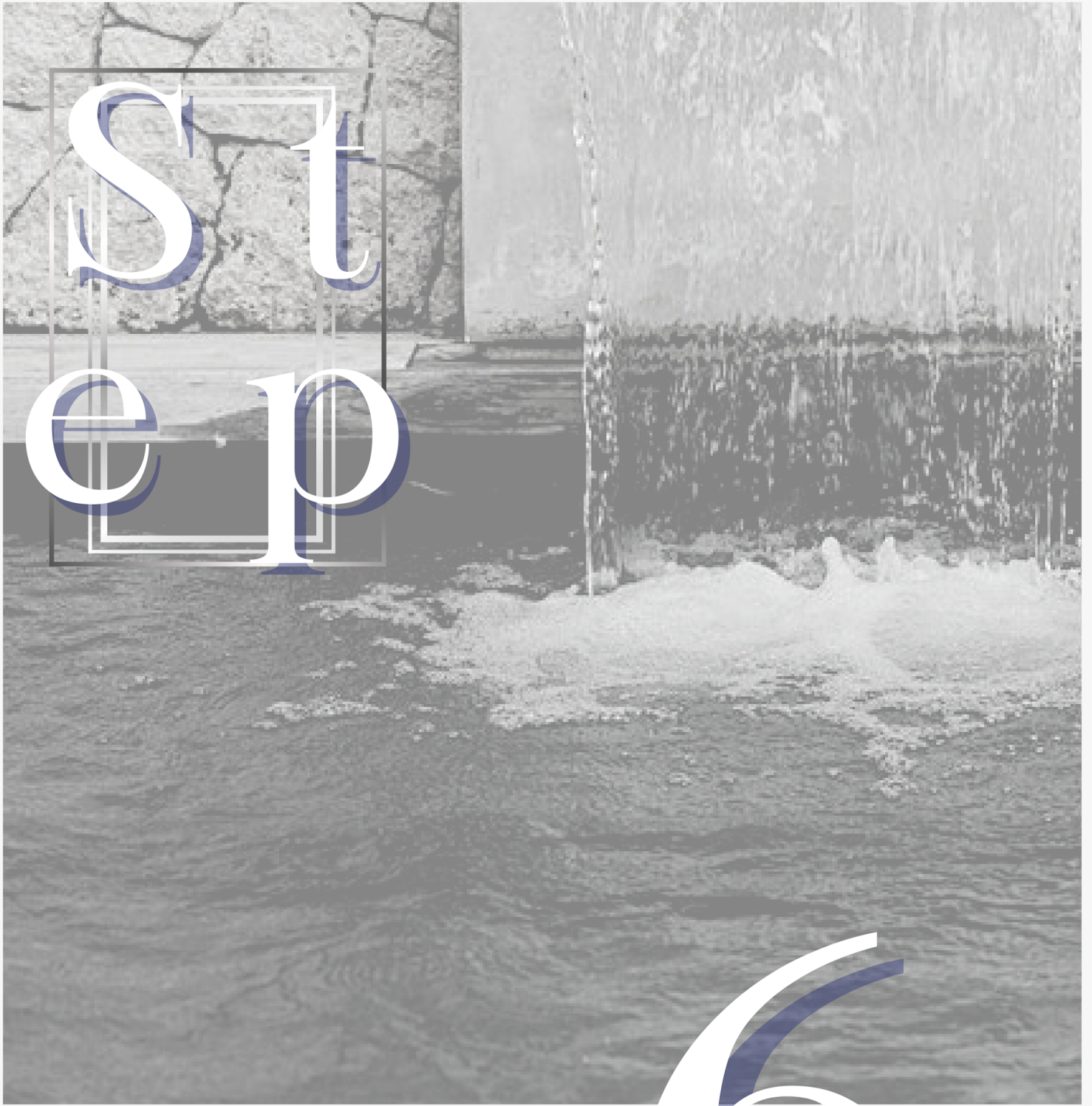


CHARMING COLLECTABLES.

Dress to characterise your space. Authentic objects you love will enrich your home and tell your story like no other.

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FEEL GOOD SOUNDS.

Your peace is uncompromisable, sound healing. Consider materials and the acoustics as you walk from room to room.

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Step

WHITE MUSK
& WARM VANILLA
—
SCENTED CANDLE

7

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SMELLS THAT MAKE YOU SAY AHHH.

Deep clean, soft furnishings and find your signature fragrance for impact on entry.

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A close-up photograph of a black, cylindrical candle jar. The jar has a gold-colored label wrapped around its lower half. The label features the text "WHITE MUSK & WARM VANILLA" in a serif font, followed by a horizontal line and the words "SCENTED CANDLE" in a smaller, sans-serif font. The background is softly blurred, showing hints of a light-colored surface and a textured fabric.

WHITE MUSK
& WARM VANILLA
—
SCENTED CANDLE