

One room FengShui lux re-dux

Creating sound sleep, retreats and spas for the master bedroom



Candles and soft wall colors create calm and a greater intimate ambiance in the master bedroom.

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Some of my current favorites for this area are Benjamin Moore's "Constellation" for walls and "Frostine" for the trim, doors, and ceiling. Once a color scheme is chosen then the other Feng Shui layers can be included, depending on individual tastes and whenever possible, nature-inspired design.

Do not include water fountains in any master bedroom and place plants away from the bed to allow personal chi to relax. Limit the EMFs and yang noise from TVs, cell phones, and laptops and incorporate a restful bedtime routine to encourage well-rested nights. Romance is another strong suit in the master, so include plenty of soft yin soy candles, other low lighting and ample reading light to illuminate the romantic, luxurious, sumptuous bedding, textiles and art.

Remember restful master bedroom Chi includes each night closing all adjacent bathroom or closet doors with intrusive chi into the master bedroom suite. Window treatments should provide privacy, shroud you in luscious darkness for sleep, and bring function and joy to your room design.

Using diffusers with a few drops of essential oil is de rigueur Feng Shui and creates space as medicine, creating layers that work together in perfect harmony.

Finally, another key preparation point and one you should not overlook in 2019 Pig year is to understand and stick to your budget from the beginning and to stay organized.

Mandala Feng Shui tips for master bedroom ease:

It's your sacred space so try to invite kids or animals to demonstrate respect;

Arrange the master bed in the Feng Shui "commanding position" (door facing);

Invest in new beddings or make one change, like new pillows, new luxury bath linens, flooring, or new window treatments;

Blend your new wall color choice so the risky color finishes are temporary trends;

Go for quality in all of the furniture including the master bed frame;

If recently divorced, a brand new bed and mattress are de rigueur in the new year;

Lighting is practical and also flattering with plenty of lightly scented candles;

Have personalized or nature-inspired art face your sleep position.

Whether you are single or married, allowing yourself to have the grounded, restful, and romantic master bedroom of your dreams is a good starting point to attract or keep love alive. The wise concept of loving absolutely everything in your space is paramount to healthy Feng Shui and especially important in the master, where our personal self gets to pause, rest and experience intimacy.

To schedule your 2019 new year one room makeover, please email me at spaceharmony@g.mail.com or see www.mandalafengshui.com for package details.

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