

HOME, LAWN & GARDEN

Make your home more sensuous

(NC)—We live in a stressful world. That's why we long to bring the tranquility of a favourite spa into our home. To create a truly sensuous, spa-like space in your home, consider how to satisfy all senses.

"Light Can Change Everything" How to Put Yourself in Control

It has been proven that light contributes to our sense of well-being, and the deprivation of light can make us feel tired and depressed, even ill. "Natural light is always the best," says Alison Howland, Director, Spa Development for Aveda.

But sunlight can be harsh; its UV rays can harm furnishings, art and, most importantly, our skin.

Hunter Douglas (1-800-265-1363; www.hunterdouglas.ca), Canada's largest window covering company, provides an array of window fashions that enable you to regulate the light levels in a room to create different moods, enhance views and provide privacy, as well as protection from UV rays. Consider installing a light-softening product, such as the manufacturer's classic Silhouette window shadings, that will allow complete light control yet also a beautiful view.

Colours to Enhance Moods How to Find Your Personal Palette

While certain colours are strongly associated with specific moods – for example red with feelings of passion and green with calm – colour choices

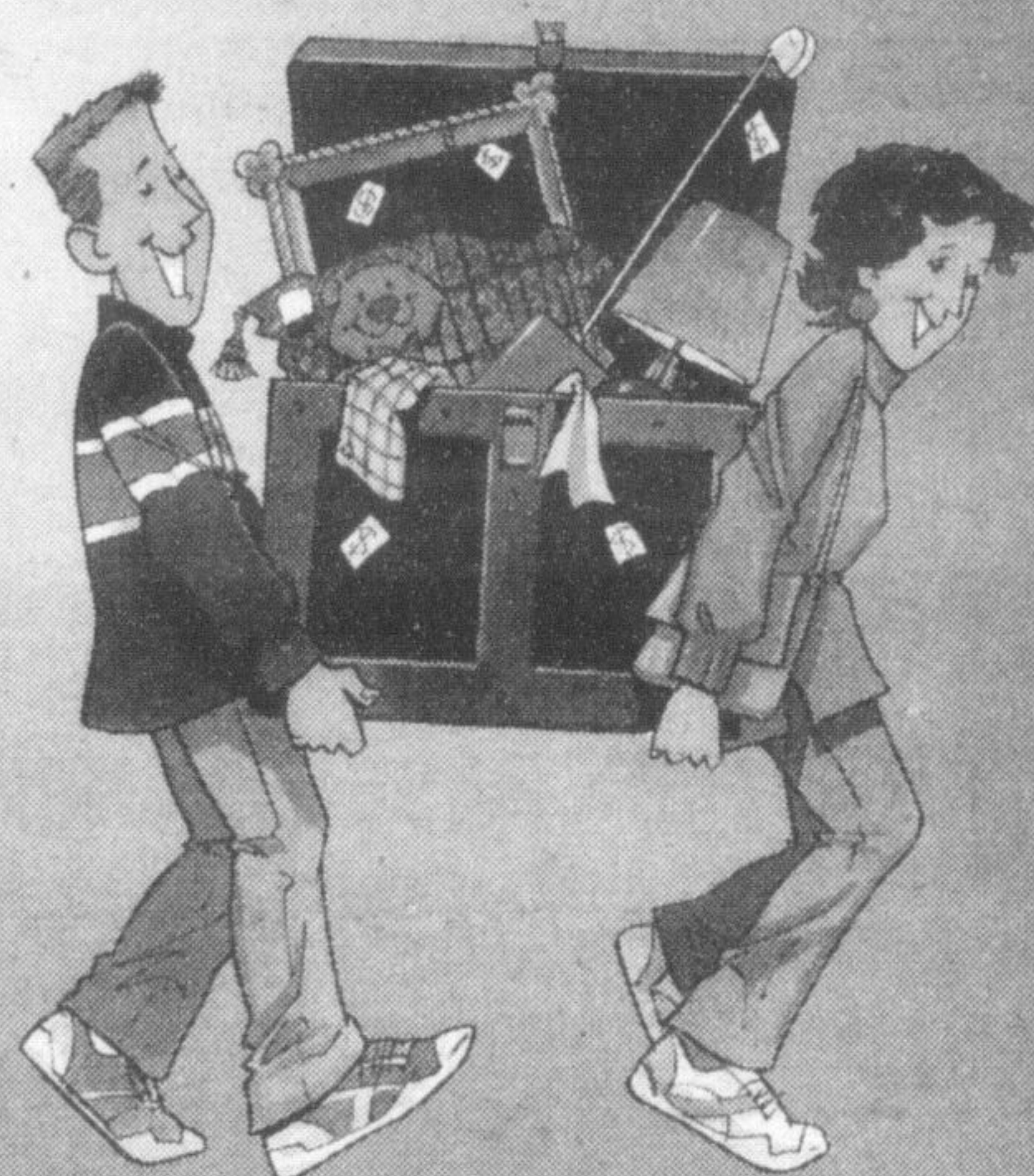
are highly personal. Howland advises people to view a variety of colours, then write one word to describe how they feel looking at that colour. "This exercise will help a person to understand

• see **SELECTING SCENTS** on page A24

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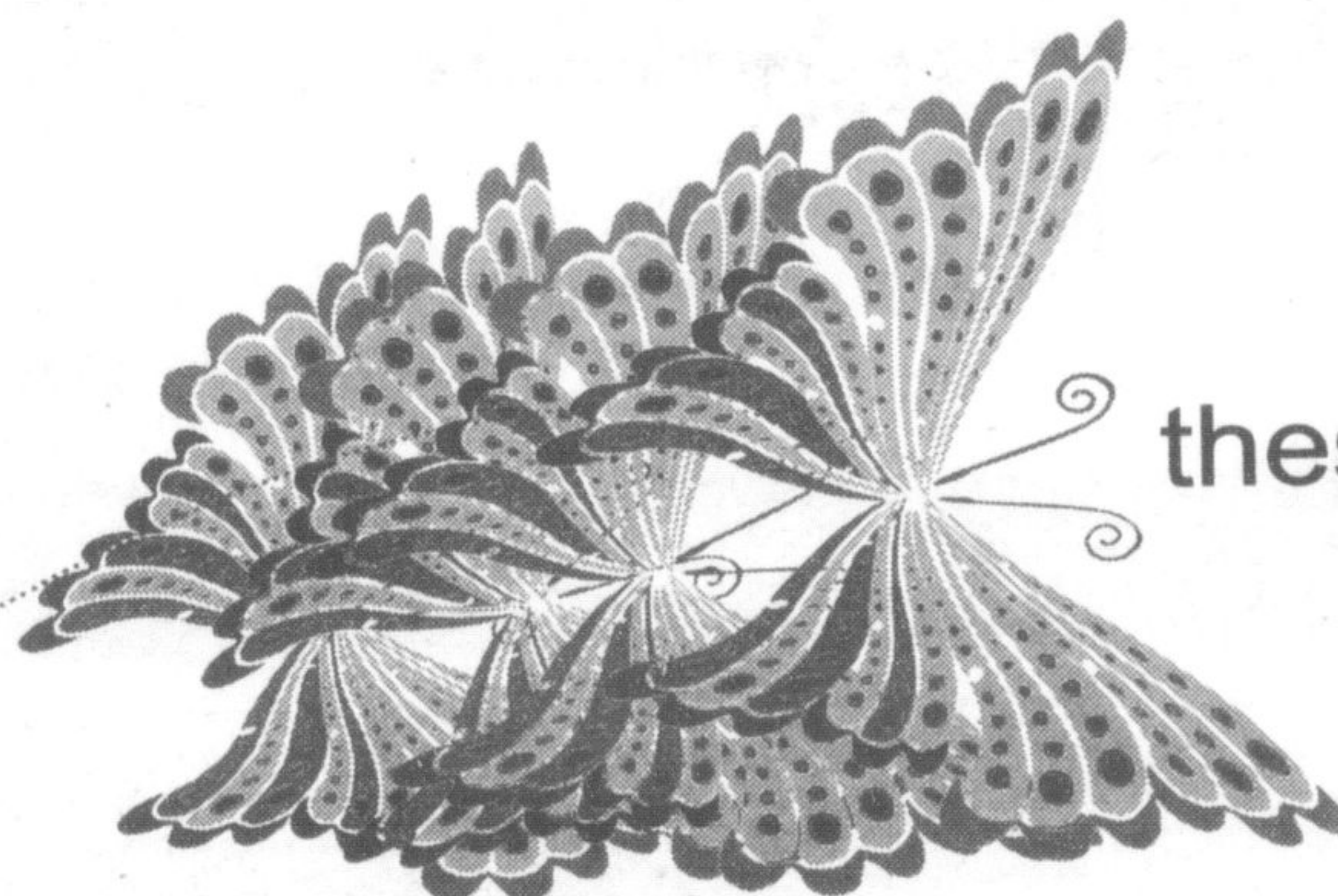
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