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# Time is *of the* Essence

**As the Holidays approach we all know that spare time is a rarity. Life is busy for everyone and the list of things we want to get done seems never-ending. However, it is important to take a moment to remember that we have one life to live, and every day we are given the opportunity to make living better for ourselves. Since we retreat to our homes from the madness of our days, shouldn't we spend at least a small amount of time making it better for ourselves? I am not suggesting large projects that need tremendous planning or an excessive budget. Really, in just 30 minutes to an hour you can update or transform a room into a fresh, inviting space that you will look forward to returning to, after a hectic day. Here are some easy suggestions that you can apply to each of the following rooms, but really they can apply to any space:**

#### Bedrooms:

- Paint an accent wall behind your bed.
- Buy scented candles and place them on a mirrored tray, on your dresser or chest of drawers.
- Organize your side tables and get the clutter out of sight.
- Arrange pictures on the wall to create your own personal photo gallery.
- Add a throw on your bed in a complimentary colour, to add a little fun to your bedding.
- Create a cozy reading area with a comfortable chair and great lighting.

#### Bathrooms:

- Purchase new towels, a shower curtain and accessories.
- Replace the hardware (handles/knobs) on the vanity with glass, nickel or stainless steel ones for a fast update.
- Add a collage of three or more small framed mirrors to add an element of sparkle and re-

flection on a previously dull wall.

- Throw away all those extra products you have never actually used, and get everything else off the counter for a clean look.

#### Family Room:

- Refresh the sofa by fluffing pillows and flipping the seat cushions.
- Rearrange the furniture into a different configuration without sacrificing the flow of the room.
- Try taking at least one piece of furniture out of the room.
- Add a solid, coloured rug and make sure that the main seating pieces each have at least the front legs placed on it.
- Get a throw in a completely different pattern or colour and place it center over the sofa, almost like a runner, to add visual impact.
- Stack books on top each other, on your side or coffee tables.
- Replace an outdated piece of art.
- Place a single colourful fish in a glass bowl for a great conversational piece.

You can start anywhere in your home, but the best place would be in your favourite room. That way, when you refresh the space, you may be inspired to keep transforming other rooms at your own pace. An easy trick is that anything you can lift can be treated as something new in a different space; so mix it up by moving your table lamps from room to room! Same goes for rugs, artwork, mirrors and decorative accessories.

The most important goal is to make sure whatever changes you make are quick and fun, so you don't feel overwhelmed or disillusioned by the time required. The joy the new and improved space brings, will make the time you spend in your home that much more satisfying!