

## Design tips to shoo away winter blues



Photos provided

As the Owner and Principal Designer of Lamorinda-based Amanda Carol Interiors, Amanda Eck believes your home's interior should be both approachable and well-appointed. She often asserts, "Beauty is a necessity." With a distinct sense of style that mixes contemporary and classic design she fashions spaces that are both elegant and inviting. Her design aesthetic is inspired by anything visual but especially fashion, architecture and art. Visit <http://amandacarolinteriors.com> for more design ideas.



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**5) Candles:** Smells play an important part of our psychological makeup. Scent can affect our memory, our emotions, and even how productive we are. I am a professed candle-holic; ask my family, there is always a candle or two lit when I am at home. When my kids' friends come over they always comment on how good our house smells. One of my son's friends even begged his mom to buy him a candle so his house could smell like the Eck's house. I like to change up the scents with the seasons. I am currently burning a winter scent called Fir & Grapefruit. And if having lit candles make you nervous due to small children or for health reasons, try using a diffuser with essential oils. Or put some cinnamon sticks and orange peel in a pot of water and boil it on the stove; that was my mother's go-to when we were little. She also loved to put on a pot of fresh coffee right before company came over.

I hope these little tips give you some inspiration to drive away the winter blues in your own home. Until next time friends!