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## Creating a cozy home environment during turbulent times

By Amanda Eck



Photo provided

As we enter the home stretch of 2020 I am sure you, like me, are so ready for it to be over. I have decided to finish off the year strong, full of hope, joy, and determination to be present with a grateful heart. That gratefulness starts within us and pours over into our homes. Here are some tips for creating a home full of beauty, hope and a dash of coziness.

1) Bring the outdoors in. Nature is a healing balm to the soul and bringing in flowers, plants and greenery can immediately lift our spirits. One of my go-to's is Seeded Eucalyptus. Trader Joe's always has them on hand. I also love to grab my clippers and head outside for some fun branches.

2) Switch up your pillows. Pillows are a great way to change things up in your home and add interest. In the fall and winter months I love to use warm tones and bring in texture with velvets and nubby linens. If you struggle with pillow combinations, my friend Danielle Oakey from Danielle Oakey Shop (<https://www.danielloakeyshop.com>) has a beautiful custom pillow line with photos of perfect pairings. All her pillows are made here in California. I love supporting small businesses like hers.

3) Candlelight. With the days getting shorter and darkness hitting us by 5 p.m., instead of turning on all the lights, light some candles. I love the warm glow of candlelight in the evenings. And if it's a yummy cozy scent, it's a double bonus. I buy candles all through the year and stash them in my closet (my husband would call it hoarding, but I prefer to say I am prepared).

4) Cozy throws. Nothing encourages a good snuggle more than a fuzzy blanket. I love to lay them over the arm of the sofa or chair and at the foot of the bed. Morning coffee or afternoon tea with a big chunky throw is my kind of heaven.

5) Music. Music, hands down, is the best mood lifter (next to caffeine). We like Spotify, or Pandora so we can create a cozy playlist. But my latest favorite is "Calmed by Nature" on YouTube. It's not only beautiful, peaceful music but also has beautiful images to watch while you listen. We turn that on first thing in the morning to help us get our day started. Go check it out; you won't be disappointed.  
[www.youtube.com/channel/UCJuMbdKSM](http://www.youtube.com/channel/UCJuMbdKSM)

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Well friends I hope you take some of these ideas and implement them into your home. Sending you lots of love and peace and let's finish 2020 strong!



Photo provided



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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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