



Digging Deep with Cynthia Brian ... read on Page D12

Creating a cozy home environment during turbulent times

By Amanda Eck



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.danielleoakeyshop.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).

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Photos provided

