

Reinventing The Small Unused Spaces In Your Home To Create A Cozy Corner



The Bedside Nook

The comfy, dreamy space extended slightly beyond your bed. This time of year, the floor may feel cold to the touch when you get up, so you'll need something to burry your feet into. Rather than placing a rug in front of your bed, try placing a rug next to it - that way, you will be creating a "corner" visually, while also making the atmosphere more plush and nourishing. Add a side table or a chair and a place for books, a dream journal or your favorite cup of coffee or tea. This little nook also works as a great meditation space for when you need to clear your mind. As a final touch, a table lamp, a wall sconce or a hanging light will create a softer feel than overhead lighting when you're reading before a restful night of sleep.

The Reading Nook

We often want to cuddle up with a good book before bed, and this time of year is ideal to turn inward, take your time and read. To create a reflective yet rejuvenating reading nook, place your favorite chair in a new spot that you can claim as your own - perhaps a corner that needs some attention. The foundation of every room (or corner) is a great statement piece, and a chair can be just that! Not only does it need to look good, but it should have great structure so you can comfortably curl up in it. Accessorize your corner with a side table so whether it's your morning coffee or a glass of wine, it's within arms reach. Bring a plant into the space to purify the air. Not only will it foster an environment for a clear mind, but it will also bring some of the great outdoors inside.



The Spot On The Floor



We can only spend so much time cozying up alone, sometimes it's nice to do it with others. Throw a pillow party...on your floor! This is a cozy solution for a movie night with friends, board games with family, or even a casual dinner party. Add in an ottoman or a pouf where you can place snacks for everyone to share and bring in a lot of blankets for a luxurious experience. If you want an intimate vibe, light candles. The great thing about floor pillows is that they can go anywhere. So after movie night is over, you can clean it up or leave it there to extend the fun for Sunday morning brunch. This isn't the time to be sitting all posture-perfect. Let your hair down and put your feet up!

The Window Nook

Create a peaceful setting for contemplation and meditation with a cozy corner by a window. Choose a window either overlooking a setting you enjoy or one that abounds with natural light. Sunlight exposure increases production levels of chemical serotonin, a natural antidepressant. It positively affects your well-being and elevates your mood. If your home lacks a good source of light, consider purchasing a light therapy device for your window nook to get that natural re-charge. Once you've designated your sunny spot, design an easy means to sit or recline - perhaps a built in window seat, a favorite worn chair or a stack of oversized pillows. This corner is meant to inspire creative writing, prayer, meditation, journaling - whatever provides you with peace and fulfillment!

