



PLANTS PURIFY THE AIR BY REMOVING HARMFUL TOXINS



CIRCULAR SHAPES SOFTEN THE LOOK OF A ROOM AND CREATE A SENSE OF BALANCE



IF YOU WORK FROM HOME, PLACE YOUR DESK BY A WINDOW TO ENHANCE CREATIVITY

# SECRETS OF A HAPPY HOME

Calming colours, natural materials and a pared-back approach are all it takes to create a sense of wellbeing in your living space, say interiors bloggers Amy Brandhorst and Athina Bluff. Their philosophy? If your house is relaxed, you will be, too!

REPORT: EMMA J PAGE



FURNITURE WITH CLEAN LINES KEEPS A SPACE MINIMAL



PAINTING SHELVE THE SAME COLOUR AS A WALL CREATES A MORE COHESIVE FEEL



OPEN SHELVE IS EASY TO ORGANISE AND MAKES A ROOM LOOK BRIGHTER



TAP INTO NATURE WITH WOOD, RATTAN AND CERAMICS

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## ▲ PARE BACK AND RELAX

'Creating a clutter-free hallway sets the tone for the rooms to follow,' says Athina. 'Take the time to declutter your whole house so that you are left with only things that you love.' The result? Everything will be a pleasure to use. Rattan baskets can double up as planters and are great for tidying away accessories



## ◀ GO GREEN AND SERENE

'Use colour psychology to enhance your home design,' says Amy. Green tones are believed to subconsciously connect us with nature and create a calm space. 'Try sticking to a palette of no more than three hues that you are naturally drawn to; and different shades of the same colour will give a sense of cohesion.' A combination of pale green, sage and emerald will feel understated yet full of depth. For a similar beaded chandelier, try [thefrenchbedroomcompany.co.uk](http://thefrenchbedroomcompany.co.uk). The bar stools are by [hay.dk](http://hay.dk)

## ▼ CELEBRATE IMPERFECTIONS

Eschew clinical schemes in favour of a loosened-up, back-to-basics effect. In this bathroom, exposed brickwork, plenty of foliage and metal elements create a natural textural look. 'The key is to incorporate some concealed, integrated storage too to prevent clutter build-up and keep the space looking fresh and clean,' says Athina



If you'd like to find out more about 'detoxing' your home, go to Amy and Athina's website [topologyinteriors.com](http://topologyinteriors.com). They will also be running workshops in conjunction with Habitat throughout March. For details, visit [habitat.co.uk/smallspaceliving](http://habitat.co.uk/smallspaceliving)





Bookcase, £195,  
habitat.co.uk



Pendant light, £317,  
nordicnest.com



Vase, £28, amara.com



Folding desk, £699,  
peppersq.com



Plate, £120,  
summerillandbishop.com

# SHOP THE LOOK

Pale woods, clever storage and  
a sprinkling of greenery...  
welcome to your new zen den



Throw, £65,  
trouva.com



Baskets (from left), £50 and  
£35, habitat.co.uk



Plants in a bottle, £60  
for three, conranshop.co.uk



Sleep oil, £35,  
conranshop.co.uk



Media unit,  
£1,609, nest.co.uk



Self-watering planter, £70,  
dotmaison.com



Mirror, £59,  
made.com