

SPRING &
SUMMER

2016



IS BLUE THE NEW
GREY?



LOUISA JANE INTERIORS



Newsletter Spring & Summer 2016

Better late than never! here's my spring/summer newsletter.

Whether you are thinking of moving house or simply need to de clutter then you should find a good argument for this here. Having lived thus far in a very minimalist 21st century, recent studies show we now feel the need to reconnect with our personal possessions. 'Stuff' is making a come back!

**"Have nothing in
your home that you
do not know to be
useful or believe to
be beautiful"**

William Morris

DECLUTTERING

The art of Decluttering or tidying has hit record highs! According to Marie Kondo author of *The Life Changing Book of tidying*, life only truly begins once you have put your house in order... Research suggests that physical clutter can overload your senses and exacerbate anxiety. The decluttered and organised house equals an inner calm, neat and self disciplined mind. The cool tones of whites and grey in our 21 st Century minimalist interiors mirrors this desire to be streamlined, organised and clean.

The digital age means we no longer need to showcase physical things, books, music, etc but there are psychological benefits to having 'stuff' around the home. Personal possessions can be linked to our own self worth, to trigger memories, attachments to others, thoughtfulness and personality. Having stuff reflects who we are and who we have loved.

Can we have order and tidiness while having personality and identity? Recent studies have shown we are ready to fill our homes again, to inject some individuality and to nurture our possessions and showcase our treasures! A simple rule of thumb is does it bring me joy? If you have no emotional attachment and your heart doesn't swell when you see its probably not a keeper but carefully selected items placed properly in the home can enhance rather than clutter.

Our homes is a place we go to be entirely ourselves, to take shelter without rules or worry. Therefore it should express who we really are, but go easy, your prized possessions can be someones else's clutter.

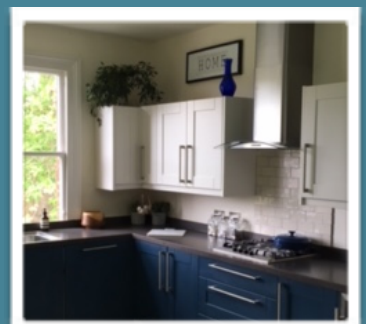
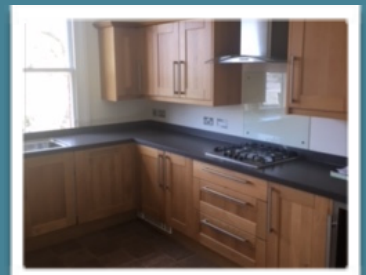
Favourite Retailers.....



www.swooneditions.com

Swoon Editions are fairly new kids on the block but have a great collection of affordable key pieces to up date your home or workspace. I love the Zabel collection.

BEFORE & AFTER KITCHEN HOME STAGING



Whether you are home staging to optimise the sale of your property or looking for some affordable alterations for your home, louisajaneinteriors can help.



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