

# MUNSTER

# INTERIORS

THE ULTIMATE GUIDE TO SOUTH-SPECIFIC STYLE

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## DESIGNING A BEDROOM FOR GOOD HEALTH, HARMONY AND HAPPINESS

**Interior designer, Chinese master trained feng shui consultant and trainer, Nina Kati of Working Wonders shares some top tips:**

The direction of the bed has the most important influence in feng shui terms, because energy relating to these areas of our lives is absorbed during the night. Each person has a set of best directions based on their date of birth so the head of the bed can be positioned to maximise their potential and to ensure they have the best chance of being happy, healthy and successful.

Don't hang anything over the head of the bed as we are always aware even whilst sleeping that the item could fall off the wall at any time and this means we do not get a proper night's sleep. Avoid storing things under the bed – the energy whilst sleeping must circulate and be harnessed by the sleeper in order for them to feel rested and rejuvenated when they awake.

Bedrooms should be cosy, inviting and warm. Try to maintain a regular temperature and ensure there is plenty of natural light to promote growth and vitality. Regularly give the room a thorough clean and a good airing. Select natural fibres or anti-allergy products for bedding and soft furnishings, and when cleaning use lemon juice, salt, Bicarbonate of Soda or distilled vinegar.

Mirrors should not be present in bedrooms as they drain energy from the room and disturb sleep, creating a tendency to wake up tired. Do not hang windchimes in bedrooms as these will disturb the energy and prevent a good night's sleep. Choose furniture with rounded edges avoiding tall bulky items as these are threatening and give the impression they will fall forward and cause injury.

Use mainly calm colours with small amounts of rich accent colours creating an harmonious effect. Different colours have different associations. For instance, pink is warm and soothing, and represents healing, love, romance, joy and happiness. It helps to evaporate anger, raises the vibration of a room and is a healthy colour to have around you. Blue represents protection, consideration and care. It is considered the colour of trust and reliability. ✨

