

5 WAYS TO FENG SHUI

What if rejuvenating your life was as simple as moving a few things around. According to the ancient Chinese art of feng shui it is. This month Maison Interiors' Zoe Hubbard explains how simply moving your sofa could hold the key to your happiness.

Try these room by room tips to get that positive energy flowing...

1. Front Door

The front door of a house is called 'the mouth of Chi' in Feng Shui. That is because this is how your house absorbs Chi or energy. Ensure it's well-cared for, doesn't squeak and has attractive hardware. The colour of the front door is also important. If the door is south facing use colours associated with the fire element - red, orange, yellow, purple or pink. Alternatively if it's facing north try using blue or black. Avoid having a mirror in your entrance hall facing the front door as it pushes away all the good energy that could enter the house.

2. Living Room

Keep your living area clutter free, organised and clean. To create balance ensure that your décor incorporates all five elements of Feng Shui (wood, fire, earth, water, metal) but in varying proportions. If you have space, divide your living room into two areas. Each one should have dominant Feng Shui elements, colours, shapes (E.g. earth is square, metal is circle) etc. but remember to create a balance between the two spaces. Also consider how elements might react side-by-side. If you have a fireplace, avoid placing an aquarium close by as the fire and water elements interact creating conflicting energies.

3. Bedroom

The bedroom should be a relaxing, quiet and tranquil space without any distractions. Think calm and neutral colours. Try to open the windows as often as possible or use an air-purifier. This will keep the air fresh and full of oxygen and you'll be able to relax better. Your bed itself is also very important. A great bed will have a solid headboard, a good mattress and quality sheets made from natural fibres. Avoid beds that have built-in storage because they don't allow the energy to circulate. Finally ensure that your bed is approachable from both sides and is not in line with the door.

4. Kitchen

Your kitchen is the Feng Shui part of the home that nourishes and sustains life and is also a symbol of wealth and prosperity. Start with the basics and keep your kitchen bright and airy (using artificial lighting where necessary), clean, free of clutter and following a logical flow. Even though there are a lot of things we need in the kitchen, it's best to keep it simple and not overload countertops with gadgets. A herb garden is a wonderful addition to the kitchen. It adds freshness and a vibrant energy that connects you to nature. Alternatively a bowl of fruit, cut flowers, or a plant on your kitchen table will have a similar impact.

5. Bathroom

Ensure your bathroom is more than functional space and instead a place where you can relax and soothe away the stresses of another busy day. Create a spa environment through calming candlelight (or a dimmer light), plus essential oils and fragrances to calm or invigorate you, depending on your mood or the atmosphere you want to create. Decorate using earth colours (green, neutrals) or metal colours (white, grey) and incorporate indulgent products such as luxurious towels, lotions and potions. Stalks of bamboo bring good luck, abundance and wealth, try placing in front of a mirror to enhance the effect.