



Images: John Lewis

7 ways to feng shui

Has spring sprung but you're still suffering from the winter blues? The problem might not be you but your home. Zoe Hubbard at Maison Interiors, Oadby gives us her insights into how a little Feng Shui can revitalise your home and life

1 Invite

To design an entrance to your home that's inviting and attracts all the good of the Universe to come your way, use beautiful lighting, flowers, paintings and delightful aromas in your hallway.

2 Empower

Arrange your key pieces of furniture where you can see the entrance from where you are sitting or lying. If not you will be spending most of your time feeling disempowered, as you will never feel truly comfortable if you can't see what is going on in the room.



3 Romance

If you'd like a happier, healthier love life, clear the space under your bed. By doing this it's believed that you'll resolve any deceptions and hidden resentments that have affected your romantic relationships.

4 Family

If you're struggling with family squabbles, display framed photographs that are full of good memories. The best places to showcase them are in the living room, kitchen or hallway where family members typically gather.

5 Wellbeing

Do you feel tired, unhealthy or simply fed up? Then clean out your cupboards, fridge and freezer. It appears that throwing away anything that is past its sell by date will help bring health and happiness to your life.

6 Joy

Do you make time for doing the things you love? If not, scrub your bathroom from top to bottom.



Bathrooms represent self-care and when yours is sparkling, you'll find more time for the people and things that give you joy. Splurge on new towels, bath mats and shower curtains while you're at it.

7 Inspiration

If you feel uninspired or lack motivation, wash your windows. Windows represent your outlook on life. If yours are clean and shiny, it will be easier to find your heart's desire. This is a great cure for people who are in dead-end jobs too.

Finally, if this all sounds great but you still can't motivate yourself to get started, simply empty out one drawer and leave it empty for a week. Amazingly you'll find the energy to launch a full-on spring clean!