

# Turn Your Home Into a Relaxation Sanctuary

If your life is busy and you can't find the time to go on a vacation as often as you'd like, why not transform your own home into your private relaxation retreat? It's not even that hard as you can adjust whatever already exists to your personal needs. After all it is your home and nobody can tell you how to decorate and design it.

You can include spaces for your hobbies, turn your bathroom in a cosy spa whenever you feel like having a bubble bath with salts and scented candles and a glass of wine on the side to go with it, especially when everything is sore after a busy agitated day. As they say, there's no place like home. Aromatherapy is another great invention and you can set up the mood with some all-time records that you like or some ambiance music. You are the most important and precious person in your life, so make yourself count and take a break from the everyday life once in a while. Having a happy place inside your own home can help you destress and relax, besides this is one of the most important steps in turning a house into a home.

## Keep a cosy space for reading



Reading lost some popularity in the past few years, but as it seems, it's coming back as people realised reading is the only way to keep your universe spreading and your internal world developing. Plus, there is a great variety of books in all the fields that you can think of, so either you like some classical novels or you have some specific interests, there is something out there for everybody's taste. Either you choose to use an e-book or the old fashion paper book, you should have a space designated for reading, a quiet and cosy corner where you can sink in the universe that the small object opens before your eyes when you start devouring the pages.



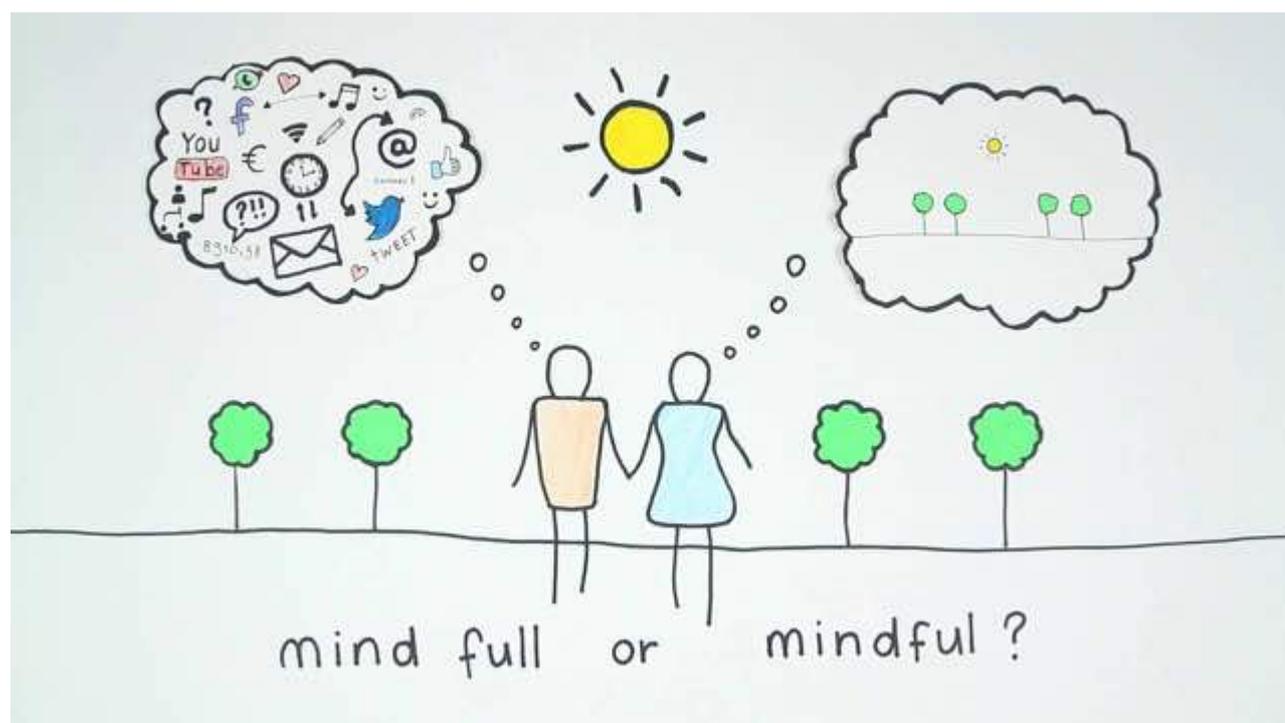
You can use a chair, a sofa, a bean bag or even just sit on the floor, but whatever you do you should [consider your posture](#) (because your back can really damage over time because of bad posture or sitting on an uncomfortable surface) so choose a soft piece that can sustain your back. Besides, add an illuminant that produces light somehow from above or from behind you, directly on the book. This way your eyes won't hurt and get tired because of the effort of reading in a poor light.

# Aesthetics and motivation



While it's not necessary to have pictures and artwork on your walls, it can really turn up the mood and also, they can keep you motivated. You can have a bunch of family photos on your side table or bookcase, artwork hanging on the walls (maybe your own if you're an artist and that's what makes you happy), like paintings or some DIY decorations or even motivational quotes. You can make your own home signs on [Signomatic UK](https://www.signomatic.co.uk), for example – they have a wide variety of options that you can choose from. These can keep your spirits up, increase your motivation level and also create a nice ambiance, not only for you, but also for the people that come to visit.

# Value your alone time



Don't you feel like sometimes you had too much human interaction and you just want to stop talking and stay in silence with yourself? Yoga and mindfulness are 2 of the best ways to get your mind off of things and just relax in the purest most proper way. However, being alone takes practice, as we, humans, are social beings and even if you find it hard, sometimes it's beneficial for your own mental health. At times you may want to just leave to be completely alone on the top of a mountain, but you can actually lock yourself inside your house, turn off your phone and any other device that may disturb you and just sit in silence, meditate and relax. If yoga is too hard for you, [mindfulness](#) is a nice alternative that can also improve your attention and concentration skills, increase your empathy and compassion levels and empty your mind to help you live in the moment. It's a calming experience that puts your emotions in order and distracts you from the shallowness of a busy lifestyle.

# Create a social area



Solitude is nice, but not all the time, as sometimes you may need some gossiping time with your friends or talking about your common interests. [Board games](#) or even video games are also a great way to spend time with them and have fun together. It's a nice distraction that challenges your brain at the same time, as you exercise your way of thinking, your planning abilities or your response speed. Moreover, a little competition never hurt anybody, because it's a way to develop your personal skills, abilities and knowledge and outcome yourself more and more. And even if you don't have your own impressive stash of games, all you need is a proper space to welcome your friends and, who knows, maybe they will bring the fun generators.

# Set up a space to sleep comfortably



Of course, everybody has a bed, but the most important thing concerning them is to know what you need and how to choose because there are a lot of possibilities on the market. The bed is the place where you need to feel the most comfortable, because sleep is important and everybody needs to recharge their batteries. If you have a poor sleep quality, you will feel tired and irritable all day long and everything will seem to be in vain. Besides you'll feel sleepy at work and that is not very productive. Pay attention to what makes you feel cosy for a [better night sleep](#) and adjust your bed and pillows

accordingly (for example some people prefer to have a lot of pillows and blankets and some prefer none, or just some thin ones).