

7 Easy Tips for Elegant & Cozy Interior Decor



Made for You with Love by Dr. Christine Coughlin DDS

Welcome, friend!

I'm so grateful you are here. Many of you know how passionate I am about creating beautiful and cozy dental homes for my patients that make them feel lovingly cared for.

Over these past five years (and counting) of designing and decorating my home and our Thrive Dental & Orthodontics offices, I've gained some great tips and tricks that I want to share with you to inspire and help you decorate any space.

Here are 7 *Easy Tips for Elegant & Cozy Interior Decor*. I hope it inspires you and blesses you. Enjoy :)



#1 Go Classic

I decorate my office like I would my own home. I prefer the timeless, traditional look for its rich, warm, and inviting feel, rather than the contemporary look that can often feel cold. This design style appeals to all ages and personalities because of its familiar appeal that never goes out of style.

I love classic Chesterfield sofas and armchairs for their luxurious and classy feel (and so do my patients!). I pair it with a natural wood coffee table. I also add a soft Persian-style rug, pillows, and candles to make the space extra cozy.

#2 Nurture with Nature

I believe in the power of Biophilic Design - bringing nature indoors - to promote wellness and peace while adding a touch of elegant glamour. I love adorning our home and office with lots of bright-colored flowers and plants - some real, some faux.

I love pink peonies, white hydrangeas, pink and white roses for their clean, classic, and stunning appeal.

The fiddle leaf fig tree is a gorgeous plant with a rich and bright appearance that serves as the perfect accent that grounds the room as a focal point that draws the eye upward.

Decorating with foliage brings so much life, color, and joy into our space. Sometimes, a person will walk into our dental office, asking, "Is this a flower shop?" To me, this means a job well done :)



#3 Use Lighting to Create Ambiance & Glamour

One of the easiest ways to enhance a space is through lighting. The layering of light enhances color and creates warmth and ambiance.

For example, I add champagne-colored metal lantern pendant lights throughout our kitchen island at home, or our front desk at work, that pair nicely with our flowers and create a welcoming feel.

I always decorate our home and waiting rooms with classic crystal chandeliers for their wow-factor, which is always a huge hit. This adds a lovely touch of glamour and sophistication that you don't often see, especially in dental offices.

Stick to the yellow-toned soft white light bulbs to create a warm, inviting effect rather than the blue-tinted daylight bulbs, which can create a cold and stark feel.

#4 Use Neutrals

Use neutrals like taupes and grays to create a clean, calming, and soft feel that is also sophisticated and timeless.

Taupe and soft gray color schemes can make your space feel warm and inviting while also making it appear brighter.

Taupe also pairs well with most colors and patterns, so it's a great starting point for decorating a space. I use these tones for the walls, floors, furniture, wall art, etc. and add in splashes of gold, silver, greens, blues, and earthy tones throughout my home and office for a subtle pop of color.

You can add light and medium gray tones to create depth. And add in pops of white for a clean and bright look. I love the classic elegance of white marble for our counter tops, which pairs beautifully with taupes and grays.



Tip: Adding a glass vase (or two!) of pink peonies can subtly brighten up a neutral-toned room and looks stunning when placed on a white marble surface. *I hope your creative juices are flowing!*

These neutral taupes, grays, and whites elicit a charming feel that is gender-neutral so it can appeal to everyone, especially in an office setting. And it creates a beautiful, serene feel that our patients and staff adore.

#5 Use Mirrors to Enhance Beauty and Reflect Light

Mirrors are amazing because they easily create and reflect beauty. I use mirrors to enhance and reflect back the eye-catching decorative lighting and colorful flowers placed throughout the space.

Mirrors also bring in more light and create a more open feel to the space, which every work place needs more of.

Tip: One of my favorite types of mirrors is a grand palais arched window style mirror, which creates the illusion of a Palladian style window, and fills the room with reflected natural light. It looks absolutely magnificent.

#6 Add in Some Luster & Sparkle

I draw much of my inspiration from the splendor of nature. I use natural woods and add in some luster with subtle metals in gold, silver, and champagne tones.

I pick wall art pieces that reflect the brilliant colors and organic patterns of Mother Earth found in geodes or the peaceful meandering flows of mineral deposits, with glints of metallic golds and silvers that remind me of sparkling gems.



#7 Create a Sacred Space

I use essential oil diffusers to create a spa-like look and feel. I choose attractive teardrop-shaped diffusers in a light faux-wood pattern so it can also serve as decoration.

I place these throughout my home and office, including the waiting rooms, and front desks. I want my family, my patients, and my staff to enjoy aromatherapy's calming benefits and for their spirits to be lifted as they enter this safe space.

Tip: We also give warm lavender-infused towels to our patients at the end of their dental visit as a touch of pampering.

#8 Bonus Tip: Don't Break the Bank

By now, I'm sure you're wondering how on earth you're going to afford all this. No need to worry, my friend.

You can find all kinds of gorgeous lighting and furniture at Wayfair (not an ad) for very affordable prices. I've purchased lots of great finds here. And if you're a business, make sure to sign up for a business account so you'll get the business discount on all your purchases.

I also love HomeGoods (not an ad) for their excellent deals on some hidden gems that you can find if you search often. It's where I find many of my faux flowers and wall art.

I also mix in a couple more expensive pieces like oversized wall art from Z Gallerie (not an ad) for larger areas like the waiting area. Their wall art section is spectacular with a variety of different styles to choose from.



In Summary

You can easily create an elegant and inviting space even as a beginner!

Make your space cozy and inviting with classic pieces like a rich Chesterfield sofa. Use bright flowers and plants to bring life, joy and peace to your space. Layer your lighting to create ambiance and glamour. Incorporate neutrals to create a calming, soft feel that is both timeless and sophisticated. Place mirrors to open up your space and fill it with reflected light and beauty. Let nature's splendor inspire you by adding in the luster and the natural flowing patterns of nature. And lastly, create a safe, sacred space that lifts your spirits through the power of aromatherapy.

So there you have it! Seven easy ways to create a gorgeous and inviting space that you, your loved ones, and/or your patients will absolutely adore.

Thank you so much for letting me share my passion with you, friend! I know you can do it!

Check out my blog at thrivedentist.com/blog for more helpful advice and inspiration to help you and your family thrive! Write me at Thrivedentist@gmail.com and write "For Dr. Christine" in the subject line for any questions and for more topics you'd like to hear next.

And come visit sometime and I'll show you around our dental home!
Happy decorating! :)

With Love,



Dr. Christine Coughlin