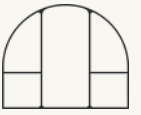


HOLISTIC HAVENS



# THE HOLISTIC HOME CHECKLIST



HI, I'M LEXIE J. RAYBURN.

I'm an intuitive interior designer, Feng Shui consultant, and Reiki healer with a passion for helping individuals transform their spaces and lives.

To me, spaces are more than the materials that fill them. There is an energy at play and an experience to be had. When working with my clients we incorporate energy, beauty, function, and intentions to create unique spaces for living life's moments.

By using Feng Shui practices, color theory, holistic design elements, organizational solutions, and more, I've transformed incomplete spaces into *homes* for people from all walks of life.

The Holistic Home Checklist is my offering for you. A guide to help you get started on your home's transformation with practical and easy ways to lift the energy of your space.

I wish you all the best and highest on your journey,

*Lexie J. Rayburn*

## GET IN TOUCH

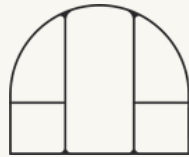
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FREE GUIDE



A holistic home is designed with intention, incorporating elements that are supportive, functional, and bespoke to you. It's a collection of your favorite things, travel treasures, and pictures of family and friends; it is *home*.

A holistic home is also supportive of your self-care needs, giving you space to rest and recharge. It is a mirror of your values and interests, spreading joy and inspiration.

The Holistic Home Checklist was made to help guide you on the path toward creating a home that feels, functions, and looks its best. Thank you for being here.

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### CONSIDER MATERIALS

Using natural materials in your home can help to create a sense of connection to the earth and promote overall calmness. It also encourages mindful shopping, resulting in the purchase of renewable materials that are better for your health and more sustainable for the environment.

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### USE LIGHTING WISELY

Lighting can have a significant impact on our mood and wellbeing. Bright, natural light can boost our energy levels and improve our mood, while dim, warm light can promote relaxation and calmness. Turn off your overhead lights, open your blinds, and think about purposeful placement of lamps.

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### ADD LIVE PLANTS

Live plants will not only lift the energy of your home, but they are also natural air purifiers. There are plenty of apps, guides, and easy-to-care-for plants on the market that can turn a brown thumb into a green one. Try adding one plant to your home and then grow your collection from there.

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### REMOVE CLUTTER

A cluttered space can affect your overall wellbeing and the energy flow of your home. It decreases productivity, negatively impacts creativity, causes stress and anxiety, and can even affect your sleep. Consider removing clutter to promote a sense of clarity and focus, and improve your mood.

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### CREATE A QUIET SPACE

Foster your self-care routines and reduce stress by adding a place in the home for meditation, yoga, journaling, reading, quiet reflection, and so on. Having this quiet space allows for restoration, mindfulness practices, self-development, creativity, and connection to your higher self.

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# MATERIALS

One of the more important things you can do when creating a holistic home is to consider the items that you purchase. When you support big box brands that aren't using sustainable practices, you're also contributing to climate change. Buying mass-produced furniture can have a significant impact on the environment due to resource depletion, greenhouse gas emissions, waste generation, and chemical pollution. Choosing sustainably produced, handcrafted, or vintage furniture can help to reduce this impact and support more eco-conscious businesses. Look for the following certifications and materials as you shop:

## ECO CERTIFICATIONS

Forest Stewardship Council (FSC)  
Cradle to Cradle (C2C) Certified  
Greenguard  
The Leadership in Energy and  
Environmental Design (LEED)  
Global Organic Textile Standard (GOTS)  
OEKO-TEX Standard 100  
Bluesign

## ECO MATERIALS

Organic Cotton, Wool, or Linen  
FSC Wood  
Reclaimed Wood  
Bamboo  
Cork  
Natural Fibers like Rattan  
Recycled Plastic  
Recycled Metal





### NATURAL LIGHT

Exposure to bright light, especially in the morning, can help regulate our circadian rhythm and boost our energy levels. This is because bright light can suppress the production of melatonin, a hormone that promotes sleep. Exposure to natural light has also been shown to improve our mood and reduce symptoms of depression because it is a natural producer of Vitamin D. Start opening your blinds every morning to let in that natural mood-boosting light, and consider taking a daily walk or stepping outside for a dose of sunshine and fresh air.

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### AMBIENT LIGHT

Dimming the lights in your home can help create a calming atmosphere and promote relaxation. Low-level lighting can help reduce stress and anxiety, making it easier to unwind at the end of a long day. This low, ambient light is not your overhead can lights.

Warm, yellow-toned light also creates a cozy and inviting atmosphere, providing feelings of comfort and relaxation. This type of lighting can be especially beneficial in areas of the home where you spend a lot of time, such as the bedroom or living room.

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### BLUE LIGHT

Exposure to blue light, which is emitted by electronic devices and LED lighting, can disrupt our sleep patterns and make it harder to fall asleep at night. This is because blue light can suppress the production of melatonin, which is important for regulating our sleep-wake cycle.

To reduce your exposure, consider cutting out electronic devices at least one hour prior to going to sleep. You can also turn on the blue-light-blocking features on your devices.

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### WHAT TO BUY

Consider the light's function and purpose. Use overhead, bright lighting for your high-use task areas like the kitchen, and save ambient light for the spaces where you want to entertain, relax, and recharge.

The best lightbulbs for kitchen can lights range from 3,000-4,000 Kelvin (I prefer 3,200K). Then, swap your ambient lights around the house with a 2700K soft white or warm white bulb. Et voila!

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# LIVE PLANTS

Breathe life into your home by adding fresh flowers, plants, cacti, and/or succulents. Many plants are considered air purifiers and can help to reduce pollutants such as volatile organic components (VOC), nitrates, sulfates, ammonia, and more. Learn how much water and sunlight each plant needs by using the app, [Picture This](#).

## FLOWERS

In Feng Shui, fresh flowers represent vitality. Their vibrant colors bring an uplifting energy into the home; not to mention they smell fantastic! Always remove flowers once they have died.

## CACTI + SUCCULENTS

If you're new to plant care, cacti and succulents are a great place to start, as they are very low maintenance.

## AIR PURIFIERS

- Snake Plant
- Peace Lily
- Spider Plant
- Bamboo Palm
- Golden Pothos
- ZZ Plant
- Aloe Vera
- English Ivy
- Dragon Tree
- Rubber Plant
- Weeping Fig



Did you know that there is scientific research linking higher levels of the stress hormone cortisol to clutter? Creating a clutter-free and organized living space can literally have positive effects on your psychological wellbeing. From a Feng Shui standpoint, reduced clutter also allows energy to flow more freely throughout your spaces.



### WHERE TO START

If clutter feels like an overwhelming part of your day-to-day life at home, it's time to tackle it. There are a lot of ways to approach decluttering, but the only way to get there is to push past the overwhelm and start.

The best way to begin is with one space at a time, whether that's a cabinet, drawer, closet, or entire room. If this isn't an option because of time or the amount of clutter, hire a professional organizer to help you reach your goals. Many professional organizers even offer monthly "touch-up" services to help you stay on track.



### THE TYPES OF CLUTTER

There are many different types of clutter, from actual physical clutter to sentimental and emotional clutter, and even the "I'll get to it at some point" clutter.

When tackling emotional clutter, it's important to consider who you are keeping the item for... do you truly love the item, or are you hanging onto it out of guilt or reluctance of letting go? Physical clutter such as papers, clothes that don't fit, children's toys, etc. can be addressed every one to two months for attainable maintenance. Lastly, "I'll get to it later" clutter can have a deadline associated with it. If you haven't gotten to it within three months, it's time to let go.



### ENERGETIC CLEARING

If you are a highly sensitive person - empathetic, in tune with your environment, etc. - then space clearing may be another helpful tool in your toolbox. There are many different ways to accomplish an energetic clearing such as sound healing, smudging, salt cleansing, opening doors and windows, sweeping, and even adding crystals.

Remember to always set an intention prior to your cleansing routine, and keep in mind that many of these practices have a cultural significance. Be mindful of spiritual appropriation, be respectful, and only source high-quality products from trustworthy vendors. Mostly, though, trust your intuition as it always knows best.





# QUIET SPACE

Create a place in the home for restoration - it can be an entire room or simply a quiet corner. These spaces are important for our overall wellbeing, and provide a sanctuary away from the hustle. Having a dedicated area also invites you to more easily slow down and recharge. Keep electronics out of the space, and even try hanging a do not disturb sign on the door!

## UPLIFTING SCENTS

Peppermint  
Eucalyptus  
Bergamot  
Lemon

## CALMING SCENTS

Lavender  
Chamomile  
Ylang Ylang  
Frankincense

## CALMING ACTIVITIES

Meditation  
Quiet Reflection  
Journaling  
Reading  
Breath-work  
Yoga / Stretch  
Sound Healing  
Spiritual Practices  
Religious Practices  
Create - write, sketch, paint  
Listen to / Play Music

WHAT'S NEXT

## Thank you so much for downloading the Holistic Home Checklist!

If you're looking for additional help creating your holistic home, please schedule a free Discovery Call with me or click on one of the offerings below. Whether it's Feng Shui, space clearing, interior design, or coaching around decluttering and building a peaceful space, we're here to help!

Wishing you all the best on your journey toward creating a holistic home.

Love + Light,

*Lexie J. Rayburn*

[VIRTUAL FENG SHUI READING](#)

[INTERIOR DESIGN DISCOVERY CALL](#)

[OTHER OFFERINGS](#)