



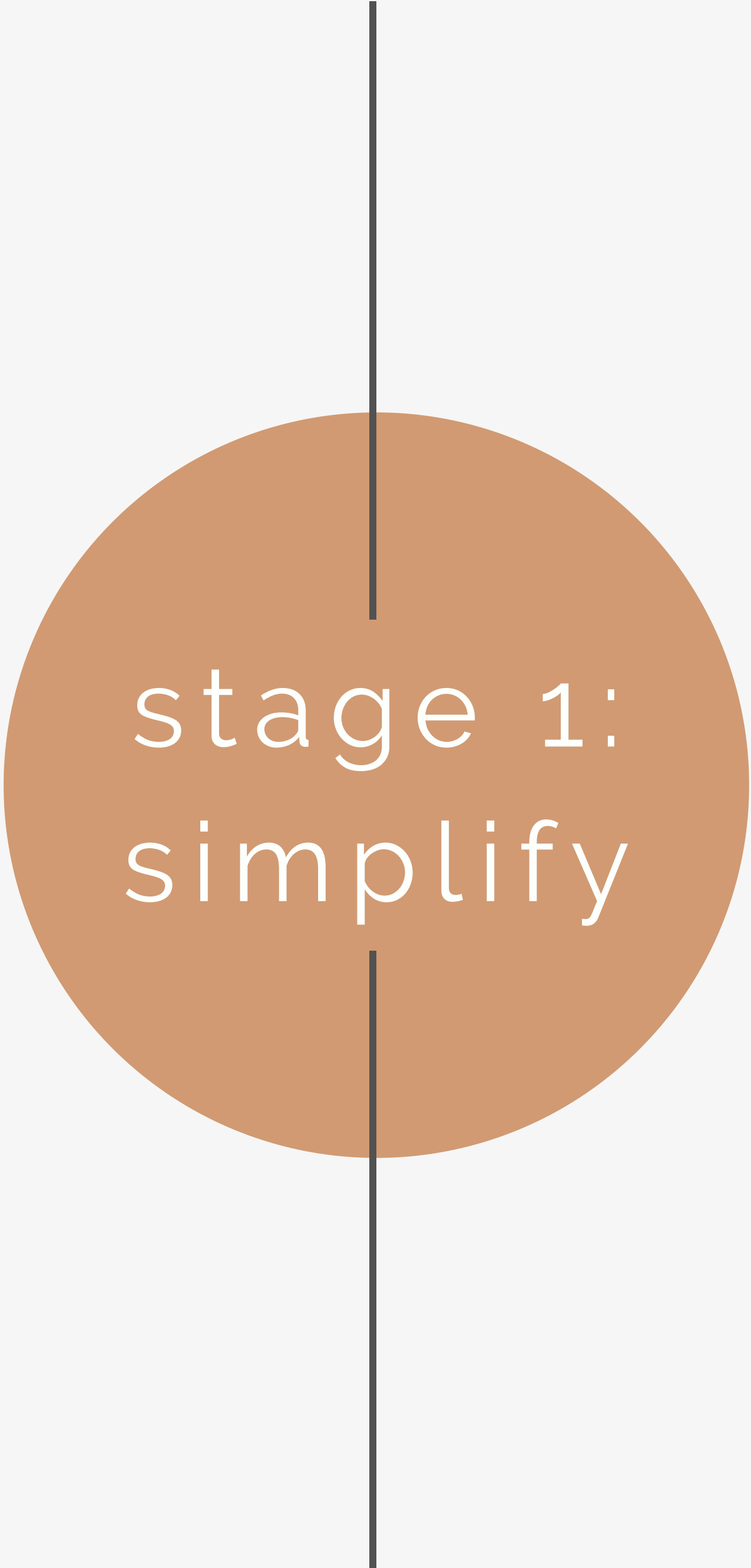
SIMPLIFY

YOUR

SPACE

the bathroom

Improve the energy of your home and mind with this simple step-by-step guide created by Chelsey Home.

A vertical black line passes through the center of a solid brown circle. The text "stage 1: simplify" is centered within the circle in a white, lowercase, sans-serif font.

stage 1:
simplify

Remove everything from the cabinets, countertops, walls, floor and shower.

1

Deep clean. I always opt for Grove, the best subscription ever. The products are visually appealing, environmentally friendly and affordable. If you ask for my link, you'll get a free set!

2

Return products that are used daily or once a week.

3

Discard anything expired.

4

Discard anything you keep telling yourself you'll use, but it's been over a year.

5

Try not to buy items until they are depleted. This applies to bulk. Sure you are saving \$5 but is that worth taking up space for 6 months? Use up the products you have multiples of!

6

Tip: Think of ways to lessen the amount of products you have left. Can you buy a product that has multiple uses? Do you really need 12 towels when there's two of you?

7

A vertical black line passes through the center of a large brown circle. The text "stage 2: style" is centered within the circle in white lowercase letters.

stage 2:
style

Mirrors. Is your mirror just a basic piece of glass? Mirrors can make or break a space and aren't terribly expensive. You also don't have to hire an electrician or plumber. It's time to upgrade!

1

Bath Towels. Hang hand and bath towels by tri-folding them the long way. This creates a minimalist, hotel-like luxury look. It also creates more space. If you don't have a towel bar, get one!

2

When you look at your bathroom, what sticks out? Do you want it to? If not, simplify by either swapping it out with a color used prominently in the space or by bringing more of that color into the space. You could also rethink your paint color.

3

Anything on display should be aesthetically pleasing. Invest in jars for things such as q-tips, cotton balls and flossers. If you buy these in white you can use clear stackable canisters and display them on your counter as usable decor to balance the white in your space.

4

Get a plant, or 3. They add so much life to a space! Because of their vibrant color, they also draw your eye. Display one on your shower shelf, on the back of the toilet, on decorative shelves or in wall planters. Aloe Vera can be cut and used for burns. Lavender can be calming. If you can't keep them alive, faux work too!

5

Wall Art. Keep it simple and stick to one piece or collection of art. It should grab your eye and convey what mood you want the space to bring. Use earthy colors and horizontal lines in a space for unwinding.

6

Open shelves. Accessorize them with usable things like extra wash clothes, toilet paper, bath salts or candles. You're less likely to collect dust on something regularly used.

7

That's a wrap!

I hope this helped you love your space
and make every day a little brighter.

I'd love to know:

- How are you feeling after this exercise?
- Is there something you wish I would have covered?
- What space do you need the most help with?

Thank you!

THE SECRET OF HAPPINESS,
YOU SEE, IS NOT FOUND IN
SEEKING MORE, BUT IN
DEVELOPING THE CAPACITY
TO ENJOY LESS.

- SOCRATES

