

# THE BM LIFESTYLE

healthy home | life trends | happiness

## Wine?... oh yes!

While most of us are not connoisseurs, we all enjoy our favourites. Unlike whites however, most reds need to “breathe” before enjoyed, how long depends on age. Un-cork and pour to aerate your wine at least a half hour before serving. When serving never fill the glass more than half way, and as intended hold the stem to avoid warming the wine with your hand. The large size of wine glasses relative to their contents permits swirling, which releases it’s aromatic bouquet.

## Lavender

A beautiful lavender plant is not only pretty in your home, it’s quite effective at soothing and calming nerves. It aids with tension, depression and is also effective for headaches and migraines. 3-6 times per year you can harvest a small bunch of blossoms from the plant. Bind the bunch with a ribbon and hang upside down in a closet for 2 weeks. Set the bunch bedside for restful sleep and a beautiful fragrance.



## Ease into a zen lifestyle

Because our needs are cyclic and recurrent, so is proper housework. We repeat on a daily basis our most basic needs, sleep, eat, shower. And moreover, relax, entertain, laugh, cook and just plain old daily life. Our home should provide the means of doing so in comfort and safety. The most important thing in understanding good home upkeep is that its done by overlapping rhythms, schedules and routines. These can be annual, seasonal, monthly, weekly and daily. Each separate rotational area of upkeep proceeds according to its own habitual order.

### *Standards and goals*

Good daily living habits are the easiest way to keep an orderly home. Start by establishing based on your lifestyle and needs what your daily housekeeping routine will consist of, and execute it daily. Do the essentials, keep the kitchen clean, the dishes washed, keep the beds made, put soiled clothes in the hamper. continued on pg.2



## But is it homey?

Good housekeeping is important, but is it enough to give that “homey” comfort feeling? I’d say its about three-quarters of it.

Good housekeeping helps create that feeling through fresh sheets, good meals, clean and tidy rooms and so forth.

Decor gets too much attention at the expense of other influences, but it certainly matters. Follow your own real taste confidently instead of worrying about impressions and image.

Artificiality and stiffness in decor are the most common enemies of a homey feeling. When a decor seems “cold” by its excessive grandeur or drop-dead coolness, this is really because it seems “put on”.

It’s amazing what a few simple pleasant touches can accomplish, a vase of fresh flowers, a bowl of fresh fruit ripening on your kitchen table, the smell of home baked goods. It’s cliché but true, in terms of neatness. But a room that looks lived in, looks more homey. And faked or contrived signs of life make a room feel desolate and lonely.

Stay as neat as possible! Put things away as you go so that a sense of chaos doesn’t develop. You can’t truly relax in a messy state.

## *Daily is key*

A daily routine restores the household to a level of basic order. In the morning, clean up after breakfast prep, make the beds and “neaten” any area that was used. In the evening clean up after dinner, neaten once again and take out the trash. When you return from work you want to come home to a neat, clean, fresh-smelling home. When you turn in for the day, you don’t want to be demoralized by an unmade, stale bed. Once these small daily tasks become second nature, the crumbs under foot, sticky tables and counters, sour smells, and messy rooms are no longer.

“A place for everything and everything in it’s place” is the mantra of daily upkeep. Neatness and messiness tend to take on a life of their own, it just depends on which one you choose to nurture. A messy home promotes messiness and a willingness for reckless abandon. A neat and tidy home evokes those fuzzy warm feelings of order and cleanliness, and promotes likewise. So go ahead and ease into that zen lifestyle, you’ll love it even if you don’t.

