

10 Ways to Zen your AirBnB

1

Use Aromatics

like candles or essential oils to gently active the senses.

2

Choose Natural Materials

for your furnishings, like wood and bamboo, to serve as an invitation to breathe a bit deeper

3

Plants

can make your space feel fresh and calm, while giving the appearance of a lively retreat haven

4

Books about Mindfulness

When guests spot that meditation book or collection of poetry, they might feel extra inspired to relax.

5

Avoid Appropriative Decor

We live in a multicultural world where objects we find inspiring may have wildly different meanings to others

6

Use Natural Light

wherever possible and arrange your space as an invitation to relax.

7

Soft Furnishings

provide serious comfort to retreat-goers by relaxing body and mind.

8

Minimize Overbearing Electronics

and tuck away cords, making it easy for guests to focus on their inner state

9

Negative Space

is a busy person's best friend. Minimize the items you need and create space.

10

Reduce Visual Stimulation

Be mindful of energizing loud colours and the placement of mirrors. Too many can create unwanted visual noise.



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